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Clomiphene Citrate for Men

Patient Information

How does Clomiphene work?

Clomiphene Citrate (Chomid) blocks the hormone estrogen from interacting with your pituitary gland. When estrogen interacts with the pituitary gland, less luteinizing hormone (LH) and follicle-stimulating hormone (FSH) are produced. This leads to a decrease in testosterone and therefore decreased production of sperm. Because Clomiphene blocks estrogen's interaction with the pituitary gland, there is an increase in LH, FSH, and testosterone in the body. In both men and women, Clomiphene binds to receptors in the brain to increase the production of follicle stimulating hormone, FSH, and luteinizing hormone, LH. In men, FSH leads to an increase in sperm production and LH leads to an increase in testosterone production.

What are the symptoms of low testosterone?

- Low sex drive
- Erectile dysfunction or reduced erectile function
- Loss of body hair and less beard growth
- Loss of lean muscle mass
- Feeling very tired all the time (fatigue)
- Obesity (being overweight)
- Symptoms of depression
- Increased body fat
- Mental foggiess
- Smaller testicle size

What are the reported benefits of Clomiphene?

- Encourages the release of testosterone
- Weight loss, as increasing testosterone levels can help with exercise
- Repairing sexual dysfunctions such as ED, low libido, and PE. Male sexuality is heavily linked to testosterone levels
- Increased energy levels due to increased testosterone levels
- Clarity - as if coming out of a fog
- Can increase fertility



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How is Clomiphene administered?

Clomiphene is taken via an oral tablet. The typical starting dose for a man is 25mg of Clomid, or half of a pill, each day. A man can over-respond to Clomid by making too much testosterone. Since this can decrease his sperm count, it is important to reassess the man's hormone levels a few weeks after he begins taking the drug. If his level of testosterone is too high, he can take half of a pill every other day. It takes 90 to 108 days from the time that sperm is produced in the testicles until it is ejaculated, so it takes time for a man to see results from Clomiphene. As such, a man should not stop taking the medication unless there is no improvement by the fourth month of treatment.

What are the known side effects of Clomiphene?

Your doctor has prescribed this medication because he or she has judged that the benefit to you is greater than the risk of side effects. Clomiphene is considered to be very safe, so during the treatment, the great majority of men will likely not suffer from any adverse side effects at all. However, some men have reported tenderness of the pectoral muscle, irritability, acne, acceleration of prostate cancer growth (if cancer is already present), changes in vision that are caused by a swelling of the pituitary gland (rare). The side effects of Clomid are typically reversible after stopping the medication. If any of the side effects listed above occur or worsen while taking Clomid, discontinue and tell your prescribing doctor promptly. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your prescribing doctor.

A very serious allergic reaction to this drug is rare. However, seek immediate medical attention if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing, shortness of breath.

It is important that you continue to see your regular medical doctor for your usual health care, tests, and routine health maintenance. We are not replacing your medical doctor.

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