



D-Aspartic Acid for Testosterone Boosting | Benefits and Side Effects

Once men reach the age of 30, their natural supply of testosterone begins to gradually decrease.

After a certain period of time, this can result in increased body fat; hinder the body's muscle recovery ability, and diminished muscle building potential.

Reduced testosterone levels can also be an underlying reason for poor sleep. Increasing testosterone naturally with D-Aspartic Acid has shown to be highly effective in naturally increasing testosterone production.

But what are the other benefits of D-Aspartic Acid (DAA)? What are the side effects of taking D-Aspartic Acid?

What is D-Aspartic Acid?

D-Aspartic Acid (DAA) is a substance based on an amino acid naturally found in the body.

Within the human body, D-Aspartic Acid is present in low amounts and is located in the pituitary and pineal glands.

The primary purpose of DAA is to manage hormone production in your body, which is important not only for athletes, but everyone, especially aging males.

D-Aspartic Acid boosts natural testosterone production and output by maximizing the release of luteinizing and [gonadotrophin hormones](#). (Gonads)

Males after the age of 30 have problems with lowered testosterone levels leading to a reduced libido, elevated body fat levels, a diminished recovery rate, and reduced capability to build muscle.

Men trying to boost testosterone levels to help improve strength, enhance libido, and build muscle use DAA as a dietary supplement.

Outlined below are several D-aspartic acid benefits and side effects worth noting.

What Are the Benefits of Using D-Aspartic Acid?

An amino acid related to testosterone generation, D-Aspartic Acid, is now one of the most trusted supplement ingredient for men looking for a number of proven benefits.

Listed below are several D-Aspartic Acid benefits:

Benefit #1: Improved Muscle Building

One common purpose individuals want natural testosterone boosters is to increase the rate of muscle building like when they were in their teens and early twenties.

Testosterone improves muscle protein production, leading to lean muscle mass development.

Testosterone also inhibits the production of cortisol, which is beneficial since cortisol results in elevated abdominal fat and the breakdown of muscle tissues.

Benefit #2: Elevated Sperm Count

Males using D-Aspartic Acid will see a significant improvement in sperm count and motility.

Because of this, they become more fertile and pregnancy chances increased among their spouses.

Benefit #3: Higher Energy Levels

Elevated testosterone levels also result in improved energy production.

By having higher testosterone levels, you are getting to get better sleep at night that also helps to increase energy.

Testosterone also promotes red blood cell concentration and delivers oxygen to the muscles.

What Are the Side Effects of D-Aspartic Acid?

Like any supplement that increases testosterone, DAA may cause certain side effects such as enhanced libido (some people consider this a side effect), elevated aggression levels, acne, larger appetite, and increased hair growth.

With that in mind, the possible side effects mentioned above are quite uncommon. There may not be any side effects at all.

For example, in a 90-day study published by [Advances in Sexual Medicine](#), individuals took 2,660 mg of D-Aspartic Acid daily.

This research aimed to improve spermatozoa levels for men dealing with infertility issues. 60 men were treated and of those 30 men were suffering from asthenozoospermia while 30 other men were experiencing oligoasthenozoospermia.

Scientists measured the participants' creatinine, electrolytes, blood cells, glucose, enzymes, and urea on a regular basis and found no abnormalities.

It was discovered that there were no dangerous outcomes to the human body by using D-Aspartic Acid and that it substantially boosts the levels of LH within the body.