



Hormone Quiz

MALE

THANK YOU FOR YOUR INTEREST IN ENDOAXIS FORMULATIONS!

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

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



GUIDELINES FOR USE

DURATION

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

MONITORING

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

FURTHER RESOURCES

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

DISCLAIMERS

PATIENTS WITH HORMONE-SENSITIVE CANCERS

In patients with a history of prostate cancer:

- Use caution when selecting herbal formulas.
- Always vet ingredients carefully for estrogenic or hormone-modulating properties.
- Focus support on adrenal health, detoxification, and foundational nutrients unless otherwise indicated.

Select all that apply and track your score below:

I struggle with low libido	2
I struggle with difficulty achieving or maintaining an erection	3
I struggle with low muscle mass, despite exercise	1
I struggle with poor physical stamina	1
I struggle with weight gain around the midsection	3
I have gynecomastia (“man boobs”)	3
I have been tested and know that I have low testosterone on blood or urine testing <i>(A serum total testosterone <500 ng/dL, or a free testosterone <150 pg/mL is considered low for a functional ideal range)</i>	2
I struggle with low energy despite adequate sleep	1

Total: _____

Score	Supplement	Concern
0-2	None	Likely doing okay with androgen balance. Focus on strength training, sleep and optimal protein for continued androgen support.
3-9	Formula 20	Low androgen activity is a concern, and the primary focus for Formula 20.
9+	Formula 21	Over-aromatization is a concern with symptoms of estrogen excess and androgen deficiency.
BONUS OPTION: If they are scoring high for Formula 21, but you know that they have prostate issues or struggle with a lot of inflammation, then consider swapping for Formula 22.	Formula 22	Formula 22 is a blend of herbs, amino acids and nutrients that help support sex hormone balance and offer greater antioxidant support to also encourage prostate health. This can be very important when a male patient is inflamed, obese, or struggles with significant metabolic syndrome or insulin resistance. It will help support hormone balance by augmenting inflammation and regulating intracellular activity of testosterone at the receptor level.

Select all that apply:

PART A: HIGH 5A-REDUCTASE ACTIVITY

Do you struggle with any of the following:

- Acne along the jawline/back/shoulders
- Oily skin
- Thinning hair, receding hairline, or male-pattern hair loss
- Enlarged prostate or urinary hesitancy, urgency or nocturia

If yes to any of the above:

Consider Formula 6

Supports 5 α -reductase inhibition , and reduces conversion of testosterone \rightarrow DHT

PART B: HIGH SEX HORMONE BINDING GLOBULIN (SHBG)

Do you struggle with signs of low androgen access or testosterone not “working,” such as:

- High SHBG on lab work (>55 nmol/L)
- Reduced physical muscle gains or poor recovery after exercise, despite normal testosterone
- Low motivation, low drive, loss of competitiveness

If yes to any of the above:

Consider Formula 15

Supports improved testosterone ratios to SHBG \rightarrow increases free testosterone & improves receptor access to androgens

*** Keep in mind: elevated estrogens, elevated free T3, and high vitamin D will increase SHBG levels. These should be addressed if SHBG is high, in tandem with a formula like Formula 15, which can help to reduce binding affinity of testosterone to binding proteins.*

Check all that apply:

PART C: ESTROGEN/DETOX SUPPORT

SECTION 1

1. Are you experiencing symptoms of high estrogen or estrogen–testosterone imbalance such as:

- Gynecomastia (breast tissue changes)
- Water retention / weight gain in hips/abdomen
- Erectile difficulties that worsen when weight increases
- Emotional changes, irritability
- Known high estradiol on lab testing (Estradiol >40 pg/mL)

If any boxes were selected, go to Question 2. If no boxes were selected, skip to Question 4 (DNA/oxidative stress).

SECTION 2

(Answer part a and part b, and choose the product aligned best with your concerns)

2a. Do you have methylation issues, sensitivity to methylated nutrients?

- Overstimulated from methylated B vitamins?
- History of anxiety or agitation with B12/folate methyl donors?

If yes to either question in part a, consider Formula 2.

Supports Phase 1 + Phase 3 detox of estrogen, avoids methyl donors → safer if methyl-sensitive

2b. Do you have a known COMT or MTHFR polymorphism, or generally tend to feel better when taking methylated B12 or folate?

If yes to either question in part b, consider Formula 3.

Supports Phase 2 detox (both methylation and sulfation), while supporting COMT activity. Helps to reduce clearance of all catecholamine, including catechol estrogens, dopamine, norepinephrine and epinephrine. This means it may help with nervous system symptoms such as anxiety and insomnia as well as estrogen clearance.

If no, continue to Question 3 on the next page.

If neither section was true, continue to Question 3 on the next page.

Check all that apply:

PART C: ESTROGEN/DETOX SUPPORT CONTINUED

SECTION 3

3. Do you have digestive or gut symptoms associated with estrogen recirculation?

Bloating or constipation

Stool frequency < 1/day

Hormone symptoms improve after bowel movements

If yes, consider Formula 11.

GI conjugation + estrogen clearance from gut → reduces recirculation of estrogens, balances estrogen/testosterone ratios

SECTION 4

4. Are you dealing with high oxidative or toxic load symptoms such as:

High environmental/toxic exposures (pesticides, glyphosate, plastics, solvents)

History of heavy grilling/charred meats (PAH exposure)

DNA oxidative stress risk factors on Genomics testing

Family history of cancer or personal concern regarding DNA stability

If yes, consider Formula 12.

Quinone reduction, antioxidant support → cellular DNA protection.

If the first 3 parts of this quiz were all YES, and you are not methyl sensitive, then you may consider Formula 3.5. Formula 3.5 is a robust estrogen detox blend that provides comprehensive Phase 1, 2 and 3 detox blend to help lower estrogens, target methyl activity and support gut clearance of estrogen.

**** PLEASE NOTE:** Formula 3.5 can lower estrogen significantly in men and is not intended for long-term use. Make sure to monitor for symptoms of low estrogen, which may include fatigue and erectile dysfunction (due to low nitric oxide synthesis as a result of low estrogen). If symptoms occur, discontinue the blend and switch to a more targeted detox formulation.**