

## Bibliografija

- <sup>1</sup> Stanworth R.D., Jones T.H., 2008, Testosterone for the aging male; current evidence and recommended practice. *Clin Interv Aging.*; 3(1):25-44. doi:10.2147/cia.s190. [prieiga: 01.09.2019].
- <sup>2</sup> Lin F. et al., Niacin protects against UVB radiation-induced apoptosis in cultured human skin keratinocytes, *Int J Mol Med.* 2012; 29(4):593-600. DOI: 10.3892/ijmm.2012.886. PMID: 22246168.
- <sup>3</sup> Rao A., Steels E., Inder WJ., Abraham S., Vitetta L., Testofen, a specialised *Trigonella foenum-graecum* seed extract reduces age-related symptoms of androgen decrease, increases testosterone levels and improves sexual function in healthy aging males in a double-blind randomised clinical study. *Aging Male.* 2016 Jun;19(2):134-42. DOI: 10.3109/13685538.2015.1135323. Epub 2016 Jan 20. PMID: 26791805.
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- <sup>5</sup> Cinkas padeda palaikyti normalią baltymų sintezę.
- <sup>6</sup> Cinkas padeda palaikyti normalų vaisingumą ir reprodukciją.
- <sup>7</sup> Cinkas padeda palaikyti normalią DNR sintezę.
- <sup>8</sup> Selenas padeda palaikyti normalią spermatogenezę.