

# 5% Nutrition TEST Booster: Treat Yourself to Some Test

written by Mike Roberto | May 5, 2022

*5% Nutrition TEST is a new natural testosterone booster that brings heavy, feel-good doses of Longjack and Shilajit, paired with added protection from fenugreek and DIM.*

It's 5% Nutrition Day (5/5 of 2022), and what better way to spend it than by releasing a *natural testosterone-boosting supplement*?!



5% Nutrition TEST is here on 5% Nutrition Day, and it brings booming doses of Longjack and Shilajit

That's exactly what 5% Nutrition has in store for you today:

## 5% Nutrition TEST: Hard and Heavy Doses of Longjack and Shilajit

We know what you're thinking – Rich Piana definitely took far more than natural

testosterone-boosting herbs and supplements. And that's obviously true, as he documented on his own legendary YouTube channel.

But that doesn't mean there's nothing to some of these ingredients. Whether you're a natty looking to put a bit more pep in your step, or you're looking to keep things as "elevated" as possible in between cycles, **5% Nutrition Test** has a solid formula for you here.

Led by two very-well dosed ingredients in *Longjack* and *Shilajit* (600 and 500 milligrams, respectively), we're confident that this is going to give you some added confidence. Will it take free testosterone to the next galaxy? No. But should it give you a bit of a bump on an otherwise slow month? The data says yes.

This is a solid follow-up to our *5% Nutrition Core DAA* and *5% Nutrition Core Beet Root* articles, which can be stacked in for more fun.

In this article, we dig into the science behind the formula, but first, check PricePLOW's prices and deal alerts before we get started:

## Rich Piana 5% Nutrition Test – Deals and Price Drop Alerts

### Get Price Alerts

Get Test Price Alerts  
Get Rich Piana 5% Nutrition alerts  
Get Testosterone Boosters price drops  
 Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## 5% Nutrition TEST Ingredients

Each *four* capsule serving of 5% Nutrition Test includes the following:

- **Long Jack Extract (Eurycoma longifolia)(root) – 600 mg**

5% Nutrition starts out with a *bang* in this *huge* dose of **Longjack Extract**, which is also known as *Tongkat Ali* and *Eurycoma longifolia*. For comparison, we remember when 200 milligrams was exciting. This is 3x that, and well above what other companies are using!

TEST		
Supplement Facts		
Serving Size: 4 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV*
Long Jack Extract ( <i>Eurycoma longifolia</i> )(root)	600 mg	**
Purified Shilajit (PrimaVie®)	500 mg	**
Fenugreek Extract ( <i>Trigonella foenum graecum</i> ) (seed)(TestoSurge®)	350 mg	**
3'3-Diindolylmethane (DIM)	300 mg	**
Black Pepper Extract ( <i>Piper nigrum</i> ) (fruit)(Bioperine®)	10 mg	**
Boron Citrate	10 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
 \*\* Daily Value not established

Other Ingredients: Gelatin (capsule), Microcrystalline Cellulose, L-Leucine, Rice Powder, Magnesium Stearate, Calcium Silicate

Longjack has long been used as an *aphrodisiac*, and most of its modern research covers its effects on sexual health.[1] However, we should quickly point out that there's additional antioxidant effects as well as some for combating anxiety,[1] so all of these effects combined lead to a *feel-good ingredient*.

Researchers ran a study on 109 healthy men in 2012 that was double-blinded and placebo-controlled for 12 weeks, with the active study participants receiving 300 milligrams of longjack (*half* of what we have here). They found that longjack improved libido by 14%, which was measured by multiple questionnaires such as Sexual Health Questionnaires (SHQ) and the International Index of Erectile Function (IIEF).[2] Even more importantly, longjack led its users to a 44% increase in sperm motility, indicating some incredible testicular function improvements.

In terms of serum *testosterone*, research shows that longjack can improve test levels without harm to the liver or kidneys.[3]



With such a large dose from 5% Nutrition, we can also cite a 2014 study on older men and women that used 400 milligrams per day for five weeks. The scientists concluded that *“Treatment resulted in significant increases in*

total and free testosterone concentrations and muscular force in men and women.”[4]

There’s a meta-analysis covering even more data, which is generally mixed but *positive* overall.[5] In the researchers’ review of 11 studies, seven of them found significant improvements in sexual health and function, while four showed no stastically significant effects. So longjack isn’t necessarily a *slam dunk* for all users, but it definitely works well for many.

Overall, the studies using higher doses seem to work best, and this may be the largest longjack dose we’ve covered. So if you’re a fan of this ingredient, you should already be excited. Next up, it’s another *well-above-average* dose:

- **Purified Shilajit (PrimaVie) – 500 mg**

**PrimaVie** – a clinically-backed, high-quality **shilajit** extract – is yet another often-used testosterone-boosting ingredient. Here, the dose is once again above what we generally see.

**Table 2** Effect of PS on testosterone and its mediators with respect to placebo control

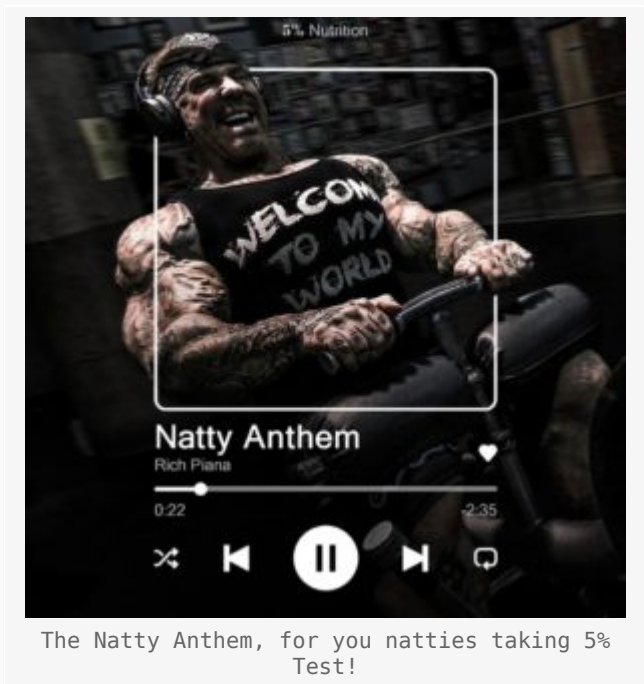
Parameters	PS (250 mg BID) (n = 38)				Placebo (250 mg BID) (n = 37)			
	Baseline	30 days	60 days	90 days	Baseline	30 days	60 days	90 days
Testosterone (ng mL <sup>-1</sup> )	4.84 <sup>a</sup> (1.34)	5.17 (1.33)	4.99 (1.43)	5.83 <sup>ab</sup> (1.67)	5.82 <sup>a</sup> (1.58)	4.88 <sup>a</sup> (1.74)	4.98 <sup>a</sup> (1.44)	4.45 <sup>ab</sup> (1.78)
Free Testosterone (ng mL <sup>-1</sup> )	15.34 <sup>a</sup> (7.17)	14.20 (3.97)	14.14 (3.98)	18.39 <sup>ab</sup> (7.72)	19.32 <sup>a</sup> (5.75)	15.03 <sup>a</sup> (4.22)	14.52 <sup>a</sup> (6.16)	12.21 <sup>ab</sup> (5.39)
LH (mIU mL <sup>-1</sup> )	6.33 (3.88)	6.65 (3.92)	6.64 (3.87)	6.79 (3.67)	6.49 (3.32)	7.82 (5.71)	5.96 (2.66)	7.45 (5.90)
FSH (mIU mL <sup>-1</sup> )	6.94 (3.52)	8.17 <sup>a</sup> (4.15)	8.52 <sup>a</sup> (4.41)	8.61 <sup>a</sup> (4.61)	6.91 (6.35)	8.71 (8.06)	7.46 (5.53)	10.23 (11.77)
DHEA-S (µg dL <sup>-1</sup> )	145.08 (53.17)	158.35 (63.56)	159.00 (79.56)	190.57 <sup>b</sup> (73.24)	139.60 (63.16)	136.04 (68.65)	150.92 (76.06)	158.77 <sup>a</sup> (74.17)

<sup>a</sup> P < 0.05 considered as significant level in paired and unpaired Student's t-test.  
<sup>b</sup> Compare to 0 day value of same group.  
<sup>c</sup> Compare to placebo group.

Effect of PS (purified shilajit) on testosterone and its mediators with respect to placebo control.

Shilajit extract is a somewhat complex ingredient, containing numerous bioactive compounds that contribute to its overall effect. PrimaVie is standardized for the key ones – consisting of 50% *fulvic acid*, and 10.3% *DBP-chromoproteins* – and contains over 40 different minerals, as well.[6] Research shows that this makeup ultimately allows the ingredient to have some profound effects on male hormone levels.

A study published in 2015 serves as perhaps the best example of these capabilities. In this double-blind, placebo-controlled clinical study, 96 healthy, middle-aged male volunteers were split into two even groups – the test group was given 250 milligrams of PrimaVie twice daily, the other 48 men received a placebo.[7] Each group followed their respective treatment regimen for 90 days, while the following were measured at days 0, 30, 60, and 90 – serum testosterone, free testosterone, LH, FSH, and *dehydroepiandrosterone sulfate (DHEAs)*.



The researchers saw *significant improvements in testosterone levels in the PrimaVie group at each checkpoint, culminating in a 20.5% overall increase between the beginning and end of the study.*[7]

They also observed similar increases in free testosterone, alongside significant enhancements in FSH and DHEAs levels. Notably, these metrics were all markedly higher compared to both baseline and placebo.[7] In fact, the placebo group actually saw an overall *decrease* in total testosterone levels![7]

A follow-up study using 500 milligrams of PrimaVie for 8 weeks showed decreased muscle fatigue in athletes, but it worked best for those who were *already* in the stronger half (*not* beginner gains),[6] which is interesting and relevant to the strong 5-Percenters out there..

Overall, shilajit clinical research is in its infancy – in addition to the above study, another trial published in 2016 saw significant stimulation of various extracellular matrix (ECM) genes that promote *muscle pliability and recovery*. [8] Though we await more research investigating shilajit and its capabilities, we're nonetheless pleased to see it here – especially at the clinically-tested **500-milligram** dose!

- **Fenugreek Extract (*Trigonella foenum graecum*) (seed)(TestoSurge) – 350 mg**

Next, it's time to protect our existing testosterone from being converted away. To do that, 5% Nutrition summons **fenugreek**, also known as *trigonella foenum-garceum* – a very well-studied herb for its numerous effects on body composition, libido, sexual health, and even strength.

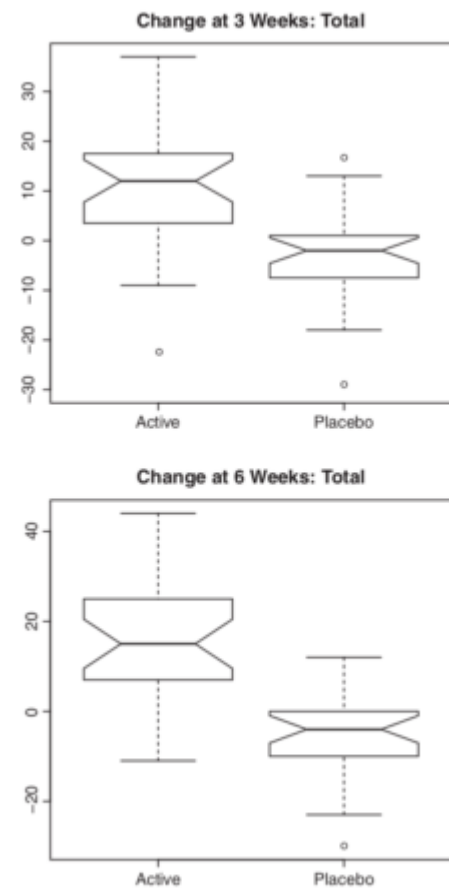


Figure 1. Changes from baseline for Total DISF-SR Score for participants on active treatment and placebo at week 3 and week 6.

Libido gains from fenugreek[11] on top of testosterone protection!

Fenugreek works by inhibiting two enzymes that break down testosterone – *aromatase* and *5-alpha reductase*. [9] Aromatase converts testosterone to estradiol, [10] which is the primary form of estrogen in the body. 5-Alpha reductase converts testosterone into dihydrotestosterone (DHT), [9] which is anabolic but leads to some potentially undesirable effects.

Getting to the research, a placebo-controlled study on 60 healthy men published in 2011 showed that the men who took 600 milligrams of fenugreek (more than we have here) had significant increases in sexual arousal and self-reported energy and muscular strength. [11]

In 2016, researchers conducted another study at 600 milligrams per day in a randomized, placebo-controlled study. After eight weeks, those given fenugreek saw significant increases in serum testosterone. [12] This was paired with an eight-week supervised weight training program, so note that they were training hard and the placebo group had some gains, but nothing like this:

*On 8 weeks of treatment, the levels of free testosterone was found to have steep (98.7%) increase from baseline*

(17.76 to 35.29 ng/dL,  $p < 0.001$ )[12]

(emphasis ours)

However, we have to re-emphasize that we do *not* have a full 600 milligram dose here, but it's promising to say the least. Other anabolic indicators like serum creatinine and blood urea nitrogen were included. Meanwhile, body fat percentage dropped as well, and it didn't do that for the placebo group![12]

- **3,3-Diindolylmethane (DIM) – 300 mg**

With aromatase and 5-alpha reductase kept in check above, what shall we do with our estrogen balance? A hefty dose of **DIM** to the booster. Normally, we see 200 milligrams. Here, 5% Nutrition went with 300!



DIM DONE RIGHT! See how 5% Nutrition formulated their "Core DIM", which has more than just 3,3'-Diindolylmethane inside!

We recently covered DIM in detail in our articles titled *DIM Done Right: 5% Nutrition Core DIM (3,3'-Diindolylmethane)* and *5% Nutrition D-Aspartic Acid: DAA and DIM for the Hormonal Win*, where they used it to support the sexual enhancing capabilities of DAA. You can review those article for greater details, but a primer is below:

DIM is a metabolite of *indole-3-carbinol (IC3)*, and it's found in cruciferous vegetables (broccoli, kale, cauliflower, etc).[13] We generally see it in hormone optimization supplements for its effect on *estrogen balance*. Reason being, DIM can suppress aromatase.[14] This is similar to what we discussed with fenugreek as an aromatase inhibitor.[10]

But DIM doesn't just *lower* estrogen – it *optimizes* it. Not all estrogen is bad – but too much is clearly not good either! Research has found that DIM can both increase *estradiol 2-hydroxylase (EH)* and decreasing *16-alpha-hydroxyestrone!*[15] This helps promote a better balance of estrogen metabolites, and may reduce risk of disease – at least in women.[16]

If you're doing more "intense" pharmaceuticals, you likely know that you'll need more than DIM to control estrogen levels. However, for natural athletes or adjunct use, DIM is quite popular these days.

- **Black Pepper Extract (Piper nigrum) (fruit)(Bioperine) – 10 mg**



Finally, to boost absorption and bioavailability, we have a solid 10 milligram dose of **Bioperine**, a trademarked black pepper extract that's standardized to 95% *piperine* content.

The piperine works to inhibit two enzymes that metabolize various drug-like compounds and nutrients – *P-glycoprotein* and *CYP3A4*. [17] With this effect, we can keep the active ingredients active for longer periods of time, [18,19] allowing them to work further than otherwise.

Additionally, black pepper extract may help with various parts of the metabolism and nutrient delivery, as it's been shown to boost GLUT4, [20] while combating insulin resistance and fatty liver, [21] a great bonus we'll never turn down.

Worth noting, however, that Bioperine hasn't been studied on these ingredients specifically.

- **Boron Citrate – 10 mg**





Getting back to testosterone – specifically *free testosterone* – we have **boron**. This trace mineral is crucial to numerous mechanisms ranging from bone growth/healing to *hormone production!*[22]

The main study discussed with boron was conducted in 2011, where researchers found that giving eight healthy males 10 milligrams of boron daily led to significant increases in **free** testosterone alongside significant decreases in estradiol after just one week.[23]

Additionally, that study showed that after only six hours, there were significant decreases in *sex hormone-binding globulin (SHBG)*, *tumor necrosis factor  $\alpha$  (TNF- $\alpha$ )*, and *high-sensitive CRP (hsCRP)*. [23] Dare we postulate that many men are boron-deficient?

We obviously would like more follow-up research, since this was a small sample, but the nearly-immediate effects indicate that there's "*Nothing Boring About Boron*", which is actually the title of one review worth reading.[22]

One major effect may be due to its ability to improve vitamin D absorption,[23] which is incredibly beneficial and 5-Percenters should consider supplementing as well (we do anything from 5000IU to 10000IU per day for men).

## Dosage and Instructions

Simply take all four capsules once a day, preferably with a meal.



If you missed the last 5% Nutrition Day, mark your calendars for 5/5 on an *annually* repeating reminder!

If you're into AM/PM dosing of your supplements, you can feel free to split this into two capsules each, but it's not necessary.

Cycling here isn't necessary, but in general, it's wise to use natural testosterone boosters for 8 weeks on, followed by 4-8 weeks off.

## 5% Nutrition Test

Clearly, Rich Piana was taking more than just natural testosterone boosters. And so are many 5-Percenters. But that doesn't mean there's no point in taking hormone-optimizing supplements that can also play a role in testicular health, libido, and estrogen balance.

5% Nutrition Test relies heavily on two very large supplement doses – *longjack* and *shilajit* – and if you've never taken the two together, it's a great time. We're not promising supraphysiological gains here, but we are saying that there *is* some research behind this formula, and it can put a bit more pride in your stride.

This is also a decent formula to pair alongside *Post Gear* and your other post-cycle therapy drugs if you're trying to do all that you can to keep the gains from your cycle. The combination here inside may surprise you... so here's to getting your long jack back.

Happy 5% Nutrition Day!

# Rich Piana 5% Nutrition Test – Deals and Price Drop Alerts

## Get Price Alerts

Get Test Price Alerts Get Rich Piana 5% Nutrition alerts Get  
Testosterone Boosters price drops

Also get hot deal alerts

No spam, no scams.

**Disclosure:** PricePlow relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## References

1. Rehman, Shaheed, et al. "Review on a Traditional Herbal Medicine, *Eurycoma Longifolia* Jack (Tongkat Ali): Its Traditional Uses, Chemistry, Evidence-Based Pharmacology and Toxicology." *Molecules*, vol. 21, no. 3, 10 Mar. 2016, p. 331, 10.3390/molecules21030331. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6274257/>
2. Ismail, Shaiful Bahari, et al. "Randomized Clinical Trial on the Use of PHYSTA Freeze-Dried Water Extract of *Eurycoma Longifolia* for the Improvement of Quality of Life and Sexual Well-Being in Men." *Evidence-Based Complementary and Alternative Medicine*, vol. 2012, 1 Nov. 2012, p. e429268, 10.1155/2012/429268. <https://www.hindawi.com/journals/ecam/2012/429268/>
3. Chen, Chee Keong, et al. "Supplementation of *Eurycoma Longifolia* Jack Extract for 6 Weeks Does Not Affect Urinary Testosterone: Epitestosterone Ratio, Liver and Renal Functions in Male Recreational Athletes." *International Journal of Preventive Medicine*, vol. 5, no. 6, 1 June 2014, pp. 728–733; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085925/>
4. Henkel, Ralf R., et al. "Tongkat Ali as a Potential Herbal Supplement for Physically Active Male and Female Seniors-A Pilot Study." *Phytotherapy Research*, vol. 28, no. 4, 11 June 2013, pp. 544–550, 10.1002/ptr.5017; <https://pubmed.ncbi.nlm.nih.gov/23754792/>
5. Thu, Hnin Ei, et al. "*Eurycoma Longifolia* as a Potential Adoptogen of Male Sexual Health: A Systematic Review on Clinical Studies." *Chinese Journal of Natural Medicines*, vol. 15, no. 1, 1 Jan. 2017, pp. 71–80, 10.1016/S1875-5364(17)30010-9. <https://pubmed.ncbi.nlm.nih.gov/28259255/>
6. Keller, Joshua L., et al. "The Effects of Shilajit Supplementation on Fatigue-Induced Decreases in Muscular Strength and Serum Hydroxyproline Levels." *Journal of the International Society of Sports Nutrition*, vol. 16, no. 1, 6 Feb. 2019, 10.1186/s12970-019-0270-2; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6364418/>
7. Pandit, S., et al. "Clinical Evaluation of Purified Shilajit on Testosterone Levels in Healthy Volunteers." *Andrologia*, vol. 48, no. 5, 22 Sept. 2015, pp. 570–575, 10.1111/and.12482. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/and.12482>
8. Das, Amitava, et al. "The Human Skeletal Muscle Transcriptome in Response to Oral Shilajit Supplementation." *Journal of Medicinal Food*, vol. 19, no. 7, July 2016, pp. 701–709, 10.1089/jmf.2016.0010. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4948208/>
9. Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). "The Role of 5-Alpha Reductase in Mediating Testosterone Actions." *Clinicaltrials.gov*, 4 Nov. 2005. <https://www.clinicaltrials.gov/ct2/show/NCT00070733>
10. de Ronde, Willem, and Frank H de Jong. "Aromatase Inhibitors in Men: Effects and Therapeutic Options." *Reproductive Biology and Endocrinology*, vol. 9, no. 1, 2011, p. 93, 10.1186/1477-7827-9-93. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3143915/>
11. Steels, Elizabeth, et al. "Physiological Aspects of Male Libido Enhanced by Standardized *Trigonella Foenum-Graecum* Extract and Mineral Formulation." *Phytotherapy Research*, Feb. 2011, 10.1002/ptr.3360. <https://pubmed.ncbi.nlm.nih.gov/21312304/>
12. Wankhede, Sachin, et al. "Beneficial Effects of Fenugreek Glycoside Supplementation in Male Subjects during Resistance Training: A Randomized Controlled Pilot Study." *Journal of Sport and Health Science*, vol. 5, no. 2, 1 June 2016, pp. 176–182, 10.1016/j.jshs.2014.09.005.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6191980/>

13. Aggarwal, Bharat B., and Haruyo Ichikawa. "Molecular Targets and Anticancer Potential of Indole-3-Carbinol and Its Derivatives." *Cell Cycle*, vol. 4, no. 9, 6 July 2005, pp. 1201–1215, 10.4161/cc.4.9.1993. <https://www.ncbi.nlm.nih.gov/pubmed/16082211>
14. Balunas, Marcy J., et al. "Natural Products as Aromatase Inhibitors." *Anti-Cancer Agents in Medicinal Chemistry*, vol. 8, no. 6, 1 Aug. 2008, pp. 646–682. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3074486/>
15. Jellinck, P. H., et al. "Ah Receptor Binding Properties of Indole Carbinols and Induction of Hepatic Estradiol Hydroxylation." *Biochemical Pharmacology*, vol. 45, no. 5, 9 Mar. 1993, pp. 1129–1136, 10.1016/0006-2952(93)90258-x. <https://pubmed.ncbi.nlm.nih.gov/8384853/>
16. Muti, Paola, et al. "Estrogen Metabolism and Risk of Breast Cancer: A Prospective Study of the 2:16 $\alpha$ -Hydroxyestrone Ratio in Premenopausal and Postmenopausal Women." *Epidemiology*, vol. 11, no. 6, Nov. 2000, pp. 635–640, 10.1097/00001648-200011000-00004. <https://pubmed.ncbi.nlm.nih.gov/11055622/>
17. Bhardwaj, Rajinder K, et al; "Piperine, a Major Constituent of Black Pepper, Inhibits Human P-Glycoprotein and CYP3A4.;" *The Journal of Pharmacology and Experimental Therapeutics*; U.S. National Library of Medicine; Aug. 2002; <https://www.ncbi.nlm.nih.gov/pubmed/12130727>
18. Bajad, Sunil, et al. "Piperine Inhibits Gastric Emptying and Gastrointestinal Transit in Rats and Mice." *Planta Medica*, vol. 67, no. 2, 2001, pp. 176–179, 10.1055/s-2001-11505; <https://pubmed.ncbi.nlm.nih.gov/11301872/>
19. Han, Hyo-Kyung. "The Effects of Black Pepper on the Intestinal Absorption and Hepatic Metabolism of Drugs." *Expert Opinion on Drug Metabolism & Toxicology*, vol. 7, no. 6, 1 June 2011, pp. 721–729, 10.1517/17425255.2011.570332; <https://pubmed.ncbi.nlm.nih.gov/21434835/>
20. Maeda A, Shirao T, Shirasaya D, Yoshioka Y, Yamashita Y, Akagawa M, Ashida H. Piperine Promotes Glucose Uptake through ROS-Dependent Activation of the CAMKK/AMPK Signaling Pathway in Skeletal Muscle. *Mol Nutr Food Res*. 2018 Jun; 62(11):e1800086. doi: 10.1002/mnfr.201800086; <https://pubmed.ncbi.nlm.nih.gov/29683271/>
21. Choi S, Choi Y, Choi Y, Kim S, Jang J, Park T. Piperine reverses high fat diet-induced hepatic steatosis and insulin resistance in mice. *Food Chem*. 2013 Dec 15;141(4):3627-35. doi: 10.1016/j.foodchem.2013.06.028; <https://pubmed.ncbi.nlm.nih.gov/23993530/>
22. Pizzorno, Lara. "Nothing Boring about Boron." *Integrative Medicine (Encinitas, Calif.)*, vol. 14, no. 4, 2015, pp. 35–48. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4712861/>
23. Naghii, Mohammad Reza, et al. "Comparative Effects of Daily and Weekly Boron Supplementation on Plasma Steroid Hormones and Proinflammatory Cytokines." *Journal of Trace Elements in Medicine and Biology: Organ of the Society for Minerals and Trace Elements (GMS)*, vol. 25, no. 1, 1 Jan. 2011, pp. 54–58, 10.1016/j.jtemb.2010.10.001. <https://pubmed.ncbi.nlm.nih.gov/21129941/>