



Hormone Quiz

ADRENAL HEALTH

THANK YOU FOR YOUR INTEREST IN ENDOAXIS FORMULATIONS!

We've developed a comprehensive line of 26 products, each designed to address distinct physiological patterns identified through urinary metabolite clearance. While personalized recommendations based on lab testing are always preferred, we understand that testing isn't always accessible or immediate. That's why we've created this clinical guide and hormone quiz—to help providers identify the most appropriate formulation based on a patient's symptoms and health history.

This tool offers a thoughtful, streamlined approach to product selection, and is especially useful in cases where immediate testing is unavailable. However, clinical judgment remains essential.



GUIDELINES FOR USE

DURATION

Products are designed for use over a period of 3–6 months.

MONITORING

Observe symptom changes and patient response during this time. If no response—or adverse symptoms—occur, re-evaluate with additional lab analysis and adjust the protocol as needed.

FURTHER RESOURCES

Visit our Provider Portal (free to register) for expanded clinical education and resources under the Education tab.

Choose the ONE group that sounds most like you.

GROUP 1: WIRED / ANXIOUS / STRESSED

- I feel wired, overwhelmed or frequently stressed.
- I have difficulty relaxing; my mind doesn't shut off.
- I struggle with anxiety or easy irritability.
- I struggle with stress-driven sleep problems.

GROUP 2: STRESS + METABOLIC WEIGHT GAIN / INSULIN RESISTANCE

- I struggle with increasing belly fat or weight gain, made worse when I'm stressed.
- I feel "puffy", especially in my hands, ankles, feet and face.
- I have been diagnosed with metabolic syndrome (insulin resistance, central obesity, high triglycerides, low HDL, and high blood pressure) and deal with high stress
- I have high known type 2 diabetes and struggle with high stress.

GROUP 3: OVERWHELMED / INFLAMED / BURNED OUT FROM STRESS

- I struggle with increasing belly fat or weight gain, made worse when I'm stressed.
- I DO NOT have high blood pressure; and in fact, may struggle with lower blood pressure.
- I struggle with muscle and/or joint pains, that are often worse when stressed.
- I struggle with blood sugar imbalance or insulin resistance, and crave sugar when stressed.

GROUP 4: ADRENAL + THYROID COMBO FATIGUE

- I have a known diagnosis of Hypothyroidism or low thyroid activity.
- I struggle with cold hands/feet, hair thinning, and suspected thyroid imbalance, made worse with stress.
- I struggle with poor concentration, low energy and/or poor mood, especially when stressed.
- I tend to feel tired in the morning, but my energy improves throughout the day, especially with movement.

GROUP 5: TOTAL EXHAUSTION / BURNOUT / NO RESILIENCE

- I struggle to wake up and get going for the day, despite a full nights sleep.
- I have known post-infection fatigue or chronic fatigue syndrome.
- My sleep is easily disrupted, and I do not feel in tune with my circadian rhythm.
- Recovery after exercise, travel or a hard work day takes longer than it should.

Ideal Formula based on your selected group:

SCORE	FORMULA	OVERVIEW
Group 1	Formula 13	Our calm formula is a blend of nutrients and herbs designed to soothe and relax the mind, reduce cortisol, and mitigate the impact of stress on the adrenals.
Group 2	Formula 16	An adaptogenic stress blend formulated to reduce the factors that drive up cortisol, while also targeting blood sugar balance, liver health and brain health to reduce the global effects of high cortisol on the tissues.
Group 3	Formula 17	This formulation targets individuals who have low free cortisol, yet normal or high metabolized cortisol. This can often occur due to inflammation or blood sugar dysregulation and often feels like a "wired but tired" sensation. <i>*Contains licorice*</i>
Group 4	Formula 18	This formulation was blended to address the thyroid/HPA axis; while also targeting the common underlying factors influencing cortisol rhythm and activity during the day – including broad thyroid-supportive nutrients, mitochondrial enhancing nutrients and herbs to reduce the effect of stress on the brain and HPA axis.
Group 5	Formula 19	This formulation is designed to target adrenal cortisol production and HPA axis repair. Blending herbs and nutrients that support mitochondrial activity, increase cellular energy and ATP production, and boost cortisol activity within the tissues.
BONUS OPTIONS	Formula 14	IF you have low cortisol on labs, OR you feel better with stimulatory/adrenal glandular support.
	Formula 23 (DHEA)	IF you have low DHEA on labs, OR if you have low estrogen, low testosterone, and struggle with long-term stress

Quick decision flow:

YOUR MAIN CONCERN	CHOOSE FORMULA
Anxiety, wired, can't turn off your brain	Formula 13
Belly fat + insulin resistance + metabolic inflammation	Formula 16
Stress + musculoskeletal inflammation + sugar cravings (<i>NO history of high blood pressure</i>)	Formula 17
Fatigue + slow thyroid/metabolism	Formula 18
Chronic illness + significant fatigue + poor recovery	Formula 19
(OPTIONAL) Low cortisol, needing a little extra boost	Formula 14
(OPTIONAL) Low DHEA	Formula 23