

Erratum to Low-carbohydrate diets and men's cortisol and testosterone: Systematic review and meta-analysis

Nutrition and Health
2022, Vol. 28(4) 783
© The Author(s) 2022
Article reuse guidelines:
sagepub.com/journals-permissions
DOI: 10.1177/02601060221140089
journals.sagepub.com/home/nah



The authors wish to stress, the finding that high-protein diets decreased testosterone, was based on studies using very-high protein intakes, that far exceed the general population's and vast majority of athletes. In fact, it is more accurate to state 'very-high protein diets may decrease testosterone' rather than 'high-protein diets may decrease testosterone'. For further clarification on this issue, please see the commentary of this systematic review [Whittaker (2022) High-protein diets and testosterone, *Nutrition and Health*. DOI: 10.1177/02601060221132922].