



# Empowering Practitioners to be Hormone Experts.

Formula Strategies

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# Female Hormones

Low progesterone

Low estrogen

High estrogen

Low testosterone

High testosterone

Low DHEA

High DHEA

Infertility

Elevated 4-OH

Oxidative Stress

PMS

Dysmenorrhea

PCOS

Androgen excess  
(acne, hair loss, hirsutism)

Low libido

On Hormonal  
Birth control

High SHBG

	Low progesterone	Low estrogen	High estrogen	Low testosterone	High testosterone	Low DHEA	High DHEA	Infertility	Elevated 4-OH	Oxidative Stress	PMS	Dysmenorrhea	PCOS	Androgen excess (acne, hair loss, hirsutism)	Low libido	On Hormonal Birth control	High SHBG
Formula 1	X							X			X	X		X			
Formula 2			X						X		X	X					
Formula 3			X						X		X	X					
Formula 3.5			X						X		X	X					X
Formula 4	X							X	X	X	X	X					
Formula 5				X											X		
Formula 6					X		X						X	X			
Formula 7	X	X		X											X		
Formula 8		X				X		X							X		
Formula 9			X		X		X	X					X	X			
Formula 10		X			X		X	X					X	X			
Formula 11			X		X				X	X						X	X
Formula 12			X					X	X	X	X	X				X	X
Formula 15																	X
Formula 23		X		X		X		X									
Formula 24																X	
Formula 25								X			X		X				



# Male Hormones

Estrogen excess

Low testosterone

Low DHEA

High DHEA

Weightloss resistance

Elevated 4-OH

Oxidative Stress

Hypogonadism

Low libido

Androgen excess  
(acne, hair loss, hirsutism)

High SHBG

	Estrogen excess	Low testosterone	Low DHEA	High DHEA	Weightloss resistance	Elevated 4-OH	Oxidative Stress	Hypogonadism	Low libido	Androgen excess (acne, hair loss, hirsutism)	High SHBG
Formula 2	X										
Formula 3	X					X					
Formula 3.5	X					X					
Formula 6				X						X	
Formula 11	X				X		X				X
Formula 12						X	X				X
Formula 15		X			X				X		X
Formula 20		X						X	X		
Formula 21	X	X			X				X	X	
Formula 22	X			X					X	X	
Formula 23		X	X		X			X	X		



## FORMULA STRATEGIES

# FORMULA 1



### DOSE

3 caps by mouth once daily in the morning.  
Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula targets luteinizing hormone (LH), the signal released following ovulation that tells the corpus luteum to ramp up progesterone production. It also contains healthy fats and vitamins necessary for progesterone synthesis.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: diarrhea, fatigue, headaches, insomnia, menstrual changes, nausea, skin irritation, stomach pain and vomiting. Lower blood pressure may be experienced as a response to the ingredients as well, although this effect is more likely to occur if the product is taken over a long period of time. Monitoring blood pressure every 3 months is encouraged. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com**

### DOSING STRATEGIES

This product is safe for long-term use. Some women do feel better with alternate dosing of vitex, with 2 weeks on the herb, and 2 weeks off. If you choose to prescribe this way, the ideal timing is to take vitex in the luteal phase of the menstrual cycle, or if not cycling, to prescribe from full moon to new moon.

However, when trying to optimize the LH signal, daily dosing is preferred.

### DOSING WITH BHRT

This product is safe for use with any bioidentical formula. The product would be intended to support follicular health and LH signaling.

For postmenopausal women on Progesterone bHRT, this product would likely not confer any additional benefit. However, it does contain Vitex, which does provide nootropic benefits and can further enhance quality of sleep when on progesterone replacement.

For cycling females, this product will support their natural menstrual rhythm, through LH signal enhancement. This product should be used daily, while their progesterone replacement should only be given in the luteal phase of their cycle. You could consider taking a break from the supplement on the first day of menstrual bleed, which would be when they'd stop their progesterone replacement as well. Restart Formula 1 on day 5 of their menstrual cycle, and restart the progesterone on day 15, paired with Formula 1 for further support until their next menstrual cycle starts.

### HOW LONG TO CONTINUE

This product is safe for long-term use.

It can take up to 3 menstrual cycles to begin to notice a change to cycle response - however, many women feel better within the first cycle!

## SUPPLEMENT FACTS

Serving Size 3 Capsules  
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene) (from mixed-carotene blend)	40 mcg RAE	5%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	30 mg	1765%
Zinc (as zinc picolinate)	1 mg	9%
Lady's Mantle ( <i>alchemilla vulgaris</i> ) (aerial part) powder	400 mg	†
Yarrow ( <i>achillea millefolium</i> ) (aerial part) powder	400 mg	†
Borage ( <i>borago officinalis</i> ) (seed) powder	300 mg	†
Chastetree ( <i>vitex agnus-castus</i> ) (fruit) extract	200 mg	†
Mixed-Carotene (from palm fruit ( <i>elaeis guineensis</i> ))	4 mg	†
Alpha-Carotene	0.04 mg	†
Gamma-Carotene	0.4 mcg	†
Lycopene	0.12 mcg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate, and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 2



### DOSE

1 cap by mouth, twice daily. Take with food.  
Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula blends targeted nutrients and herbs to help optimize phase 1 detox. This will help you more efficiently process estrogen by supporting your liver.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. DIM can significantly lower estrogen in some people, although this effect will usually take 3-6 months of continuous use to be noticeable. If patients experience hot flashes, night sweats, mood changes, alterations to their menstrual cycle, or changes to their libido, there may be a significant reduction in estrogen occurring in response to this product. Retesting their urinary hormone metabolites would be encouraged. Although rare, side-effects associated with the ingredients in this product include: diarrhea, fatigue, headaches, menstrual changes, nausea, stomach pain and vomiting. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com**

### DOSING STRATEGIES

This product is designed for daily use.

For women: some women find that taking it 7 days prior to the start of their period, and then for 7 days into their next menstrual cycle is all they really need for optimal support.

We do not want to lower estrogen too much during the ovulatory phase of the menstrual cycle. For women taking DIM daily, if they find that their menstrual periods become longer or more irregular, there may be a concern that the DIM is metabolizing estrogen too efficiently during mid-cycle and blunting the ovulatory rise in estrogen that is necessary to trigger release of an egg.

For men: DIM can lower estrogen significantly, so using for 2-4 days, and then taking a break for 3-5 days can be a supportive way to use this product safely, long-term.

### DOSING WITH BHRT

Designed for detox support, this product is safe to use along with any bHRT regimen.

DIM will lower estrogen in circulation, so keep this in mind when dosing the hormone.

In postmenopausal women, if estrogen is elevated and this product is recommended, the goal would not be to simply add Formula 2. Instead, consider lowering the dose of estrogen bHRT. If you choose to add in Formula 2, it will lower the circulating estrogens, which may result in the patient feeling lower estrogen symptoms. If this occurs, discontinue Formula 2, as opposed to trying to increase estrogen bHRT. Retest their hormones after adjusting their estrogen dose to determine what additional support, if any, is required.

DIM can lower testosterone as well, so keep this in mind while you monitor their hormone status.

### HOW LONG TO CONTINUE

DIM can significantly lower estrogen in some people. Rechecking labs every 6 months while symptomatic is important. Formulations may need to change as your detox changes.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium (as calcium d-glucarate)	32.5mg	3%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	13.1 mg	3%
Calcium D-Glucarate (Tetrahydrate Form)	250 mg	†
N-acetyl-L-cysteine	100 mg	†
BioResponse DIM® proprietary complex (Starch, diindolylmethane, Vitamin E [as tocophersolan], phosphatidyl choline, silica)	75 mg	†
Alpha Lipoic (as R-lipoic acid)	50 mg	†
Broccoli ( <i>Brassica oleracea italica</i> ) (seed) powder extract (13% glucoraphanin) (TrueBroc®)	25 mg	†
Black Radish ( <i>Raphanus sativus niger</i> ) (root) powder	25 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) (leaf) extract (NLT 8% Carnosic Acid, NLT 0.5% Carnosol and NLT 2.5% Rosmarinic Acid) 10:1	25 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate, and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 3



### DOSE

Take 2 capsules by mouth, twice daily. Take with food. Do not take if pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula is designed to support phase 2 and phase 3 detox. It does blend methylation AND sulfation-supporting nutrients and minerals for optimal liver and GI detox of estrogen.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way , to anything. Although rare, side-effects associated with the ingredients in this product include: pruritus, nausea, stomach discomfort, insomnia, and anxiety. This product will cause the urine to turn bright yellow - this is expected and not a concern. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com**

## DOSING STRATEGIES

Methylation support is not needed daily by most people.

Although this formula can be provided long-term, having a break from the product for 2-3 days each week, or dosing 3 weeks on, 1 week off per month, can ensure that the patient tolerates it well and has lower risk for unwanted side-effects or over-methylation response.

## DOSING WITH BHRT

This product is safe for use with any bioidentical formula.

The purpose is to help enhance methylation response. In a woman of any age who is on bioidentical estrogen, if their methyl index is low, they will likely benefit from the ongoing support found in Formula 3.

Estrogen bHRT lowers COMT activity. For women who are naturally slower COMT detoxes to begin with, the influence of additional estrogen bHRT can drastically impact their detox activity. Utilizing Formula 3 daily would be encouraged.

For women with moderate or high COMT detox activity, they may still benefit from daily use of Formula 3 while they remain on estrogen bHRT, due to the pharmacokinetic impact estrogens have on this pathway. Monitoring their urinary methyl detox every 6 months is encouraged.

## HOW LONG TO CONTINUE

Estrogen detox can change significantly with these herbs. Rechecking labs every 6 months while symptomatic is important. Formulations may need to change as your detox changes.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving		% Daily Value
Thiamin (as thiamin hydrochloride)	12.5 mg	1042%
Riboflavin (as riboflavin 5-phosphate)	12.5 mg	962%
Niacin (as niacinamide)	12.5 mg	78%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)	10 mg	588%
Folate (as calcium l-5-methyltetrahydrofolate)	200 mcg	50%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	125 mcg	5208%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	26.3 mg	6%
Molybdenum (as sodium molybdate)	9.9 mcg	22%
Trimethylglycine (as betaine anhydrous)	250 mg	†
L-Methionine	250 mg	†
Taurine	200 mg	†
N-acetyl-L-cysteine	100 mg	†
Broccoli ( <i>Brassica oleracea italica</i> ) (seed powder extract (13% glucoraphanin) (TrueBroc®))	25 mg	†
L-Serine	25 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 3.5



### DOSE

Take 2 capsules by mouth, twice daily. Take with food. Do not take if pregnant or nursing.



### WHY IS IT IMPORTANT?

This formulation is a robust combination of minerals, herbs and amino acids to support phase 1, phase 2 and phase 3 detox pathways.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. This product does contain DIM. DIM can significantly lower estrogen in some people, although this effect will usually take 3-6 months of continuous use to be noticeable. If patients experience hot flashes, night sweats, mood changes, alterations to their menstrual cycle, or changes to their libido, there may be a significant reduction in estrogen occurring in response to this product. Retesting their urinary hormone metabolites would be encouraged. Although rare, side-effects associated with the ingredients in this product include: diarrhea, fatigue, headaches, menstrual changes, nausea, stomach pain, pruritus, insomnia and anxiety. This product will cause the urine to turn bright yellow - this is expected and not a concern. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product does contain gentle methylation support. Although therapeutically indicated, daily methyl support is not encouraged for most people.

Although this product can be provided long-term, having a break from the product for 2-3 days each week, or dosing for 3 weeks on, 1 week off, can ensure that the patient tolerates it well and has lower risk for unwanted side-effects or over-methylation response.

### DOSING WITH BHRT

This product is safe for use with any bioidentical formula.

The purpose is to help enhance all phases of estrogen detox. In a woman of any age who is on bioidentical estrogen, if their routes of detox are poor, they will likely benefit from the ongoing support found in Formula 3.5.

Estrogen bHRT lowers COMT activity. For women who are naturally slower COMT detoxes to begin with, the influence of additional estrogen bHRT can drastically impact their detox activity. Utilizing Formula 3.5 daily would be encouraged.

For women with moderate or high COMT detox activity, they may still benefit from daily use of Formula 3 while they remain on estrogen bHRT, due to the pharmacokinetic impact estrogens have on this pathway. Monitoring their urinary methyl detox every 6 months is encouraged.

If their estrogens are elevated while taking estrogen bHRT, consider a dose adjustment in their therapy, while utilizing Formula 3.5 for 3 months to help efficiently detox estrogens safely from their tissues. Retesting at 3 months is encouraged to determine what additional support they may require.

### HOW LONG TO CONTINUE

Estrogen detox can change significantly with these herbs. Rechecking labs every 6 months while symptomatic is important. Formulations may need to change as your detox changes.

### SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value
Thiamin (as thiamin hydrochloride)	15 mg 1250%
Riboflavin (as 50% riboflavin and 50% riboflavin 5-phosphate)	15 mg 1154%
Niacin (as niacinamide)	50 mg 313%
Vitamin B6 (as pyridoxal-5-phosphate)	7.5 mg 441%
Folate (as calcium I-5-methyltetrahydrofolate)	200 mcg 50%
Vitamin B12 (as hydroxocobalamin)	125 mcg 5208%
Calcium (as calcium d-glucarate)	32.5 mg 3%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	13.1 mg 3%
Molybdenum (as sodium molybdate)	14.9 mcg 33%
Calcium D-Glucarate (Tetrahydrate Form)	250 mg †
Trimethylglycine (as betaine anhydrous)	250 mg †
Taurine	150 mg †
N-acetyl-L-cysteine	100 mg †
L-Methionine	75 mg †
BioResponse DIM® Proprietary Complex (Starch, diindolylmethane, Vitamin E [as tocopherols], phosphatidyl choline, silica)	50 mg †
Broccoli ( <i>Brassica oleracea italica</i> ) (seed powder extract (13% glucoraphanin) (TrueBroc®))	25 mg †
L-Serine	15 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), magnesium stearate, silicon dioxide, and microcrystalline cellulose.



## FORMULA STRATEGIES

# FORMULA 4



### DOSE

Take 2 capsules by mouth, twice daily. Take with food. Do not take if pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula is a blend of herbs and minerals to truly support all aspects of menstrual health; improving both cycle regularity and quality of menstrual health all month long.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: headaches, nausea, itching and changes to blood pressure. This product does contain a low dose of licorice. The dose used in this formula is not associated with increased risk for hypertension, but as this is a possible side-effect associated with the herb, monitoring should be considered in sensitive individuals. Monitor blood pressure every 3 months if concerns are present. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

Daily dosing is ideal, and this formulation is designed to be safe if taken long-term, daily.

Over time, your patient may find that they only need this formulation in their luteal phase, and may even come off the product completely as their root cause etiology is addressed and resolved.

### DOSING WITH BHRT

Formula 4 is safe to use with any bioidentical hormone.

The purpose of Formula 4 is to help regulate LH and FSH signals, support follicular development, and reduce the physical and psychological impact of hormone imbalance on the body. Formula 4 specifically supports the role of progesterone bHRT.

If a patient is on an estrogen bHRT without progesterone, and this formula was recommended, the goal would be to add in progesterone bHRT if indicated, or reduce the dose of estrogen bHRT.

This formula can support progesterone production in cycling women. In postmenopausal women, this formula would be supporting their physiologic response to hormone, but would not directly impact progesterone production.

### HOW LONG TO CONTINUE

This product is safe for long-term use.

It can take a minimum of 3 menstrual cycles to begin to notice a change to cycle response - however, many women feel better within the first cycle!

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium (as calcium citrate tetrahydrate)	52.7 mg	4%
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	21.9 mg	5%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	67%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg	588%
Zinc (as zinc picolinate)	1.4 mg	13%
Copper (as copper citrate)	0.05 mg	6%
Lady's Mantle ( <i>Alchemilla vulgaris</i> ) (aerial parts) powder	200 mg	†
Indian frankincense ( <i>Boswellia serrata</i> ) extract	150 mg	†
Chastetree ( <i>Vitex agnus-castus</i> ) (fruit) extract	100 mg	†
Dong-Quai ( <i>Angelica sinensis</i> ) (root) 4:1	100 mg	†
Dandelion ( <i>Taraxacum officinale</i> ) (root) extract 4:1	50 mg	†
L-theanine (Suntheanine®)	50 mg	†
Wild Yam ( <i>Dioscorea villosa</i> ) (root) extract 10:1	50 mg	†
Licorice ( <i>Glycyrrhiza glabra</i> ) (root) extract 20:1	25 mg	†
Cinnamon ( <i>Cinnamomum zeylanicum</i> ) (bark) powder	25 mg	†

† Daily Value not established

**Other ingredients:** Vegetable capsule (hypromellose), magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 5



### DOSE

1 cap by mouth with or without food. Take twice per day. Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula has been developed to support androgen activity and production.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: bloating, diarrhea, dyspepsia, flatulence, hypoglycemia and nausea. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product has been designed for daily long-term use.

It can be used safely along with bioidentical hormone therapies to optimize symptom management.

### DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for Formula 5 is to support androgen activity, utilizing herbs that act on improving androgen binding to the intracellular receptors and also reducing the drivers of elevated aromatization.

This can be used to enhance the effects of testosterone and DHEA therapies, allowing providers to utilize the lowest effective dose of bHRT while still maintaining optimal therapeutic response.

### HOW LONG TO CONTINUE

Herbs act more gently and over time to support hormone balance and response in the body. It is important to continue the formula for as long as you need.

Consider re-testing testosterone and testosterone metabolites every 6 months.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Zinc (as zinc picolinate)	0.80 mg 7%
Organic Gelatinized Maca ( <i>Lepidium peruvianum chacon</i> ) (root) powder	200 mg †
Tribulus ( <i>Tribulus terrestris</i> ) (fruit) extract (std. to 40% saponins)	125 mg †
Chrysin (from <i>Oroxylum indicum</i> seed extract)	75 mg †
Fo-Ti (He-Shou-Wu) ( <i>Polygonum multiflorum</i> ) (root) powder	25 mg †
Damiana ( <i>Turnera diffusa</i> ) (leaf) extract 10:1	15 mg †
Fenugreek ( <i>Trigonella foenum-graecum</i> ) (seed) extract 20:1	7.5 mg †
Ginger ( <i>Zingiber officinale</i> ) (root) extract 4:1	4.2 mg †
Boron (boron citrate)	0.05 mg †

† Daily Value not established

**Other ingredients:** Vegetable capsule (hypromellose), magnesium stearate, microcrystalline cellulose, and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 6



### DOSE

For women: take 1 cap by mouth, 2x per day.

For men: take 1 cap by mouth, 3x per day.

Best taken with food.

Do not take if pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula blends potent 5a-inhibiting herbs and minerals in tandem with herbs that reduce inflammation and support blood sugar to help optimize androgen activity in the body.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: decreased libido, diarrhea, fatigue, nausea, rhinitis, constipation and dizziness. This product does contain Reishi, which may worsen symptoms in people taking immunosuppressant medications to treat conditions like rheumatoid arthritis, Crohn's disease or Lupus. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product is safe long term and in conjunction with other 5a-inhibiting medications like finasteride or spironolactone.

You may want to limit or avoid use for women desiring fertility care, as 5a-reductase activity needs to be responsive and should not be hindered if actively trying to conceive.

### DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The purpose of Formula 6 is to reduce the drivers of SRD5a1 and SRD5a2 activity (5a-reductase). These can enhance the value of many androgenic formulas, reducing side-effects associated with 5a-reductase metabolites like DHT and Androsterone.

### HOW LONG TO CONTINUE

5a-reductase inhibition using natural support can be required for a minimum of 6 months before changes to symptoms or lab results will be noticeable.

Long-term use can be considered.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving	% Daily Value
Zinc (as zinc picolinate)	0.67 mg 6%
Copper (as copper citrate)	0.03 mg 4%
Papain (from papaya) powder (30,000 PU/MG (500 TU/mg))	118410 PU †
Borage ( <i>Borago officinalis</i> ) (seed) extract powder	100 mg †
Saw palmetto ( <i>Serenoa repens</i> ) (berry) extract	80 mg †
Milk thistle ( <i>Silybum marianum</i> ) (seed) extract	66.7 mg †
Reishi Mushroom ( <i>Ganoderma lucidum</i> ) (fruiting body) extract 4:1	41.7 mg †
Fo-Ti (He-Shou-Wu) ( <i>Polygonum multiflorum</i> ) (root) powder	33.3 mg †
Turmeric ( <i>Curcuma longa</i> ) (rhizome) 95% curcuminoides	33.3 mg †
Stinging nettle ( <i>Urtica dioica</i> ) (root) extract 10:1	10 mg †
Lycopene	3.3 mg †
Black Pepper ( <i>Piper nigrum</i> ) (fruit) (95% piperine) (BioPerine®)	0.7 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate, and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 7



### DOSE

Take 2 capsules by mouth, twice daily. May be taken with or without food. Do not take if pregnant or nursing.



### WHY IS IT IMPORTANT?

This is a rich blend of phytoestrogenic and androgenic herbs to support hormone response and performance in the body.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: breast tenderness, headaches, fatigue, GI upset and low blood sugar. This product does contain Shatavari, which is in the Asparagus family. For those who excrete the sulfur asparagus smell into urine, they may notice a change in their urinary odor with supplementation. This is not concerning. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product has been designed for daily long-term use.

It can be used safely along with bioidentical hormone therapies to optimize symptom management.

### DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for Formula 7 is to support estrogen and androgen activity, utilizing herbs that act on improving hormone binding to the intracellular receptors.

This can be used to enhance the effects of testosterone, estrogen and DHEA therapies, allowing providers to utilize the lowest effective dose of bHRT while still maintaining optimal therapeutic response.

### HOW LONG TO CONTINUE

Herbs act more gently and over time to support hormone balance and response in the body. It is important to continue the formula for as long as you need.

Consider re-testing testosterone and testosterone metabolites every 6 months.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene)	20 mcg RAE	2%
(from Mixed-Carotene blend)		
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	67%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg	588%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	125 mcg	5213%
Calcium (as calcium citrate tetrahydrate)	15.8 mg	1%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	13.1 mg	3%
Zinc (as zinc picolinate)	0.5 mg	5%
Organic Gelatinized Maca ( <i>Lepidium peruvianum chacon</i> ) (root) powder	250 mg	†
Tribulus ( <i>Tribulus terrestris</i> ) (fruit) extract (std. to 40% saponins)	100 mg	†
Milk Thistle ( <i>Silybum marianum</i> ) (seed) extract 80%	100 mg	†
Black Cohosh ( <i>Cimicifuga racemosa</i> ) (whole plant) extract 4:1	37.5 mg	†
Chastetree ( <i>Vitex agnus-castus</i> ) (fruit) extract (0.5% agnuside)	25 mg	†
Shatavari ( <i>Asparagus racemosus</i> ) (root) extract (20% saponins) 10:1	15 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) (leaf) extract (NLT 8% Carnosic Acid, NLT 0.5% Carnosol and NLT 2.5% Rosmarinic Acid)	12 mg	†
Chinese Thoroughwax ( <i>Bupleurum chinense</i> ) (root) extract 5:1	10 mg	†
Fenugreek ( <i>Trigonella foenum-graecum</i> ) (seed) extract [50% Saponins with UV] 20:1	10 mg	†
Motherwort ( <i>Leonurus cardiaca</i> ) (whole herb) extract 10:1	10 mg	†
Alfalfa ( <i>Medicago sativa</i> ) (leaves and stem) extract 10:1	5 mg	†
Mixed-Carotene (from palm fruit ( <i>Elaeis guineensis</i> ))	2 mg	†
Alpha-Carotene	0.02 mg	†
Gamma-Carotene	0.2 mcg	†
Lycopene	0.06 mcg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, and magnesium stearate.



## FORMULA STRATEGIES

# FORMULA 8



### DOSE

Take 1 cap by mouth, twice daily. May be taken with or without food. Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula utilizes shatavari as our star player, in tandem with other phytoestrogenic herbs that target estrogen response, follicular activity and hormone balance.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: breast tenderness, headaches, fatigue, GI upset and low blood sugar. This product does contain Shatavari, which is in the Asparagus family. For those who excrete the sulfur asparagus smell into urine, they may notice a change in their urinary odor with supplementation. This is not concerning. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product has been designed for daily long-term use.

It can be used safely along with bioidentical hormone therapies to optimize symptom management.

## DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for Formula 8 is to support estrogen activity primarily, utilizing herbs that act on improving hormone binding to the intracellular receptors. The formulation can support women in both postmenopausal years, who simply require additional estrogen-enhancing influence, as well as pre- and perimenopausal females who require support of their follicular and ovarian health.

This can be used to enhance the effects of testosterone, estrogen and DHEA therapies, allowing providers to utilize the lowest effective dose of bHRT while still maintaining optimal therapeutic response.

## HOW LONG TO CONTINUE

Herbs act more gently and over time to support hormone balance and response in the body. It is important to continue the formula for as long as you need.

Consider re-testing testosterone and testosterone metabolites every 6 months.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene) (from mixed-carotene blend) 20 mcg RAE	2%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg 67%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg 588%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	125 mcg 5208%
Dong-Quai ( <i>Angelica sinensis</i> ) (root)	100 mg †
Russian Rhodiloa ( <i>Rhodiola rosea</i> ) (root) extract (Minimum 3% rosavins & minimum 1% salidroside) 10:1	100 mg †
Red Clover ( <i>Trifolium pratense</i> ) (aerial part) extract (8% isoflavones)	150 mg †
Shatavari ( <i>Asparagus racemosus</i> ) (root) extract (20% saponins)	15 mg †
Sage ( <i>Salvia officinalis</i> ) (leaf) extract 10:1	10 mg †
Fenugreek ( <i>Trigonella foenum-graecum</i> ) (seed) extract [50% saponins with UV] 20:1	10 mg †
Mixed-Carotene (from palm fruit ( <i>Elaeis guineensis</i> ))	2 mg †
Alpha-Carotene	0.02 mg †
Gamma-Carotene	0.2 mcg †
Lycopene	0.06 mcg †

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose and magnesium stearate.



## FORMULA STRATEGIES

# FORMULA 9



### DOSE

Take 2 caps by mouth, twice daily. May be taken with or without food. Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This blend helps to regulate androgen and estrogen dominance and supports fertility and ovulatory health.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: diarrhea, dyspepsia, stomach discomfort, and nausea. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product has been designed for daily long-term use.

## DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for formula 9 is to help reduce androgen and estrogen excess.

If recommended for a woman who is on testosterone, DHEA or estrogen bHRT, the goal would be to reduce their current bioidentical therapies. That said, this formulation can help reduce the drivers of elevated androgenic and estrogenic response, namely inflammation and blood sugar dysregulation, while also optimizing follicular and HPO-axis health. This MOA can be beneficial for women on bHRT, but if the hormone therapy dose is adjusted, follow-up testing in 3-4 months would be encouraged to determine if a different formula may be better suited for their needs ongoing.

## HOW LONG TO CONTINUE

Herbs act more gently and over time to support hormone balance and response in the body. It is important to continue the formula for as long as you need.

Consider re-testing testosterone and testosterone metabolites every 6 months.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (as beta carotene) (from mixed-carotene blend)	20 mcg RAE	2%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	176 mg	4%
Riboflavin (as riboflavin 5-phosphate sodium)	15 mg	1154%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg	588%
Zinc (as zinc picolinate)	0.5 mg	5%
Trimethylglycine (as betaine anhydrous)	250 mg	†
German Chamomile ( <i>Matricaria recutita</i> ) (flower) extract	175 mg	†
N-acetyl-L-cysteine	100 mg	†
Yarrow ( <i>Achillea millefolium</i> ) (aerial parts) powder	100 mg	†
Lady's Mantle ( <i>Alchemilla vulgaris</i> ) (aerial parts) powder	100 mg	†
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	84.8 mg	†
Alpha Lipoic Acid (as R-lipoic acid)	50 mg	†
Spearmint ( <i>Mentha spicata</i> ) (leaf) powder	50 mg	†
Dandelion ( <i>Taraxacum officinale</i> ) (root) extract 4:1	25 mg	†
Mixed-Carotene (from palm fruit ( <i>Elaeis guineensis</i> ))	2 mg	†
Alpha-Carotene	0.02 mg	†
Gamma-Carotene	0.2 mcg	†
Lycopene	0.06 mcg	†

† Daily Value not established

**Other ingredients:** Vegetable capsule (hypromellose), magnesium stearate, microcrystalline cellulose and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 10



### DOSE

Take 2 caps by mouth, twice daily.

May be taken with or without food.

Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This blend helps to regulate androgen dominance, while supporting fertility and ovulatory health.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: diarrhea, dyspepsia, stomach discomfort, and nausea. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product has been designed for daily long-term use.

## DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for formula 10 is to help reduce androgen excess through the up-regulation of aromatase activity (CYP 19a1).

If recommended for a woman who is on testosterone or DHEA bHRT, the goal would be to reduce their current bioidentical therapies first. That said, this formulation can help reduce the drivers of elevated androgenic response, namely inflammation and blood sugar dysregulation, while also optimizing follicular and HPO-axis health. This MOA can be beneficial for women on bHRT, but if the hormone therapy dose is adjusted, follow-up testing in 3-4 months would be encouraged to determine if a different formula may be better suited for their needs ongoing.

## HOW LONG TO CONTINUE

Herbs act more gently and over time to support hormone balance and response in the body. It is important to continue the formula for as long as you need.

Consider re-testing testosterone and testosterone metabolites every 6 months.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene) (from mixed-carotene blend)	22.5 mcg RAE	3%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	5 mg	294%
Zinc (as zinc picolinate)	0.5 mg	5%
German Chamomile ( <i>Matricaria recutita</i> ) (flower) powder	175 mg	†
Betain anhydrous	150 mg	†
N-acetyl-L-cysteine	100 mg	†
Spearmint ( <i>Mentha spicata</i> ) (leaf) powder	100 mg	†
Lady's Mantle ( <i>Alchemilla vulgaris</i> ) (aerial parts) powder	100 mg	†
Yarrow ( <i>Achillea millefolium</i> ) (aerial parts) powder	100 mg	†
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	100 mg	†
Fo-Ti (He-Shou-Wu) ( <i>Polygonum multiflorum</i> ) (root) powder	50 mg	†
Black Cohosh ( <i>Cimicifuga racemosa</i> ) (rhizome & root) extract	50 mg	†
Alpha Lipoic Acid (as R-lipoic acid)	50 mg	†
Dandelion ( <i>Taraxacum officinale</i> ) (root) extract 4:1	25 mg	†
Dong-Quai ( <i>Angelica sinensis</i> ) (root) extract 4:1	25 mg	†
Licorice ( <i>Glycyrrhiza glabra</i> ) (root) powder	25 mg	†
White Peony Root (Bai-Shao) ( <i>Paeonia lactiflora</i> ) (root) extract 4:1	25 mg	†
Burdock ( <i>Arctium lappa</i> ) (root) extract 10:1	12.5 mg	†
Mixed-Carotene (from palm fruit ( <i>Elaeis guineensis</i> ))	2.25 mg	†
Alpha-Carotene	0.025 mcg	†
Gamma-Carotene	0.25 mcg	†
Lycopene	0.075 mcg	†

† Daily Value not established

**Other ingredients:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 11



### DOSE

Take 2 caps by mouth, twice daily.

Take with food for optimal results.

In postmenopausal women and in men, the dose can be decreased to 1 cap, twice daily to support estrogen conjugation without reducing estrogen too significantly.

Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This targeted biliary and GI conjugation formula helps to bind estrogen metabolites through phase 3 optimization, and reduces risk for re-circulation of estrogens.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. No adverse effects have been reported for the ingredients included in this formula; however, a thorough evaluation of safety outcomes has not been conducted on all ingredients. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product can be safely used for up to 8 weeks continuous.

A 1-week break is encouraged every 8 weeks to ensure safety and efficacy.

Alterations to detox need may be necessary, so retest when needed, especially if symptoms change.

### DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for formula 11 is to help optimize biliary and GI hormone conjugation. This action can be very beneficial for any individual on bioidentical therapy.

The formulation will not drastically reduce hormones in circulation. However, continued monitoring of urinary hormone metabolism is encouraged to ensure that the therapy is still providing benefit, without reducing the efficacy of their BHRT.

### HOW LONG TO CONTINUE

This product contains a high dose of calcium-d-glucarate, shown in literature to balance levels of circulating estrogens.

Retesting hormone levels should be completed every 6 months while on this product.

Variations on this product may be recommended if detox patterns change.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Calcium (as calcium d-glucarate)	65 mg	5%
Magnesium (as magnesium glycinate)	30 mg	7%
Zinc (as zinc carnosine)	1.7 mg	15%
Molybdenum (HVP Chelate)	37.5 mcg	83%
Calcium D-Glucarate (Tetrahydrate Form)	500 mg	†
Taurine	150 mg	†
Triphala (fruits of <i>Emblica officinalis</i> , <i>Terminalia chebula</i> and <i>Terminalia bellerica</i> )	150 mg	†
N-acetyl-L-cysteine	100 mg	†
Phosphatidylcholine ( <i>Phosphatidyl Choline</i> ) (from soya lecithin)	60 mg	†
Papain (from papaya) powder (500 TU/mg)	2775 TU	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 12



## DOSE

Take 2 caps by mouth, once per day. For best results, take with food.

Do NOT take if you are pregnant or nursing



## WHY IS IT IMPORTANT?

An innovative formulation, blended with the intent of maximizing cell health, improving DNA repair and longevity, and reducing harmful estrogens like 4-OH E1.

## ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: bowel discomfort, dyspepsia, nausea and vomiting. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product has been designed for daily long-term use.

## DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for formula 12 is to help optimize antioxidant potential and reduce the influence of 4-OH and other free radicals that can alter DNA. This action can be very beneficial for any individual on bioidentical therapy.

The formulation will not drastically reduce hormones in circulation. However, continued monitoring of urinary hormone metabolism is encouraged to ensure that the formula is providing therapeutic benefit.

## HOW LONG TO CONTINUE

This product alters cell response. This takes time. If tolerated, continue this product for at least 6 months before deciding to stop or swap.

Retesting hormone metabolites at 6 months is strongly encouraged.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%
Selenium (as L-Selenomethionine)	0.4 mcg	< 1%
N-acetyl-L-cysteine	300 mg	†
Green Tea ( <i>Camellia sinensis</i> ) (leaf) extract (Total polyphenols 98%, 50% EGCG <1% Caffeine)	225 mg	†
Broccoli ( <i>Brassica oleracea italica</i> ) (seed) powder extract (13% glucoraphanin) (TrueBroc®)	200 mg	†
Pomegranate ( <i>Punica granatwn</i> ) (fruit) extract (40% Ellagic acid)	100 mg	†
Coenzyme Q10	50 mg	†
Mustard Powder ( <i>Sinapis alba</i> / Brassica hirta) (seed)	20 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, and magnesium stearate.



## FORMULA STRATEGIES

# FORMULA 13



### DOSE

Take 3 caps by mouth, 1 hour before bedtime, or as needed for stress support. Can be taken with or without food.

Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This 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.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: loss of appetite, fatigue, nausea, bloating, and headaches. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product is designed not to sedate, but instead, to support the nervous system and reduce the triggers that result in high-stress states.

It is safe for use during the day and can be taken at a dose of 3 caps, every 6 hours, as needed for stress management support.

If it is being used for sleep support, consider increasing the dose to 3-6 caps taken 30 minutes before bedtime.

Do not exceed 12 caps in a 24-hour window.

### DOSING WITH BHRT

This formula is safe to use with any bioidentical hormone.

The focus for formula 13 is to support a calm nervous system. If the patient is taking exogenous cortisol therapy, the provider may want to consider adjusting the dose if there are abnormal spikes in cortisol in the afternoon or evening.

Otherwise, this formula can help to improve cortisol clearance, and will compliment any additional hormone or natural therapies incorporated in the patient's care.

### HOW LONG TO CONTINUE

This product helps reduce the impact that high cortisol and high adrenaline can have on the nervous system. Effects can be felt on single use, although daily dosing for at least 2-3 months may be necessary before chronic stress symptoms change if targeting a long-term stress pattern.

## SUPPLEMENT FACTS

Serving Size 3 Capsules  
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg	588%
Pantothenic Acid (Vitamin B <sub>5</sub> ) (as Calcium d-Pantothenate)	10 mg	201%
Calcium (as calcium citrate tetrahydrate)	10.5 mg	< 1%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	43.8 mg	10%
L- Glycine	500 mg	†
Relora® (Proprietary Blend of Magnolia officinalis and Phellodendron amurense) Magnolia Bark ( <i>Magnolia officinalis</i> ) (bark) extract Phellodendron ( <i>Phellodendron amurense</i> ) (bark) extract	250 mg	†
L-theanine (Suntheanine®)	100 mg	†
Inositol	100 mg	†
Sunflower (Phosphatidylserine) (as <i>Helianthus annuus</i> ) (seed) extract	100 mg	†
Stinging Nettle ( <i>Urtica dioica</i> . L) (root) extract 10:1	10 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), magnesium stearate and microcrystalline cellulose.



## FORMULA STRATEGIES

# FORMULA 14



## DOSE

Starting dose is 1-2 caps in the morning (1 cap = 50 mg). The dose can be titrated based on patient response.

An afternoon dose can be provided for additional support, but do not exceed 250 mg (5 caps) total per day.

Ensure the last dose is delivered before 2pm so as not to disrupt sleep.

Do NOT take if you are pregnant or nursing .



## WHY IS IT IMPORTANT?

This formula contains porcine adrenal glandular that can be added to any low-cortisol picture for additional adrenal-boosting benefit.

## ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. No adverse reactions have been reported. This formulation contains bovine adrenal desiccated glandular. This product uses only adrenal cortex sourced from BSE-free herds. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

Dosing is strategic to patient response. A single cap is 50 mg of desiccated adrenal. For sensitive individual or those needing just a low-dose therapy, this can be enough to support their energy.

However, if a patient is struggling with significant fatigue, typical therapeutic doses range from 100-250 mg daily. This can be provided in divided doses, with the first dose delivered upon waking, and the second dose taken mid-morning (generally between 11 am - 2 pm). Some providers prefer to give a larger dose in the morning, followed by a smaller afternoon dose as needed for additional support.

Jitteriness, agitation, anxiety, insomnia or restlessness may occur if the dose is too high. Monitoring blood pressure and pulse rate can be considered for patients with known sensitivity to stimulants.

*This product is derived from porcine adrenal tissue and is processed to be free of hormones. It supplied naturally occurring nutrients, including amino acids, vitamins, and minerals found within healthy adrenal tissue to complement optimal adrenal function.*

## DOSING WITH BHRT

Formula 14 is a porcine adrenal glandular therapy. For patients taking bioidentical hydrocortisone (or "Cortef"), this product would not be well-indicated.

This formula is safe to use with sex hormone bioidentical therapies, including DHEA, testosterone, estrogen and progesterone.

Dose should be monitored and adjusted as symptoms improve.

## HOW LONG TO CONTINUE

Glandular therapy should be used only short-term in conjunction with adrenal support to help bolster energy. Do not use for more than 6 months without a break. Adrenal lab testing every 6 months is encouraged to ensure this therapy is still necessary.

Patients will often feel the influence of the glandular within 1 week. Titrating dose can be considered, based on patient response, but should be done on a weekly basis to find a dose that works best for them. Do not exceed 250 mg (5 caps) per day.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 120

Amount Per Serving	% Daily Value
Adrenal Cortex Concentrate (Desiccated suprarenal cortex) (Porcine)	50 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Gelatin capsule, and microcrystalline cellulose.



## FORMULA STRATEGIES

# FORMULA 15



### DOSE

Take 1 cap by mouth, 2x per day for 3 months, then decrease to 1 cap daily for ongoing use if needed.

Best taken with food.

Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This formula helps to lower sex hormone binding globulin by targeting the factors that result in inflammation and trigger high binding protein production in the liver.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: dermatitis, erythema, and indigestion. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

Dosing is provided to decrease binding affinity of testosterone to sex-hormone binding globulin. Do not exceed 3 months of continuous use at the therapeutic dose of 2 caps daily.

If a patient experiences increased androgenic symptoms (acne, agitation, increased hair growth on chin or chest, or hair loss on scalp), either decrease dose to 1 cap daily, or discontinue altogether.

### DOSING WITH BHRT

Formula 15 is safe to take with all bioidentical therapies. This product should not be used with oral contraceptive pills, as it could theoretically alter the metabolism of synthetic hormones and result in negative side-effects.

The focus for this formula is to reduce sex hormone binding globulin levels (SHBG). For individuals who take an oral or sublingual estrogen or testosterone therapy, or who are on or recently off birth control, SHBG levels will be higher due to the impact these hormones have on the liver.

If the focus is to improve SHBG activity, the first goal would be to alter the current route of administration for their oral or sublingual hormone, if possible. Possible alternative routes that do not have the same degree of impact on SHBG include transdermal creams, gels, patches, and transvaginal ointments.

Pellets and injections may also elevate SHBG. However, a pellet is not as readily altered, so supporting the liver and binding affinity with Formula 15 is appropriate.

Women recently off oral contraceptive pills will greatly benefit from this product for a 3 month duration.

### HOW LONG TO CONTINUE

This product contains a high dose of boron and is designed for short-term use only. This product should not be used at the label dose (2 caps daily) for more than 3 months.

After 3 months, the dose can be reduced to 1 cap daily as a maintenance dose, if necessary, or it can be discontinued.

Rechecking SHBG and total testosterone levels in blood is encouraged every 6 months, to determine if this product is still required.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium (as calcium d-glucarate)	32.5 mg	3%
Zinc (as zinc picolinate)	3.5 mg	32%
Calcium D-Glucarate (Tetrahydrate Form)	250 mg	†
Oat Straw ( <i>Avena sativa</i> ) (aerial parts) extract	250 mg	†
Tongkat ali ( <i>Eurycoma longifolia</i> ) (root) (22% bioactive eurypeptides and 40% glycol saponins) extract	50 mg	†
Boron (as boron citrate)	5 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 16



## DOSE

Take 2 caps by mouth, twice daily. Best taken with food.

Designed for daily use.

Do NOT take if you are pregnant or nursing.



## WHY IS IT IMPORTANT?

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.

## ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: abdominal discomfort, diarrhea, and nausea. These symptoms are not seen with typical dosing. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product is safe for long-term use.

As this product supports adrenal health, the product should be taken in the morning and the afternoon to support and regulate the HPA axis and the appropriate diurnal intervals.

## DOSING WITH BHRT

This product is safe to use with any bioidentical therapy, including bioidentical hydrocortisone.

It may help enhance and improve the benefit of bioidentical hydrocortisone (Cortef).

## HOW LONG TO CONTINUE

This product contains anti-inflammatory and blood-sugar regulating nutrients, in addition to adaptogenic herbs.

As this product is working to reduce the causes of high cortisol, while also supporting the tissues from the negative impacts of high cortisol, dosing daily for at least 3 months is required to begin to see changes to the cortisol response.

Rechecking adrenal labs every 6 months is encouraged to determine if the product is still required, or if a change in product is necessary.

## SUPPLEMENT FACTS

Serving Size 2 Capsules

Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin C (as calcium L-ascorbate dihydrate)	100 mg	111%
Vitamin B6 (as pyridoxal 5-phosphate)	10 mg	588%
Pantothenic Acid (Vitamin B5) (as Calcium d-Pantothenate)	15 mg	300%
Magnesium (as magnesium taurate, magnesium malate and magnesium glycinate)	14.9 mg	4%
Chromium (as chromium polynicotinate)	2.5 mcg	7%
Holy Basil (leaf) (standardized to 2.5% Ursolic Acid) extract	150 mg	+
Bacopa ( <i>Bacopa monnieri</i> ) (whole plant) (standardized to 20% bacosides) extract	150 mg	+
Berberine [as Berberine Hydrochloride (from Indian Barberry) ( <i>Berberis aristata</i> ) (bark)]	115.8 mg	+
Myoinositol	100 mg	+
Phosphatidylserine (as Sunflower ( <i>Helianthus annuus</i> ) (seed) extract)	50 mg	+
Relora® (Proprietary Blend of <i>Magnolia officinalis</i> and <i>Phellodendron amurense</i> )	100 mg	+
Magnolia Bark ( <i>Magnolia officinalis</i> ) (bark) extract		
Phellodendron ( <i>Phellodendron amurense</i> ) (bark) extract		
Ashwagandha ( <i>Withania somnifera</i> ) extract	100 mg	+
German Chamomile ( <i>Matricaria recutita</i> ) (flower) extract	50 mg	+
Taurine	50 mg	+

\* Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, and magnesium stearate.



## FORMULA STRATEGIES

# FORMULA 17



### DOSE

Take 2 caps by mouth, twice daily. Best taken with food. Designed for daily use. Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

This formulation targets individuals who have low free cortisol, yet normal or high metabolized cortisol. This can often occur due to high stress, blood sugar imbalance and leptin resistance. The use of targeted herbs and nutrients helps to regulate inflammation, reduce stress, and improve leptin response in the body, while optimizing the free cortisol balance in their body.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: abdominal discomfort, diarrhea, and nausea. These symptoms are not seen with typical dosing. This product does contain licorice. The dose used in this formula is not associated with increased risk for hypertension, but as this is a possible side-effect, monitoring should be considered in sensitive individuals. Monitor blood pressure every 3 months if concerns are present. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product is safe for long-term use.

As this product supports adrenal health, the product should be taken in the morning and the afternoon to support and regulate the HPA axis and the appropriate diurnal intervals.

The second dose should not be taken past 3pm to avoid potential stimulation at bedtime.

## DOSING WITH BHRT

This product is safe to use with any bioidentical therapy, including bioidentical hydrocortisone.

It may help enhance and improve the benefit of bioidentical hydrocortisone (Cortef).

## HOW LONG TO CONTINUE

This product contains anti-inflammatory nutrients in tandem with stress-modulating adaptogens.

As this product is working on the HPA axis, while also reducing the impact of high metabolized cortisol on the tissues, dosing daily for at least 3 months is required to begin to see changes to the cortisol response.

Rechecking adrenal labs every 6 months is encouraged to determine if the product is still required, or if a change in product is necessary.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin C (as calcium L-ascorbate)	100 mg 111%
Thiamin (as thiamin mononitrate)	10 mg 833%
Riboflavin (as riboflavin 5-phosphate)	5 mg 385%
Niacin (as niacinamide)	10 mg 63%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg 588%
Pantothenic Acid (Vitamin B <sub>5</sub> ) (as Calcium d-Pantothenate)	10 mg 200%
Magnesium (as magnesium taurate, magnesium malate and magnesium citrate)	10 mg 2%
Zinc (as zinc picolinate)	0.5 mg 5%
Berberine Hydrochloride (from Indian Barberry) ( <i>Berberis aristata</i> ) (bark)	250 mg †
Turmeric ( <i>Curcuma Longa</i> ) Rhizome 95% Curcuminoids	90 mg †
L-Carnitine (as Carnitine Tartrate)	84.8 mg †
Alpha Lipoic Acid (as R-lipoic acid)	50 mg †
Siberian Ginseng ( <i>Eleutherococcus senticosus</i> ) (root) extract 4:1	50 mg †
Cinnamon ( <i>Cinnamomum zeylanicum</i> ) (bark) powder	50 mg †
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	42.4 mg †
Schizandra ( <i>Schisandra chinensis</i> ) (fruit) extract	25 mg †
Licorice ( <i>Glycyrrhiza glabra</i> ) (root) extract 20:1	25 mg †
Black Pepper ( <i>Piper nigrum</i> ) (fruit) (95% piperine) (BioPerine®)	10 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 18



## DOSE

Take 2 caps by mouth, twice daily. Best taken with food.

Designed for daily use.

Do NOT take if you are pregnant or nursing.



## WHY IS IT IMPORTANT?

This formulation was blended to improve cortisol metabolism, while also addressing 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.

## ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: dizziness, abdominal discomfort, headaches and dyspepsia. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product is safe for long-term use.

As this product supports adrenal health, the product should be taken in the morning and the afternoon to support and regulate the HPA axis and the appropriate diurnal intervals.

The second dose should not be taken past 3pm to avoid potential stimulation at bedtime.

This product may be too stimulating for some individuals. If your patient reports concerns of nocturnal stimuli, consider either dosing 2 caps just in the morning, and adding Formula 13 at bedtime.

Alternatively, you can consider swapping for Formula 16, if you suspect your patient is more "inflamed" vs "compensating" for adrenal activity.

## DOSING WITH BHRT

This product is safe to use with any bioidentical therapy, including bioidentical hydrocortisone.

It may help enhance and improve the benefit of bioidentical hydrocortisone (Cortef).

## HOW LONG TO CONTINUE

This product contains thyroid supportive nutrients, liver support and adaptogenic herbs to help improve cortisol response and metabolism in the body.

As this product is working on the HPA axis, while also supporting liver and thyroid balance, dosing daily for at least 3 months is required to begin to see changes to the cortisol response.

Rechecking adrenal labs every 6 months is encouraged to determine if the product is still required, or if a change in product is necessary.

## SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin C (as calcium L-ascorbate)	150 mg	167%
Thiamin (as thiamin mononitrate)	25 mg	2083%
Riboflavin (as riboflavin 5'-phosphate)	5 mg	385%
Niacin (as niacinamide)	50 mg	313%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	5 mg	294%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	75 mcg	3125%
Pantothenic Acid (Vitamin B <sub>5</sub> ) (as Calcium d-Pantothenate)	25 mg	500%
Selenium (as L-Selenomethionine)	0.1 mcg	< 1%
Bacopa Extract ( <i>Bacopa monnieri</i> ) (whole plant) (standardized to 20% bacosides)	150 mg	†
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	127.2 mg	†
Russian Rhodiola ( <i>Rhodiola rosea</i> ) (root) extract	100 mg	†
Siberian Ginseng ( <i>Eleutherococcus senticosus</i> ) (root) extract	100 mg	†
Ashwagandha ( <i>Withania somnifera</i> ) (root) extract	100 mg	†
N-acetyl L-tyrosine	75 mg	†
L-Serine	50 mg	†
Alpha Lipoic (as R-lipoic acid)	50 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 19



### DOSE

Take 3 caps by mouth, twice daily. Best taken with food.

Designed for daily use.

Do NOT take if you are pregnant or nursing.



### WHY IS IT IMPORTANT?

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.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: abdominal discomfort, diarrhea, and nausea. These symptoms are not seen with typical dosing. This product does contain licorice. The dose used in this formula is not associated with increased risk for hypertension, but as this is a possible side-effect, monitoring should be considered in sensitive individuals. Monitor blood pressure every 3 months if concerns are present. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product is safe for long-term use.

As this product supports adrenal health, the product should be taken in the morning and the afternoon to support and regulate the HPA axis and the appropriate diurnal intervals.

The second dose should not be taken past 3pm to avoid potential stimulation at bedtime.

### DOSING WITH BHRT

This product is safe to use with any bioidentical therapy, including bioidentical hydrocortisone.

It may help enhance and improve the benefit of bioidentical hydrocortisone (Cortef).

### HOW LONG TO CONTINUE

This product contains mitochondrial support, adrenal nutrients and adrenal-stimulating adaptogens.

As this product is working on the HPA axis, while also supporting hormone synthesis through mitochondrial balance, dosing daily for at least 3 months is required to begin to see changes to the cortisol response.

Rechecking adrenal labs every 6 months is encouraged to determine if the product is still required, or if a change in product is necessary.

## SUPPLEMENT FACTS

Serving Size 3 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin C (as calcium ascorbate)	150 mg 167%
Thiamin (as thiamin hydrochloride, thiamin pyrophosphate)	25 mg 2083%
Riboflavin (as riboflavin 5-phosphate)	10 mg 769%
Niacin (as niacinamide)	50 mg NE 313%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	5 mg 294%
Vitamin B <sub>12</sub> (as 50% hydroxocobalamine and 50% adenosylcobalamine)	125 mcg 5208%
Biotin	250 mcg 833%
Pantothenic Acid (Vitamin B <sub>5</sub> ) (as Calcium d-Pantothenate)	15 mg 300%
Selenium (as L-Selenomethionine)	100 mcg 182%
Eleuthero ( <i>Eleutherococcus senticosus</i> ) (root) extract	300 mg †
L-Carnitine Tartrate	250 mg †
Schizandra ( <i>Schisandra chinensis</i> ) (fruit) extract 10:1	250 mg †
N-acetyl L-tyrosine	150 mg †
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	125 mg †
Alpha Lipoic Acid	100 mg †
Ubiquinol (Kaneka Ubiquinol® †) active form of CoEnzymeQ10	50 mg †
Licorice ( <i>Glycyrrhiza glabra</i> ) (root) extract (standardized to 20% Glycyrrhizic Acid)	50 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Gelatin capsule, microcrystalline cellulose, vegetable stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 20



### DOSE

Take 1 cap by mouth, 2x per day, with food.

This formula can be increased up to 2 caps per serving, taken twice daily if tolerated, for additional testosterone support.

Designed for daily use.



### WHY IS IT IMPORTANT?

This formula is a targeted blend of herbs and nutrients designed to boost androgen production and activity in the body.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: dry mouth, muscle spasm, vomiting, arrhythmia and prolonged erections. Close monitoring to blood pressure (every 3 months) should be considered in patients with a history of cardiovascular disease. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product is blended to provide support to testosterone production. We start dosing at the lower end of the therapeutic dose range, 1 cap, twice daily.

The dose can be increased safely to a maximum of 2 caps, twice daily if the patient is tolerating the product well and desires a stronger response from the herbs. This would be the high-end therapeutic dose range in literature.

### DOSING WITH BHRT

This formula is safe for use with any bioidentical therapy or androgen-promoting medication (including Clomid, Enclomifene, hCG, and azole medications).

The benefit of this formulation is that it can help enhance and improve the response from the medications, allowing patients to remain on the lowest tolerated dose of hormone, while maximizing symptom response.

### HOW LONG TO CONTINUE

This product is designed to support androgen synthesis and circulation in the body. Because it impacts signaling for androgen up-regulation, as well as androgen synthesis, this product should be given for a minimum of 3 months. Symptom improvement is expected within the first 6-8 weeks of use, but maximum response requires daily dosing for 3-6 months.

Retesting hormones every 6 months is encouraged to determine if a new formula, change in dose or discontinuation is necessary.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin E (mixed tocopherol)	20 mg	133%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	5 mg	294%
Zinc (as zinc picolinate)	0.5 mg	5%
Tribulus ( <i>Tribulus terrestris</i> ) (fruit) extract	250 mg	†
Velvet bean ( <i>Mucuna pruriens</i> ) (seed) extract	100 mg	†
Ashwagandha ( <i>Withania somnifera</i> ) (root) extract	100 mg	†
Tongkat ali ( <i>Eurycoma longifolia</i> ) (root) extract	50 mg	†
Maca ( <i>Lepidium meyenii</i> ) (root) extract 10:1	15 mg	†
Boron (as boron citrate)	0.05 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), magnesium stearate, silicon dioxide, and microcrystalline cellulose.



## FORMULA STRATEGIES

# FORMULA 21



### DOSE

Take 1 cap by mouth, 2x per day, with food.

This formula can be increased up to 3 caps daily, given in divided doses, for additional testosterone support.

Designed for daily use.



### WHY IS IT IMPORTANT?

This blend provides a compliment of herbs, minerals and amino acids that help reduce the factors that can increase CYP19a1 activity (aromatization).

The focus is to reduce inflammation, balance insulin receptor response and enhance androgen binding and utilization at a cellular level.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: dry mouth, muscle spasm, nausea, indigestion and headaches. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product is blended to provide support to testosterone production. We start dosing at the lower end of the therapeutic dose range, 1 cap, twice daily.

The dose can be increased safely to a maximum of 3 caps daily, in divided doses, if the patient is tolerating the product well and desires a stronger response from the herbs. This would be the high-end therapeutic dose range in literature.

## DOSING WITH BHRT

This formula is safe for use with any bioidentical therapy or androgen-promoting medication (including Clomid, Enclomifene, hCG, and azole medications).

The benefit of this formulation is that it can help enhance and improve the response from the medications, allowing patients to remain on the lowest tolerated dose of hormone, while maximizing symptom response.

## HOW LONG TO CONTINUE

This product is designed to support androgen synthesis and reduce inflammation in the body. Because it impacts androgen response and cellular enzyme activity, this product should be given for a minimum of 3 months. Symptom improvement is expected within the first 6-8 weeks of use, but maximum response requires daily dosing for 3-6 months.

Retesting hormones every 6 months is encouraged to determine if a new formula, change in dose or discontinuation is necessary.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Zinc (as zinc picolinate)	1 mg 9%
Copper (as copper citrate)	0.05 mg 6%
Tribulus ( <i>Tribulus terrestris</i> ) (fruit) extract	250 mg †
Chrysin (from <i>Oroxylum indicum</i> seed extract)	125 mg †
Milk Thistle ( <i>Silybum marianum</i> ) (seed) extract	100 mg †
Tongkat ali ( <i>Eurycoma longifolia</i> ) (root) extract 100:1	50 mg †
Epimedium ( <i>Epimedium sagittatum</i> ) (aerial parts) extract	50 mg †
Beta-sitosterol (as soy phytosterol complex)	24 mg †
Damiana ( <i>Turnera diffusa var. aphrodisiaca</i> ) (leaf) extract 10:1	10 mg †
Lycopene	5 mg †
Boron (as boron citrate)	0.125 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 22



### DOSE

Take 1 cap by mouth, 2x per day, with food. Can be increased up to 2 caps per serving, taken twice daily if tolerated, for additional testosterone support.

Designed for daily use.



### WHY IS IT IMPORTANT?

This blend provides a compliment of herbs, minerals and amino acids that help reduce the factors that can increase CYP19a1 (aromatization), hormone up-regulation through the CYP17a and 3bHSD pathways, and 5a-reductase activity.

The focus is to reduce inflammation, balance insulin receptor response, reduce the impact of global stress in the body, and balance hormones through herbs that support liver and gut conjugation.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: dry mouth, muscle spasm, nausea, indigestion and headaches. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product is blended to provide support to testosterone production. We start dosing at the lower end of the therapeutic dose range, 1 cap, twice daily.

The dose can be increased safely to a maximum of 2 caps, twice daily if the patient is tolerating the product well and desires a stronger response from the herbs. This would be the high-end therapeutic dose range in literature.

## DOSING WITH BHRT

This formula is safe for use with any bioidentical therapy or androgen-promoting medication (including Clomid, Enclomifene, hCG, and azole medications).

The benefit of this formulation is that it can help enhance and improve the response from the medications, allowing patients to remain on the lowest tolerated dose of hormone, while maximizing symptom response.

## HOW LONG TO CONTINUE

This product is designed to support hormone balance via reduction of inflammation and blood sugar balance. Because it impacts many physiologic pathways in the body, this product should be given for a minimum of 3 months. Symptom improvement is expected within the first 6-8 weeks of use, but maximum response requires daily dosing for 3-6 months.

Retesting hormones every 6 months is encouraged to determine if a new formula, change in dose or discontinuation is necessary.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	0.125 mcg < 1%
Chromium (as chromium polynicotinate)	2.5 mcg 7%
Chrysin (from <i>Oroxylum indicum</i> seed extract)	150 mg †
Berberine Hydrochloride (from Indian Barberry ( <i>Berberis aristata</i> ) (bark) powder)	85.36 mg †
Epimedium ( <i>Epimedium sagittatum</i> ) (aerial parts) extract	50 mg †
Beta-sitosterol (as soy phytosterol complex)	20 mg †
Stinging Nettle ( <i>Urtica dioica</i> . L) (root) extract 10:1	15 mg †
Lycopene	5 mg †
Grape ( <i>Vitis vinifera</i> ) (seed) extract 4:1	5 mg †
Damiana ( <i>Turnera diffusa</i> var. <i>aphrodisiaca</i> ) (leaf) extract 10:1	5 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

# FORMULA 23



### DOSE

Females: Starting dose is 4 drops (5 mg), 1-2 x per day delivered sublingual. Males: Starting dose is typically 20 drops/1 mL (25 mg), 1-2 x per day, delivered sublingual. Best taken first thing in the morning. If taking a second dose, do not take dose after 2pm, as it can disrupt sleep. Do not exceed 100 mg daily for more than 3 months.



### WHY IS IT IMPORTANT?

Liposomal DHEA provides a micronized, bioavailable, highly absorbed form of dehydroepiandrosterone (DHEA) designed to restore balance to adrenal function and sex-hormone optimization. With liquid drop dosing, titration up or down in dose depending on tolerance and need can be achieved easily.

### ADVERSE REACTIONS

DHEA is safe when used orally at doses of 50 mg or less, for a duration of 12-24 months. Common side-effects may include: oily skin, acne, headache, insomnia, nausea, unnatural hair growth, and aggression. Women may experience menstrual irregularities, while men may experience testicular wasting if doses are too high for a prolonged period of time. Generally, adverse effects are mild and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

**Females:** Take 4 drops (5 mg) under your tongue, 1-2 x per day. May increase dose to 8 drops (10 mg), 1-2 x per day as tolerated. Standard dose for adrenal health and longevity is 5-25 mg daily. For fertility support, consider a dose of 25-50 mg daily in divided doses. Some protocols will go up to 100 mg daily in divided doses for fertility, for up to 3 months prior to egg retrieval during IVF procedures. This very high dose should not be delivered long-term. \*\* It is important to note that DHEA is teratogenic, meaning it can cause cellular abnormalities to a developing fetus. A woman should discontinue DHEA the month of attempted conception, or if conception is not planned for, discontinue DHEA as soon as she knows she is pregnant.

**Males:** Start with 8 drops (10 mg), 1-2 x per day. Dose can increase up to 20 drops/1 mL (25 mg), 1-2x per day. Do not exceed 100 mg daily for more than 3 months. Standard dose is 25-50 mg daily ongoing as needed. Doses of 50-100 mg have been given short-term for depression in men, but again, this high dose should not be continued for more than 3 months without a break. DHEA should be considered as a supportive therapy when a patient (male or female) is taking a glucocorticoid, as these medications suppress adrenal cortex function via negative feedback inhibition to ACTH, thereby reducing not only endogenous cortisol, but also DHEA production.

Women tend to benefit from 10-20 mg DHEA daily while on glucocorticoids, while men can benefit from 25-50 mg DHEA daily.

## DOSING WITH BHRT

This formula is pure DHEA. This can be used in conjunction with bioidentical hormones, but keep in mind that DHEA can aromatize into estrogen in both men and women. DHEA has shown greater benefit for androgen activity in women vs men, and greater aromatization potential into estrogen in men. It is a nootropic, and of high therapeutic value when adrenal function is low, so it can definitely be a high-benefit tool for both men and women. Just make sure to monitor hormone response, and support through diet and lifestyle any factors that may increase the risk for aromatization, including: high insulin levels, inflammation, high stress, alcohol consumption, xenoestrogen exposures and tobacco use.

## HOW LONG TO CONTINUE

Simply DHEA, dosed for daily support of adrenal health, cognitive function, sex hormone balance and longevity. For adrenal support, consider a dose of 5-20 mg daily in divided doses for women, or a dose range of 25-50 mg daily in divided doses for men.

Recheck DHEA-s and adrenal panel every 6 months to determine if dose needs to be adjusted or discontinued. Monitor estrogens in both men and women, as DHEA can push into estrogen via aromatization and worsen an estrogen dominance picture.

## SUPPLEMENT FACTS

Serving Size 0.20mL (4 Drops)  
Servings Per Container 300

Amount Per Serving	% Daily Value
Dehydroepiandrosterone (DHEA)	5 mg †

† Daily Value not established

**OTHER INGREDIENTS:** Steam distilled water, vegetable glycerin, organic cane alcohol 5%, sunflower lecithin, natural orange flavor, natural stevia leaf extract, potassium sorbate (preservative).



## FORMULA STRATEGIES

# FORMULA 24



### DOSE

Take 3 caps by mouth, twice daily with food.



### WHY IS IT IMPORTANT?

A well-balanced blend of synergistic amino acids, vitamins and minerals to support hormone health while on birth control.

### ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: nausea, indigestion, constipation and stomach discomfort. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation. **If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

### DOSING STRATEGIES

This product is safe for long-term use.

### DOSING WITH BHRT

This product is intended for use alongside any form of birth control.

This product can be continued for 3-6 months after birth control discontinuation, to support tissue rebuilding and gut health, which may reduce risk for post-birth control syndrome.

### HOW LONG TO CONTINUE

Studies have demonstrated that when a woman takes hormonal birth control (of any kind, including a hormonal IUD), they deplete key vitamins and minerals and increase risk for mood disorders. This formulation targets the replacement of nutrient deficiencies and gently supports neurotransmitter balance to optimize health while taking a hormonal contraceptive product. If a patient desires discontinuation of a hormonal birth control product, it is recommended that she remain on this restoration formula for an additional 3-6 months to restore nutrient balance.

## SUPPLEMENT FACTS

Serving Size 3 Capsules  
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin E (mixed tocopherols)	50 mg	333%
Thiamin (as thiamin hydrochloride)	10 mg	833%
Riboflavin (as riboflavin 5-phosphate)	10 mg	769%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)	7.5 mg	441%
Folate (as calcium l-5-methyltetrahydrofolate)	200 mcg	50%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	125 mcg	5208%
Biotin (Vitamin B <sub>7</sub> )	250 mcg	833%
Calcium (as calcium citrate tetrahydrate)	200 mg	15%
Magnesium (as 50% magnesium malate and 50% magnesium glycinate)	100 mg	24%
Zinc (as zinc picolinate)	3.5 mg	32%
Selenium (as L-Selenomethionine)	50 mcg	91%
Copper (as copper citrate)	0.5 mg	56%
L-theanine (Suntheanine®)	50 mg	†
Papain (from papaya) powder (30,000 PU/MG (500 TU/mg))	2960TU	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



## FORMULA STRATEGIES

## FORMULA 25



## DOSE

3 caps by mouth once daily in the morning.

Can be increased to 3 caps, twice daily as tolerated.

Do not exceed 6 caps daily.



## WHY IS IT IMPORTANT?

An evidence-based formulation utilizing a 40:1 myo:d-chiro inositol blend, along with the synergy derived from methyl-B12 and folinate. Designed to support healthy and appropriate follicular development, reduce hyperandrogenic symptoms, and support metabolic health for women.

## ADVERSE REACTIONS

The ingredients in this product are generally well-tolerated. However, anyone can respond any way, to anything. Although rare, side-effects associated with the ingredients in this product include: anxiety, diarrhea, gas and nausea. Generally, adverse effects are mild, infrequent, and reversible. If any adverse symptoms occur after starting this product, make sure to ask that your patient discontinue the blend and see if symptoms resolve. If related to this product, symptom resolution is expected within 5-7 days of discontinuation.

**If symptoms are severe, seek immediate emergency medical attention. Report any adverse reactions to CS@endoaxis.com.**

## DOSING STRATEGIES

This product is safe for long-term use.

We have omitted inositol from our PCOS blends and created a stand-alone product simply because some women can benefit from inositol longer-term, while a targeted PCOS formula may only be necessary short term. Conversely, some women may require inositol but not need any other blend. By separating the nutrients, we allow you, the provider, to better customize and support your patients.

Our serving size, 3 caps once daily, delivers a therapeutic blend of myo and d-chiro inositol. Some women do find that doubling this dose is more beneficial in managing cycle regularity and reducing androgen symptoms. Consider increasing the dose to 3 caps, twice daily after 1 month if a positive response has been noted to therapy but a stronger influence is still desired (i.e.- symptoms are good but could be better).

Reduce dose if hypoglycemic symptoms develop.

## DOSING WITH BHRT

This product is safe for use with any bioidentical therapies.

Keep in mind that if a patient is on testosterone or DHEA bioidentical support, the focus may need to be on reducing the hormone therapy, versus modulating hormone response with Formula 25.

Formula 25 will support ovarian and follicular health, with greatest impact for women who are androgen dominant as a result of PCOS or post-birth control use.

## HOW LONG TO CONTINUE

Myo-inositol and D-chiro-inositol have been shown to support normal, healthy ovulation and can support healthy glucose metabolism.

Myo-inositol can better support healthy egg development, while the tandem myo- and d-chiro-inositol blend has been shown to have better synergistic influence on insulin regulation and hormone metabolism.

This product can take up to 3 months to begin to improve symptoms of androgen dominance in women with PCOS, while dosing for at least 6 months is often required to notice improvement in cycle regularity.

Monitoring blood sugars may be important to ensure levels do not get too low, however, this is uncommon, especially in women with PCOS.

## SUPPLEMENT FACTS

Serving Size 3 Capsules  
Servings Per Container 30

Amount Per Serving		% Daily Value
Folate (as calcium I-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	250 mcg	10417%
Myoinositol	2000 mg	†
D-Chrio-Insitol (Ceratonia siliqua) (pods)	50 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose), microcrystalline cellulose and magnesium stearate.

