

# Beast Super Test: Man's Best Friend in Eight Capsules Per Day

written by Mike Roberto | May 17, 2018

**Note:** *Beast has released an upgraded formula that requires fewer capsules – **Beast Super Test MAX!***

Natural test boosters are one of the most commonly bought supplements on the market. Almost every company *on the market* has their own version of a “natural” test booster.. What guy DOESN'T want heightened testosterone and the good feel and confidence that comes with it?



While most fall directly into the useless pile, there are exceptions. In this piece, we attack the ingredient list of Beast Sports Nutrition Super Test. Will it make it into our good graces?

## What We Want From Test Boosters vs What We Get

Test boosters, on paper, should be the best supplement around. Higher testosterone is associated with favorable body composition changes, heightened sexual prowess and drive, and maybe even successful career traits. So holy shit, should we all be blasting testosterone boosters on a daily basis? Shall we make like creatine and chug down test booster powder on the daily?

## Libido is great, but it doesn't always equal *testosterone*

...Not so fast, as most test boosters are glorified natural boner pills for those that already have enough testosterone. Young adults that take something like tribulus, for example, may notice they have more sexual drive.[1] However, they often will not have any major changes in lean body mass or other markers of higher *testosterone*. [2]

So, let's set our expectations for this product. We understand that **a test booster will probably not help us gain more muscle. But it may heighten our sex drive and may even help those that are older than thirty get back to their "healthy" testosterone level.**

You may ask, "Why the men after thirty qualification?" For most men, their natural test levels dip after thirty. So a test booster might help them feel younger.

With that said, let's check the prices out there (you can sign up for Beast news as well) and dig into this *massive* ingredient list:

## Beast Super Test – Deals and Price Drop Alerts

### Get Price Alerts

Get Super Test Price Alerts Get Beast alerts Get Natural 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.

Let's attack this ingredient list since we know what we're looking for. Warning: this is *long!*

## Beast Super Test Ingredients

The list below is for *one* serving of four capsules. A max dose of this product is eight capsules per day (one serving taken on both ends of the day), which would *double* all of the doses below.

However, to make a bottle last exactly a month, you'd take six capsules per day, which would multiply the doses below by 1.5x.

<b>180 Capsules</b>	
Serving Size: 4 Capsules	
Servings Per Container: 45	
Amount Per Serving	% DV
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg 250%
Magnesium (as Magnesium Citrate)	26 mg 7%
Zinc (as Zinc Citrate)	14 mg 93%
<b>PRO-TESTOSTERONE SUPPORT FACTORS</b>	
Fenugreek Extract (seed) 50% Steroidal Saponins	300 mg **
KSM-66® Ashwagandha Extract (root)	300 mg **
<b>MALE SUPPORT COMPLEX</b>	
Tribulus Extract (whole plant) 40% Saponins, Suma (Pfaffia paniculata) (root) Powder, Cyanotis vaga (root) Extract, Chasteberry Tree (vitex) Extract (fruit), Safed Musli (Chlorophytum borivillanum) (root) Extract std. 50% Saponins, Cissus quadrangularis (leaves) Extract, Eurycoma longifolia (root) Extract, Rhodiola rosea) 3% Rosavins (root) Extract	800 mg **
<b>NITRIC OXIDE FACTOR</b>	
Agmatine Sulfate (as AGmass™)	500 mg **
<b>ANTI-ESTROGEN FACTORS</b>	
Polygonum cuspidatum (root) Extract 20% trans-Resveratrol	200 mg **
White Button Mushrooms (Agaricus bisporus) Fruit Extract 10:1	100 mg **
<b>LIVER &amp; KIDNEY FACTORS</b>	
Milk Thistle Extract 80% Silymarin (seed)	200 mg **
Cranberry Extract (fruit)	100 mg **
<b>ANTI-DHT FACTORS</b>	
Stinging Nettle Extract (leaf)	150 mg **
Beta Sitosterol 42% (plant sterol)	100 mg **
Pumpkin Extract (seed) (Cucurbita pepo)	20 mg **
** Daily Value (DV) not established	
<b>Other Ingredients:</b>	
Gelatin (from Halal Bovine), Magnesium Stearate, FD&C Red No. 40, and FD&C Blue No. 1, Microcrystalline Cellulose, Silicon Dioxide	
<b>CONTAINS: Milk</b>	
<b>ALLERGEN WARNING:</b> This product was produced in a facility that may also process ingredients containing milk, eggs, soybeans, shellfish, fish, tree nuts, wheat and peanuts.	
<b>Directions For Super Test:</b> As a dietary supplement, take 3-4 capsules before morning meal and 3-4 capsules before evening meal daily. Take this product for a maximum of 8 weeks, followed by a 4 week off-cycle. Do not exceed recommended serving size.	

A massive list, and while there's a bit of a prop blend in there, the stuff that counts (like KSM-66) is clinically-dosed if you max-dose it!

## Pro-Testosterone Support Factors

We start with the two ingredients that help you boost (or keep) your testosterone:

- **Fenugreek Extract std. To 50% Steroidal Saponins (300mg)**

**Fenugreek** is one of the most common test-boosters on the market. Through its action as an *alpha-5 reductase inhibitor*, it may prevent testosterone from being converted to DHT. This, in theory, would lead to higher testosterone levels that could be coupled with a decrease in body fat.[3]

Considering that high levels of DHT have been connected to *male pattern baldness*, you may even notice hair benefits! We've wondered why fenugreek isn't in more hair loss supplements because of that.

- **KSM-66 Ashwagandha – 300mg**

A PricePlow favorite!



Made by Ixoreal Biomed, KSM-66 is claimed to be the strongest full-spectrum Ashwagandha extract!

**Ashwagandha** might not impact your testosterone levels if you're in a "healthy" range, but it's one of the best natural ingredients we'll see for those who have taken a 'dip'. And it *will* reduce your cortisol levels. This will help you feel less stressed in general,[4] which is the purpose of adaptogenic herbs such as ashwagandha. Since high cortisol levels devastate natural testosterone production, it's inclusion in Super Test makes sense. We applaud the choice of extract and the dosage. No complaints here.

For those outside of normal test ranges, you may be in luck! Ashwagandha will probably help you out in the test arena![5] KSM-66 is the industry standard when it comes to quality extract.

## • Nitric Oxide Factor

### • Agmatine Sulfate as AGmass (500mg)

Now this is a bit of a spin from the standard test booster!



Brandon Hendrickson represents Beast well, basically *always* in Beast Mode

**Agmatine** is a classic ingredient we normally find in pre-workouts. By limiting an enzyme that breaks down nitric oxide, your body gets more

nitric oxide to play with. This will improve blood flow. It's presence in a test booster should be obvious, right? You'll get **better blood flow**. We need not explain that further, we hope.

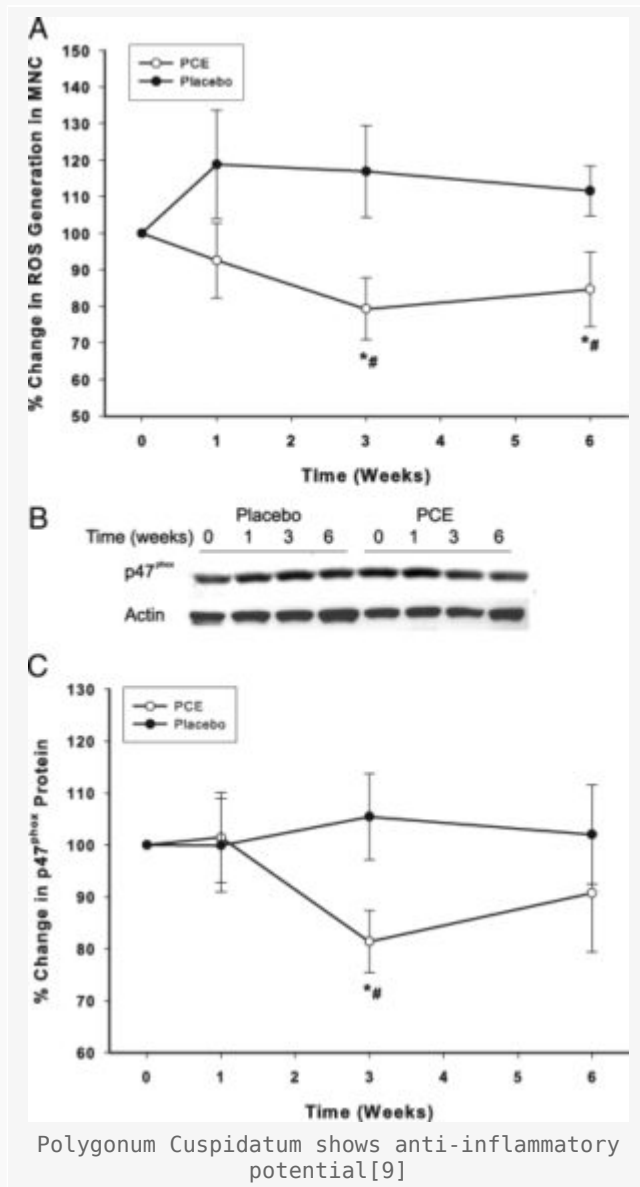
It's an ingredient that may *erect* Super Test as something *worth taking pre workout*,[6] at least for one of your two doses. Might as well give that pre workout supplement a boost!

- **Anti-Estrogen Factors**

- **Polygonum cuspidatum (200mg)**

**Polygonum cuspidatum**, or *Japanese Knotwood*, is a far less-commonly used ingredient. Its presence in an "estrogen-blocking" matrix may be questionable, however, as we've seen it be labeled as "estrogenic" by researchers[7]

However, it provides a ton of health benefits. Japanese Knotwood can be seen as a vessel for resveratrol. We love resveratrol, which can improve cognitive focus and mental drive through heightened cerebral blood flow.[8] Japanese Knotweed on its own will also provide a nice anti-inflammatory effect.[9]



Considering it's potentially estrogenic, we've reached out to Beast as to why they've included Knotwood in their test booster.[7]

- **White Button Mushroom 10:1 Extract (100mg)**

Another unique ingredient here, and this is one we can get behind. **White Button Mushroom** extract has research showing it may have some an *anti-estrogenic effect*. It may be more of a regulating effect than a reducing effect, but it's better than nothing.[10]

- **Liver & Kidney Factors**

- **Milk Thistle Extract (200mg)**

**Milk Thistle** is an ingredient commonly found in natural *post cycle therapy* products. It contains a compound called *silymarin*, which can really help with maintaining **optimal liver health**. It may enhance protein and DNA synthesis within the organ itself! Perhaps more impressive is that there

is research showing that milk thistle may be an effective treatment for alcohol-induced liver cirrhosis and even alcohol poisoning.[11]

This ingredient enables Super Test to be used as a PCT for more “hardcore” users.

- **Cranberry Extract (30mg)**



Only a man would understand!! No second trip allowed, especially if on Super Test!

**Cranberry** juice and extracts are commonly and used to treat UTIs, so it definitely has value as a “*kidney health*” agent. It may even reduce the ability of some species of bacteria to bind to the walls of the kidney. Not much else to say here. [12] Good to have, we guess, especially for those using it alongside harsher compounds, like above.

- **Anti-DHT Factors**

- **Stinging Nettle Extract (150mg)**

**Stinging Nettle** contains a ton of *lignans*, which are superb at messing with sex hormone binding globulin, or *SHBG*. [13] SHBG is great at making testosterone *incapable* of binding to your androgen receptors... which is bad.

Stinging nettle extract may be a good way of increasing the amount of free testosterone you have available for muscle building as it may indirectly boost testosterone. In addition, it has some *5 $\alpha$ -reductase* antagonist action, which will stop testosterone from going to DHT, [14] assisting with the fenugreek ingredient’s angle.

So we have two routes of testosterone boosting... by blocking both SHBGs and 5 $\alpha$ -reductase enzymes. Does it work? Research is mixed, but it's worth having.[15]

- **Beta Sitosterol Complex**

**Beta Sitosterol** is a phytosterol that structurally looks like cholesterol and is commonly found in plants. Beta sitosterol and its phytosterol brethren have been shown to improve human cholesterol profiles.[16] It is also commonly used to stop hair loss, as it has a minor ability to prevent testosterone's conversion to DHT.



- **Pumpkin Extract (20mg)**

**Pumpkin Extract** may also lower DHT through 5 $\alpha$ -reductase action. The keyword is "may" as the most commonly cited study on pumpkin extract was confounded by including *many* other ingredients in their formulation. It's hard to tell if it's useless or useful.[17]

This is typically found in prostate support formulas, and the ingredient has been known to help prevent nightly trips to the bathroom in older men. As you can see, this is starting to look like an overall "man optimizer" that does more than just deal with testosterone!

- **Male Support Complex Blend – 800mg**

We'll never understand why companies put prop blends in "open label" products. Regardless, we'll cut through these ingredients quickly.

- **Tribulus**





That winning feeling. Beast's Brandon Hendrickson (@brvndonflexx) knows it well!

**Tribulus** is interesting. It'll improve your sexual health and desires without impacting your actual testosterone levels.[18] For those looking to dive back into the sex game, this is a great thing to have. But don't confuse the *feel* with actual testosterone! The ashwaganda is the ingredient that everyone should look at for that regard.

- **Suma and Cyanotis Vaga**

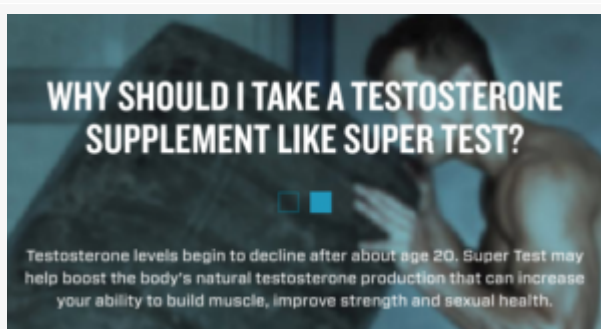
**Suma** is often used to add *ecdysteroids* to a product even though it's not the best source. **Cyanotis vaga** is likely included to overcome suma's status as an inferior source. **Ecdysteroids**, in at least one study, have anabolic qualities despite not impacting hormone levels.[19]

- **Safed Musli Extract**

**Safed** is a herb all the way from India that has been getting men rock hard for generations. It's hard to argue with many of these Indian herbs, as they often have *thousands* of years of anecdotal evidence that show their effectiveness. Thankfully, it's also been shown by research to increase sperm production and erectile strength.[20,21]

Does that mean more testosterone, though? No, but it's not a bad sign!

- **Cissus quadrangularis**



We'd argue that after 30 is when this product really starts to matter!

**Cissus**, in a test booster? Why not – remember, this has become a total optimizer! Cissus is a wonderful *joint* health ingredient that can help burn fat. We really love it. Cissus is also fantastic for reducing inflammation and even bone health.

Take it wherever you can get it,[22,23] even if it's not for testosterone!

- **Eurycoma longifolia – Long Jack**

**Long Jack** is one of the classic test booster ingredients, also known as *eurycoma longifolia* or *tongkat ali*. It's reliable at increasing testosterone in men that may be rendered infertile due to age or genetic factors.[24] Interestingly enough, it also have a ton of benefits for stressed adults.[25]

- **Rhodiola rosea**



Rhodiola Rosea: Our favorite feel-good herb with some additional workout boosting properties

Rhodiola is one of the best ingredients in this whole blend (arguably against KSM-66 Ashwagandha) but it's unfortunately listed at the bottom. Rosea can be seen as the adaptogen answer to caffeine. It has amazing anti-fatigue benefits.[26]

It'll make you *feel real good*... but unlike ashwagandha, there's no research connecting it to testosterone production.

## Dosage

Each serving is a *four* capsule serving, and there's 180 capsules per bottle, which makes for a unique 45 servings.

However, the instructions state to take 3-4 caps before morning meal and 3-4 tablets before evening meal daily. We'd argue that one of those servings can be pre-workout to get the agmatine assisting with some pumps.

## Cycling

Beast then states to take Super Test for a maximum of 8 weeks, followed by a 4 week off-cycle. Do not exceed recommended dosage.

## Strategy and Savings

Now's where you need to do some math and decide how much you want to spend / how long you want a bottle to last. If you take six caps daily, you'll get a month's supply.

But if you max-dose it for the max period of time (8 caps a day for 8 weeks), you'll need *three* bottles! The benefits there are that you're in *clinical* dose territory of KSM-66 Ashwagandha, and it's almost impossible that you won't feel great from that.

## Is this a PCT Support Supplement?

Given that this has a liver and kidney support area, alongside a kitchen sink of anti-estrogens, it's almost guaranteed that Beast was looking to assist with PCT.

However, note that we say *PCT support* supplement. If you're using "hardcore" exogenous hormones, you'll still need a prescription-grade PCT, and that's why blood tests are always king.

## Conclusion

Super Test throws nearly every natural ingredient it can at the testosterone and PCT problem, outside of a couple ingredients. This is one of those supplements we can nearly guarantee will make a man feel great – especially at the max-dose of two servings per day.

### Don't forget the Zinc / Magnesium / B6 Complex

They're not listed as "active ingredients", but note that there's some zinc, magnesium, and vitamin B6 added here. These are the *components* of ZMA, although it's not a "ZMA supplement" since the magnesium dose is low. However, the zinc is especially appreciated for those who don't get enough in their multi.



And while it contains some awesome ingredients, everything needs to be taken with a grain of salt that young, healthy males will likely only get negligible testosterone impact from them. This is clearly for the older guys or those who want some PCT help.

The two ingredients missing, if you're *really* looking for a kitchen sink supplement, would be D-Aspartic Acid and maca root – but to efficaciously dose them, you'd be looking at another six to eight capsules per day, so you're on your own with those, possibly in powder form.

For those that are past the age of thirty and in a bit of a slump, we'd say Super Test may be worth a shot. For our younger readers, stick to proper sleep, diet, and go easy on the alcohol, drugs, and pornography to maintain your elite Beast-level hormonal levels.

## Beast Super Test – Deals and Price Drop Alerts

### Get Price Alerts

Get Super Test Price Alerts Get Beast alerts Get Natural 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. Sellandi, T., Thakar, A., & Baghel, M. (2012). Clinical study of Tribulus terrestris Linn. in Oligozoospermia: A double blind study. *AYU (An International Quarterly Journal of Research in Ayurveda)*, 33(3), 356; <https://pubmed.ncbi.nlm.nih.gov/23723641>
2. Rogerson, S., Riches, C. J., Jennings, C., Weatherby, R. P., Meir, R. A., & Marshall-Gradisnik, S. M. (2007). The Effect of Five Weeks of Tribulus terrestris Supplementation on Muscle Strength and Body Composition During Preseason Training in Elite Rugby League Players. *The Journal of Strength and Conditioning Research*, 21(2), 348; <https://pubmed.ncbi.nlm.nih.gov/17530942>
3. Wilborn, C., Taylor, L., Poole, C., Foster, C., Willoughby, D., & Kreider, R. (2010). Effects of a Purported Aromatase and 5  $\alpha$ -Reductase Inhibitor on Hormone Profiles in College-Age Men. *International Journal of Sport Nutrition and Exercise Metabolism*, 20(6), 457-465; <https://pubmed.ncbi.nlm.nih.gov/21116018>

4. Chandrasekhar, K., Kapoor, J., & Anishetty, S. (2012). A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of Ashwagandha root in reducing stress and anxiety in adults. *Indian Journal of Psychological Medicine*, 34(3), 255; <https://pubmed.ncbi.nlm.nih.gov/23439798>
5. Ahmad, M. K., Mahdi, A. A., Shukla, K. K., Islam, N., Rajender, S., Madhukar, D., . . . Ahmad, S. (2010). Withania somnifera improves semen quality by regulating reproductive hormone levels and oxidative stress in seminal plasma of infertile males. *Fertility and Sterility*, 94(3), 989-996; <https://pubmed.ncbi.nlm.nih.gov/19501822>
6. Gao, Y., Gumusel, B., Koves, G., Prasad, A., Hao, Q., Hyman, A., & Lipton, H. (1995). Agmatine: a novel endogenous vasodilator substance. *Life sciences*, 57(8), PL83-PL86; <https://www.sciencedirect.com/science/article/pii/0024320595020117>
7. Zhang, C., Wang, S., Zhang, Y., Chen, J., & Liang, X. (2005). In vitro estrogenic activities of Chinese medicinal plants traditionally used for the management of menopausal symptoms. *Journal of Ethnopharmacology*, 98(3), 295-300; <https://pubmed.ncbi.nlm.nih.gov/15814262>
8. Wightman EL, Reay JL, Haskell CF, Williamson G, Dew TP, Kennedy DO. Effects of resveratrol alone or in combination with piperine on cerebral blood flow parameters and cognitive performance in human subjects: a randomised, double-blind, placebo-controlled, cross-over investigation. *Br J Nutr*. 2014;112(2):203-213; <https://pubmed.ncbi.nlm.nih.gov/24804871>
9. Ghanim, H., Sia, C. L., Abuaysheh, S., Korzeniewski, K., Patnaik, P., Marumganti, A., . . . Dandona, P. (2010). An Antiinflammatory and Reactive Oxygen Species Suppressive Effects of an Extract of Polygonum Cuspidatum Containing Resveratrol. *Molecular Endocrinology*, 24(7), 1498-1499; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2936054/>
10. Chen, S, et. al; "Anti-Aromatase Activity of Phytochemicals in White Button Mushrooms (*Agaricus bisporus*)"; *Cancer Research*; December 2006; <https://pubmed.ncbi.nlm.nih.gov/17178902>
11. Lundeen, P. B., Banks, G. S., & Ruddon, R. W. (1971). Effects of the carcinogen methylazoxymethanol acetate on protein synthesis and drug metabolism in rat livers. *Biochemical Pharmacology*, 20(9), 2522-2527; <https://www.sciencedirect.com/science/article/abs/pii/0006295271902577>
12. Nicolosi, D., Tempera, G., Genovese, C., & Furneri, P. (2014). Anti-Adhesion Activity of A2-type Proanthocyanidins (a Cranberry Major Component) on Uropathogenic *E. coli* and *P. mirabilis* Strains. *Antibiotics*, 3(2), 143-154; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4790394/>
13. Gansser D, Spiteller G; Plant constituents interfering with human sex hormone-binding globulin. Evaluation of a test method and its application to *Urtica dioica* root extracts. *Z Naturforsch C*. (1995); <https://pubmed.ncbi.nlm.nih.gov/7702715>
14. Nahata A, Dixit VK; Ameliorative effects of stinging nettle (*Urtica dioica*) on testosterone-induced prostatic hyperplasia in rats. *Andrologia*. (2012); <https://pubmed.ncbi.nlm.nih.gov/21806658>
15. Safarinejad, M. R. (2005). *Urtica dioica* for Treatment of Benign Prostatic Hyperplasia. *Journal of Herbal Pharmacotherapy*, 5(4), 1-11; <https://pubmed.ncbi.nlm.nih.gov/16635963>
16. Racette SB, Lin X, Lefevre M, et al. Dose effects of dietary phytosterols on cholesterol metabolism: a controlled feeding study. *The American Journal of Clinical Nutrition*. 2010;91(1):32-38; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793103/>
17. Cho, Y. H., Lee, S. Y., Jeong, D. W., Choi, E. J., Kim, Y. J., Lee, J. G., ... Cha, H. S. (2014). Effect of Pumpkin Seed Oil on Hair Growth in Men with Androgenetic Alopecia: A Randomized, Double-Blind, Placebo-Controlled Trial. *Evidence-Based Complementary and Alternative Medicine : eCAM*, 2014, 549721; <https://www.hindawi.com/journals/ecam/2014/549721/>
18. Simakin, S. Y. (1988). The Combined Use of Ecdisten and the Product 'Bodrost' during Training in Cyclical Types of Sport. *Scientific Sports Bulletin*, 2.
19. Thakur M, et al; Improvement of penile erection, sperm count and seminal fructose levels in vivo and nitric oxide release in vitro by ayurvedic herbs . *Andrologia*. (2011); <https://pubmed.ncbi.nlm.nih.gov/21486409>
20. Thakur M, et al; Effect of *Chlorophytum Borivilianum Santapau* and *Fernandes* on sexual dysfunction in hyperglycemic male rats . *Chin J Integr Med*. (2009); <https://pubmed.ncbi.nlm.nih.gov/20082251>
21. Bloomer, Richard J et al. "Cissus quadrangularis reduces joint pain in exercise-trained men: a pilot study." *The Physician and sportsmedicine* 41.3 (2013): 29-35; <https://pubmed.ncbi.nlm.nih.gov/24113700>
22. Ferrandiz, ML, and MJ Alcaraz. "Anti-inflammatory activity and inhibition of arachidonic acid metabolism by flavonoids." *Agents and actions* 32.3-4 (1991): 283-288;

<https://pubmed.ncbi.nlm.nih.gov/1650522>

23. Tambi, M. I., Imran, M. K., & Henkel, R. R. (2011). Standardised water-soluble extract of *Eurycoma longifolia*, Tongkat ali, as testosterone booster for managing men with late-onset hypogonadism? *Andrologia*, 44, 226-230; <https://pubmed.ncbi.nlm.nih.gov/21671978>
24. Talbott, S. M., Talbott, J. A., George, A., & Pugh, M. (2013). Effect of Tongkat Ali on stress hormones and psychological mood state in moderately stressed subjects. *Journal of the International Society of Sports Nutrition*, 10(1), 28; <https://jissn.biomedcentral.com/articles/10.1186/1550-2783-10-28>
25. Edwards, D., Heufelder, A., & Zimmermann, A. (2012). Therapeutic Effects and Safety of *Rhodiola rosea* Extract WS 1375 in Subjects with Life-stress Symptoms – Results of an Open-label Study. *Phytotherapy Research*, 26(8), 1220-1225; <https://pubmed.ncbi.nlm.nih.gov/22228617>