

APPENDIX A: Search terms for literature review

IV Therapy

PubMed (N=623)

("IV therapy" OR "intravenous vitamin" OR "parenteral vitamin therapy" OR "IV vitamin C" OR "high-dose vitamin C" OR "intravenous multivitamin" OR "Parenteral Nutrition Solutions"[MeSH]) AND ("Men's Health"[MeSH] OR "Men"[MeSH] OR "Male"[MeSH]) AND ("Testosterone"[MeSH] OR "Hormones"[MeSH] OR "Immune System"[MeSH] OR "Physical Fitness"[MeSH] OR "Health"[MeSH] OR "Metabolic Syndrome"[MeSH] OR "Post-Exercise Recovery techniques"[MeSH] OR "Energy Metabolism"[MeSH] OR "Oxidative Stress"[MeSH] OR "Fatigue"[MeSH] OR "Endurance" OR "Muscle Strength"[MeSH] OR "Cognitive Function")

Scopus (N=113)

TITLE-ABS-KEY("intravenous therapy" OR "IV therapy" OR "intravenous vitamin" OR "IV nutrient therapy" OR "intravenous nutrient infusion" OR "IV vitamin C" OR "high-dose vitamin C" OR "parenteral vitamin therapy" OR "IV micronutrient infusion") AND TITLE-ABS-KEY("men's health" OR "men's wellness" OR "men" OR "male") AND TITLE-ABS-KEY("testosterone" OR "hormonal balance" OR "immune function" OR "physical recovery" OR "athletic performance" OR "wellness" OR "metabolic health" OR "oxidative stress" OR "fatigue" OR "endurance" OR "energy levels" OR "muscle function" OR "cognitive function")

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Saunas

PubMed (N=317)

("Sauna" OR "Steam Bath"[MeSH] OR "Heat Therapy" OR "Thermal Therapy" OR "Hyperthermia Therapy") AND ("Men's Health"[MeSH] OR "Men"[MeSH] OR "Male"[MeSH]) AND ("Cardiovascular Diseases"[MeSH] OR "Testosterone"[MeSH] OR "Hormones"[MeSH] OR "Immunity"[MeSH] OR "Recovery of Function"[MeSH] OR "Physical Endurance"[MeSH] OR "Physical Fitness"[MeSH] OR "Health"[MeSH] OR "Metabolic Health" OR "Oxidative Stress" OR "Muscle Strength" OR "Mental Health" OR "Recovery of function"[MeSH] OR "Post-Exercise Recovery techniques"[MeSH] OR "Post-exercise recovery"[MeSH])

Scopus (N=318)

(TITLE-ABS-KEY("sauna" OR "sauna bathing" OR "heat therapy" OR "thermal therapy" OR "hyperthermia therapy" OR "sauna exposure")) AND (TITLE-ABS-KEY("men's health" OR "men's wellness" OR "men" OR "male"))AND (TITLE-ABS-KEY("cardiovascular health" OR "testosterone" OR "hormonal balance" OR "immune function" OR "recovery" OR "endurance" OR "physical fitness" OR "wellness" OR "circulation" OR "metabolic health" OR "oxidative stress"OR "muscle strength" OR "fatigue" OR "mental health"))

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Ice Baths

PubMed (N=390)

("Cold Therapy" OR "Ice Bath" OR "Cold Water Immersion" OR "Cold Exposure" OR "Cold Therapy" OR "Cold Water Therapy") AND ("Men's Health"[MeSH] OR "Men"[MeSH] OR "Male"[MeSH]) AND ("fertility" OR "Testosterone"[MeSH] OR "Physical Fitness"[MeSH] OR "Immunity"[MeSH] OR "Athletic Performance" OR "Wellness" OR "Muscle Recovery" OR "Metabolic Health" OR "Oxidative Stress" OR "Inflammation" OR "Mental Health" OR "Physical Endurance"[MeSH] OR "Physical Fitness"[MeSH] OR "fatigue")

Scopus (N=197)

(TITLE-ABS-KEY("cold therapy" OR "ice bath" OR "cold water immersion" OR "cold water therapy")) AND (TITLE-ABS-KEY("men's health" OR "men's wellness" OR "men" OR "male")) AND (TITLE-ABS-KEY("testosterone" OR "physical fitness" OR "immune function" OR "athletic performance" OR "muscle recovery" OR "metabolic health" OR "endurance" OR "oxidative stress" OR "inflammation" OR "mental health"))

Light Therapy

PubMed (N=380)

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("Light Therapy" OR "Phototherapy"[MeSH] OR "Near-Infrared Light" OR "Photobiomodulation" OR "LED Therapy") AND ("Men's Health"[MeSH] OR "Men"[MeSH] OR "Male"[MeSH]) AND ("Testosterone"[MeSH] OR "Hormonal Balance" OR "Physical Fitness"[MeSH] OR "Immunity"[MeSH] OR "Muscle Recovery" OR "Mental Health" OR "Cognitive Function" OR "Metabolic Health" OR "Endurance" OR "Mood Disorders" OR "Energy Metabolism")

Scopus (N=448)

(TITLE-ABS-KEY("light therapy" OR "phototherapy" OR "infrared light" OR "photobiomodulation" OR "LED therapy")) AND (TITLE-ABS-KEY("men's health" OR "men's wellness" OR "men" OR "male")) AND (TITLE-ABS-KEY("testosterone" OR "hormonal balance" OR "physical fitness" OR "immune function" OR "muscle recovery" OR "wellness" OR "mental health" OR "cognitive function" OR "metabolic health" OR "endurance" OR "mood disorders" OR "energy metabolism"))

Nutritional Supplements

PubMed (N=154)

("Nutritional Supplement" OR "High-Protein Supplements" OR "Protein Supplement" OR "Nutritional Shake" OR "Nutraceutical" OR "Food supplements" OR "Herbal Supplements" OR "liquid nutrition") AND ("Men's Health"[MeSH] OR "Men"[MeSH] OR "Male"[MeSH]) AND ("Testosterone"[MeSH] OR "Hormonal Balance" OR "Physical Fitness"[MeSH] OR "Metabolic Health" OR "Cognitive Function" OR "Immune Function" OR "Energy Levels")

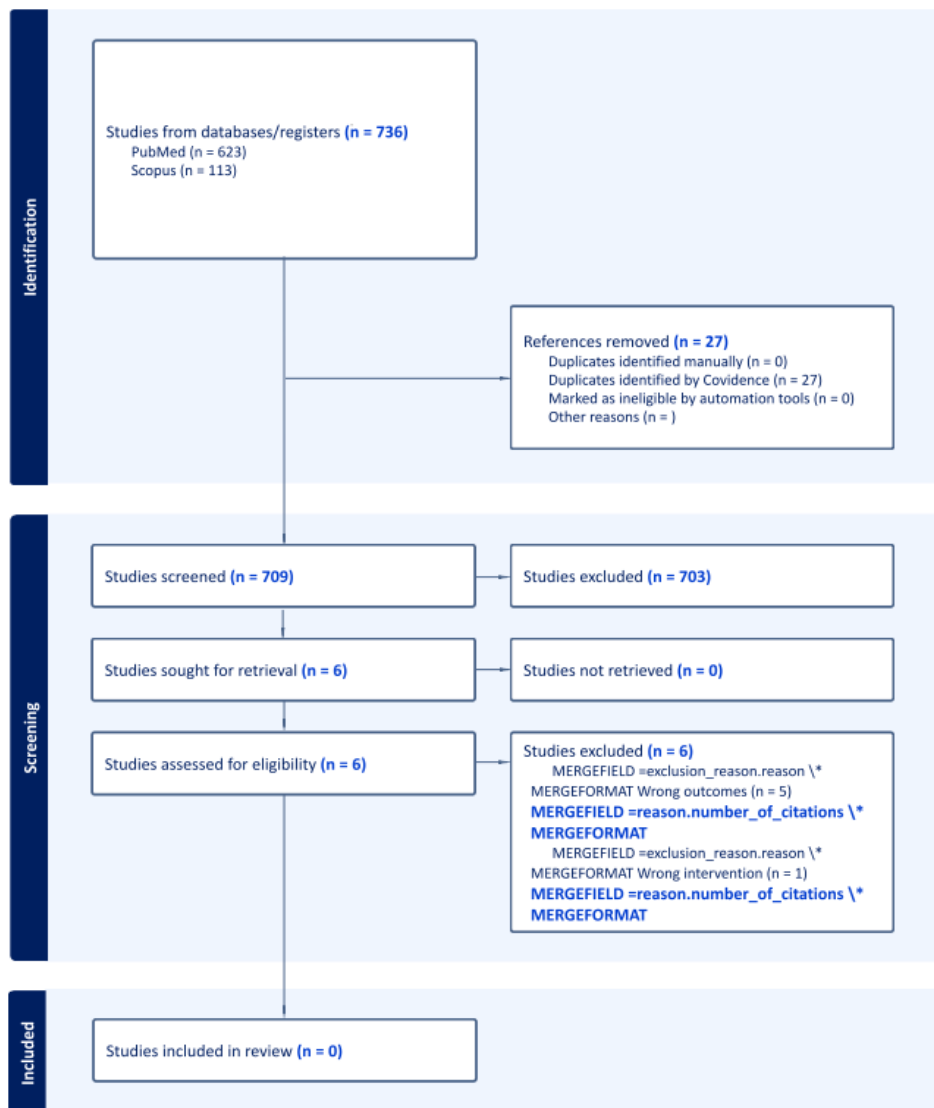
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Scopus (N=371)

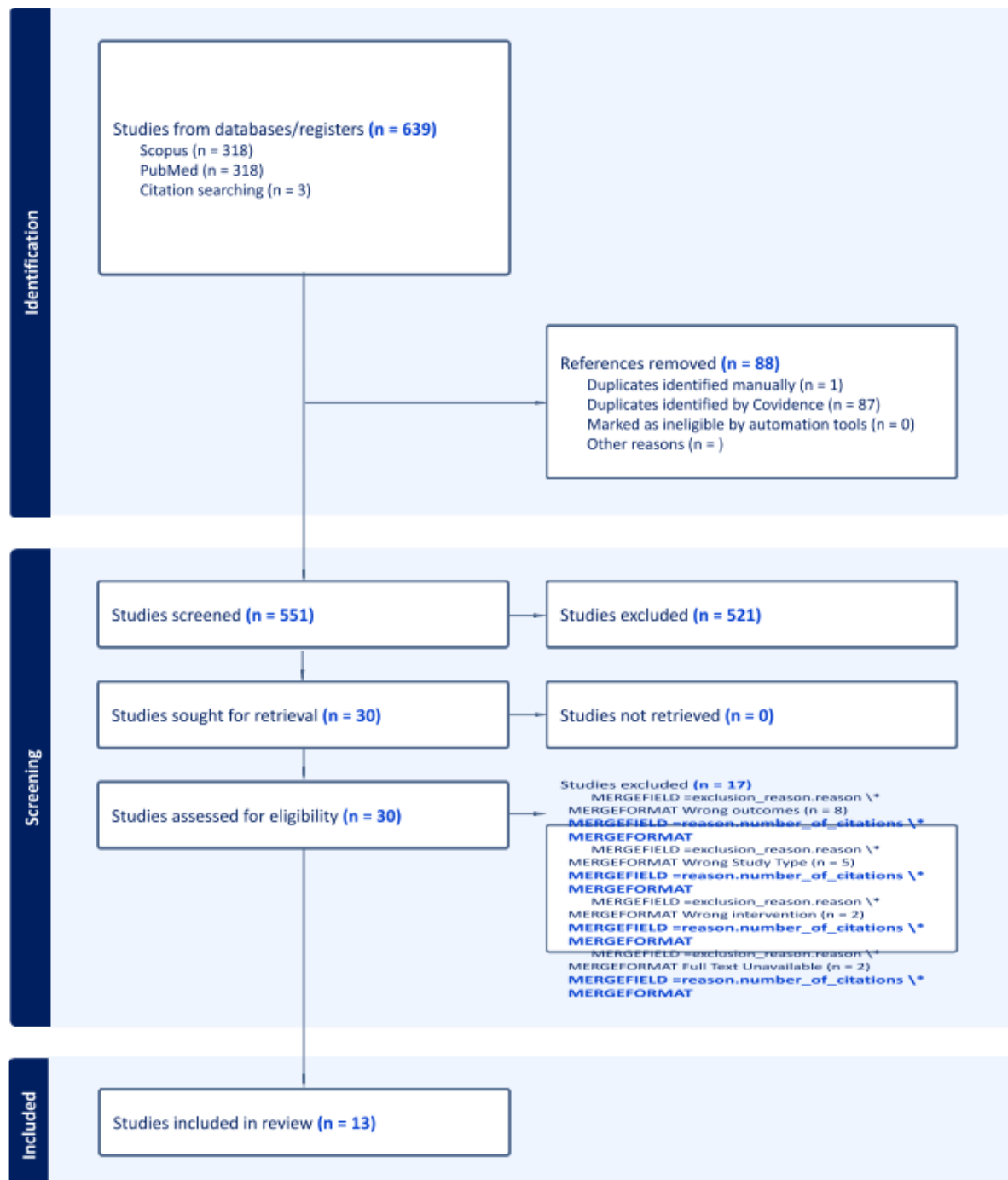
(TITLE-ABS-KEY("nutritional supplement" OR "dietary supplement" OR "high-protein supplements" OR "protein supplement" OR "nutritional shake" OR "liquid nutrition" OR "Nutraceutical" OR "Food supplements" OR "Herbal Supplements")) AND (TITLE-ABS-KEY("men's health" OR "men's wellness" OR "men" OR "male")) AND (TITLE-ABS-KEY("testosterone" OR "hormonal balance" OR "physical fitness" OR "muscle strength" OR "weight management" OR "metabolic health" OR "cognitive function" OR "immune function" OR "endurance" OR "energy levels")) AND (TITLE-ABS-KEY("athletic performance" OR "fat loss" OR "muscle gain"))

APPEBDIX B: Supplementary figures

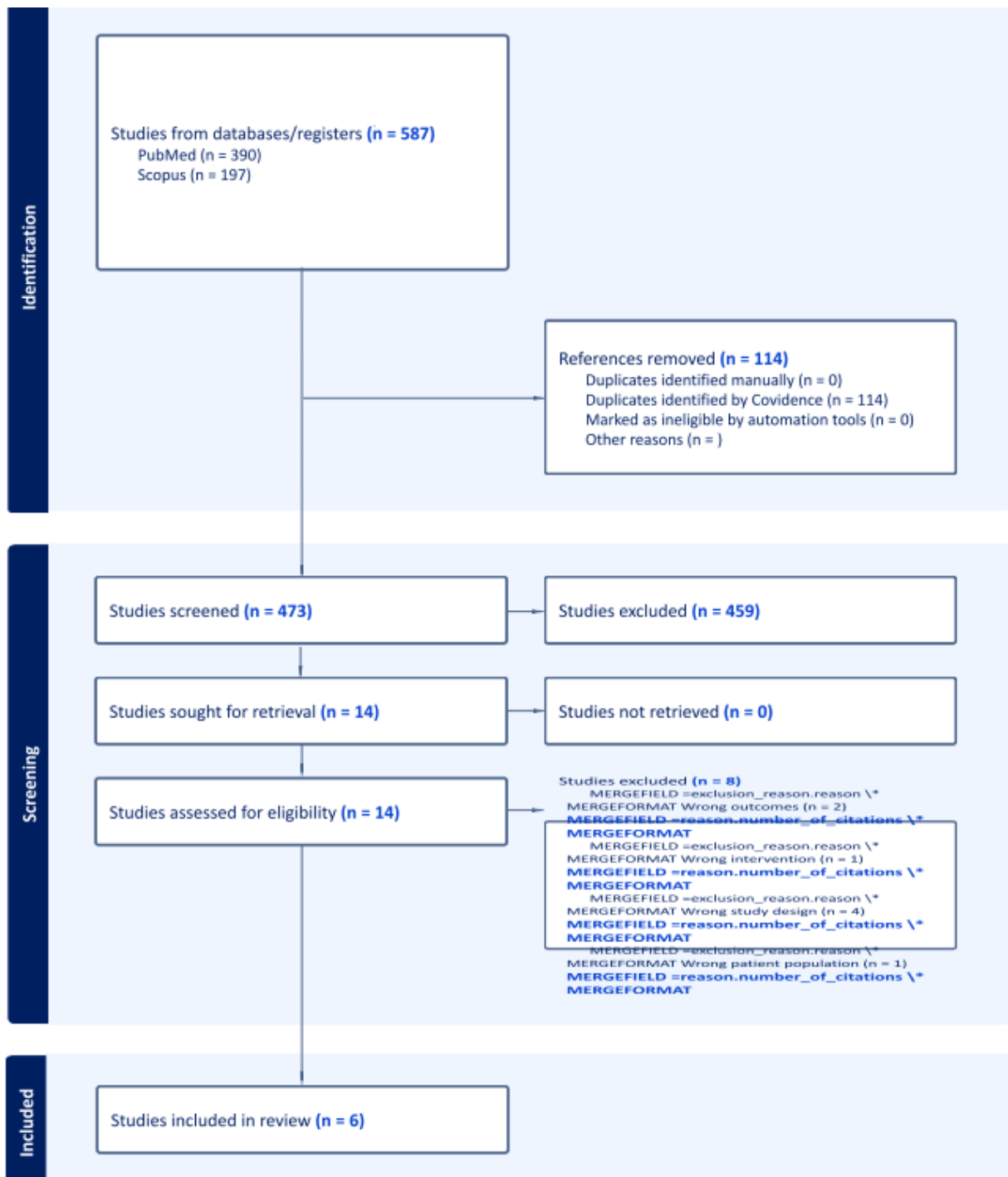
Supplementary Figure 1. PRISMA diagram – IV therapy.



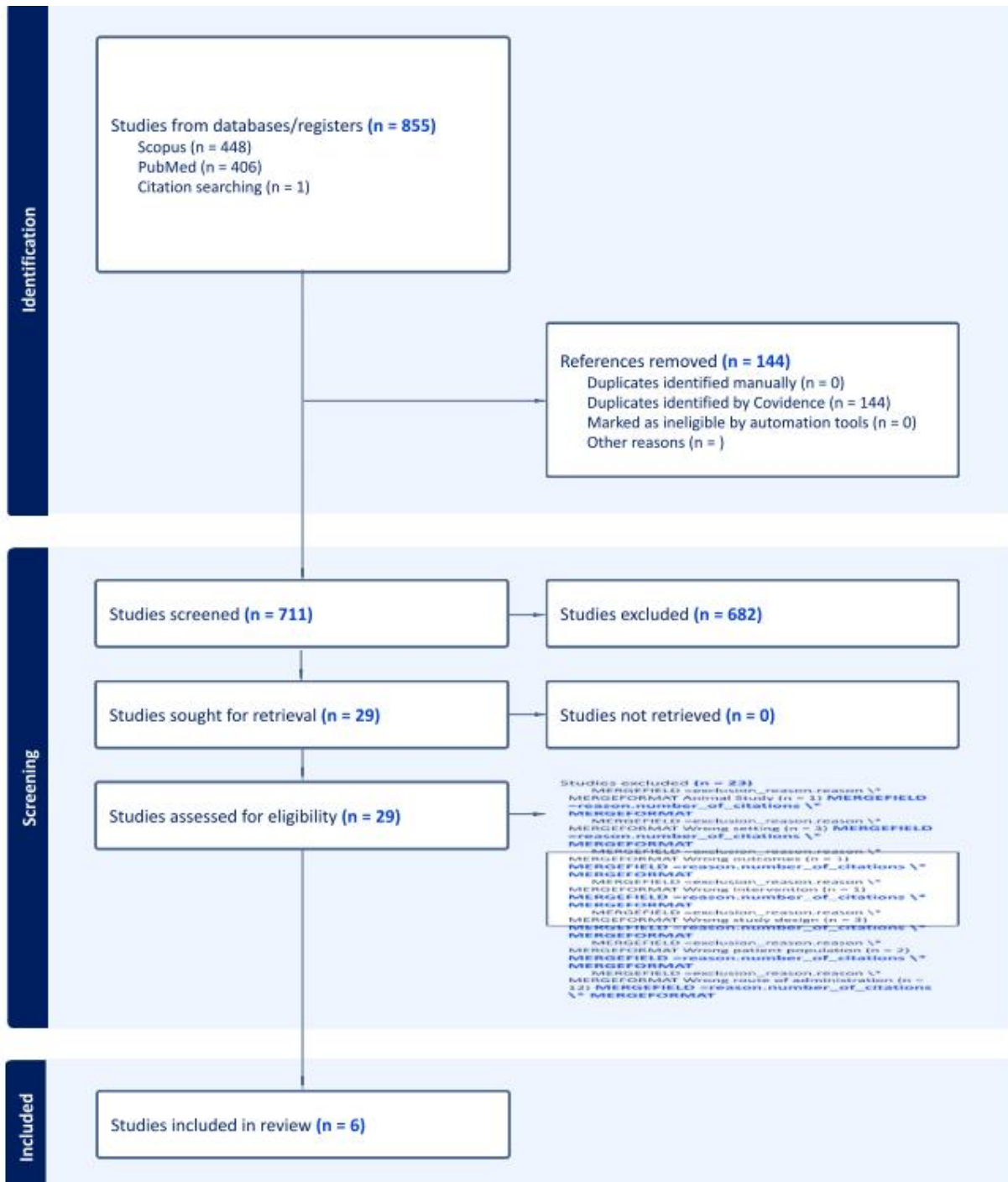
Supplementary Figure 2. PRISMA diagram – sauna.



Supplementary Figure 3. PRISMA diagram – ice baths.



Supplementary Figure 4. PRISMA diagram – light therapy.



Supplementary Figure 5. PRISMA diagram – nutritional supplements.

