

Testosterone

Testosterone is a [steroid](#) hormone from the androgen group and is found in humans and other vertebrates.

[Luteinizing hormone-releasing hormone](#) causes the [pituitary gland](#) to make and secrete the hormones [luteinizing hormone](#) (LH) and follicle-stimulating hormone (FSH). In men, these hormones cause the testicles to make [testosterone](#). In women, they cause the ovaries to make [estrogen](#) and [progesterone](#).

In humans and other mammals, testosterone is secreted primarily by the testicles of males and, to a lesser extent, the ovaries of females. Small amounts are also secreted by the adrenal glands. It is the principal male sex hormone and an anabolic steroid.

In men, testosterone plays a key role in the development of male reproductive tissues such as the testis and prostate, as well as promoting secondary sexual characteristics such as increased muscle and bone mass, and the growth of body hair.

In addition, testosterone is essential for health and well-being, and for the prevention of osteoporosis.

On average, in adult males, levels of testosterone are about 7–8 times as great as in adult females.

As the metabolic consumption of testosterone in males is greater, the daily production is about 20 times greater in men.

Females are also more sensitive to the hormone.

Testosterone is observed in most vertebrates. Fish make a slightly different form called 11-ketotestosterone.

Its counterpart in insects is ecdysone.

These ubiquitous steroids suggest that sex hormones have an ancient evolutionary history.

Testosterone is on the WHO Model List of Essential Medicines, the most important medications needed in a basic health system.

Normal Results

Normal measurements for these tests:

Male: 300 to 1,000 nanograms per deciliter (ng/dL) or 10 to 35 nanomoles per liter (nmol/L)

Female: 15 to 70 ng/dL or 0.5 to 2.4 nmol/L

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