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**INTEGRATIVE
INSIDER**



KEY TAKEAWAYS

**Muscle Matters: Understanding and Combating
Age-Related Muscle Loss in Men**

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1. Muscle loss due to aging is multifactorial and not by a single cause.
2. Maintaining muscle mass and strength may protect against cardiometabolic disease and low bone mineral density.
3. Low testosterone can be a significant contributing factor.
4. Both resistance and aerobic exercise can help increase muscle mass and strength.
5. Essential amino acids can help build muscles better than a high protein diet.

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