

TRT: WHAT TO EXPECT IN THE FIRST 90 DAYS

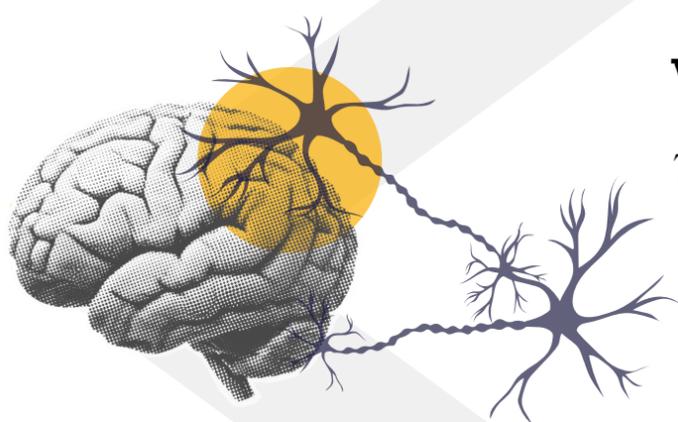
Typical improvements reported by men during medically supervised testosterone therapy.



Weeks 1–2 (*Early response*)

Hormone levels are rising, but changes are subtle.

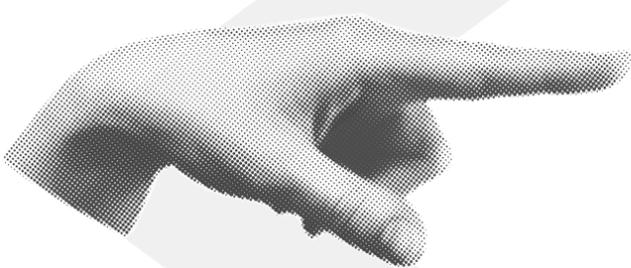
- Energy may begin to improve
- Mood stabilization for some patients
- Sleep quality may change



Weeks 3–4 (*Hormonal balance phase*)

Testosterone levels approach therapeutic range.

- Libido may increase
- Mental clarity and focus may improve
- Motivation may increase



Weeks 5–8 (*Physical & metabolic changes*)

Consistent dosing and adherence matter most here.

- Improved workout recovery
- Increased strength and stamina
- Fat metabolism may improve



Weeks 9–12 (*Stabilization phase*)

This is when doctors evaluate effectiveness.

- Body composition changes more noticeable
- Confidence and overall well-being improve
- Symptoms are better assessed clinically

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