



## **The BioTE® Method of Hormone Optimization**

At Essential Health & Wellness Center, we are a Certified Provider of the BioTE Method of hormone optimization therapy. We offer patient-centric strategies to optimize hormones and extend health spans for both women and men.

## **What is BioTE Medical?**

BioTE Medical, a leader in precision and preventive medicine has translated over 80 years of scientific insight into clinically validated medical protocols that identify and treat the earliest indicators of aging. We work with each of our patients on an ongoing basis to analyze symptoms and lab results using a specially designed dosing algorithm to develop a unique treatment plan.

## **What is Bioidentical Hormone Replacement Therapy?**

The BioTE method of bioidentical hormone replacement therapy uses custom-compounded pellets (approximately the size of a grain of rice) that contain doses of testosterone and estrogen. These hormones are bioidentical to those already present in the body and work to restore hormones to optimal levels. The pellets are placed subcutaneously in the buttocks and release a continuous stream of hormones as the body needs them. Once inserted, the pellets dissolve slowly, so that they only need to be re-administered every 4-6 months depending on the patient.

## **The Importance of Hormone Balance**

For men and women, the sex hormones estrogen, progesterone, and testosterone perform several important processes. Both men and women begin to produce less of these hormones as they age, which can start as early as someone's mid 20s or early 30s. Most women see a significant drop in estrogen and testosterone during menopause, while many men may experience a similar phenomenon relating to testosterone, known as andropause. Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream. Hormones are important for regulating most major bodily processes. Because of their essential role in the body, even the smallest hormonal imbalance can cause side effects throughout the body.

### **Hormone Imbalance Symptoms for Women:**

- Fatigue
- Night sweats
- Hot flashes or flushes
- Decreased sex drive
- Weight gain
- Trouble sleeping
- Irritability
- Anxiousness
- Mood swings
- Low mood
- Discomfort during intercourse

### **Hormone Imbalance Symptoms for Men:**

- Low sex drive
- Fatigue
- Loss of muscle mass
- Increased body fat (especially in the waist area)
- Decreased bone mass
- Mood changes
- Low mood
- Irritability
- Brain fog
- Elevated blood sugar
- Stress
- Anxiousness
- High cholesterol



### **BioTE® Clinical Grade Nutraceuticals**

BioTE clinical-grade nutraceuticals are often a necessary component of healthier aging and provide important nutritional support for vitamin and mineral deficiencies that may have created health deficits that have often been accumulating for years. BioTE nutraceuticals are specifically formulated to support hormone and thyroid optimization. They deliver improved, personalized outcomes for those patients with health deficits resulting from poor food quality, poor food choices, stress, health conditions, excessive alcohol intake, and drug-nutrient depletion.

### **BioTE® Prescription Peptide Therapeutics**

Peptides are found in every cell and tissue and perform a wide range of essential functions. Peptides are biologic messengers carrying information from one tissue through the blood to another. After careful research, BioTE identified patient-specific peptides that provide a health advantage that further supports healthy aging. Peptides not only support hormone optimization, but they also serve to optimize the cell's efficiency to handle stressors, enhance libido, support the efficiency of intestinal absorption, improve recovery time, optimize liver, heart, and brain efficiency, optimize sleep, and increase fat burning and lean muscle mass building.

### **Getting Started**

Getting started with hormone optimization is easy. Give us a call to schedule a consultation to discuss your symptoms and health goals and schedule a lab test. We will walk you through hormone optimization and help you determine if nutraceuticals and peptides are right for you.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*



## BioTE® Clinical Grade Nutraceuticals

BioTE's nutraceutical product line has been carefully created to supplement and support bioidentical hormone replacement therapy (BHRT). Featuring micronutrients that help promote a healthy hormonal balance, these nutraceuticals are an important part of ensuring a complete approach to healthier aging. BioTE clinical-grade nutraceuticals provide important nutritional support for vitamin and mineral deficiencies that may have created health deficits that have often been accumulating for years. BioTE nutraceuticals deliver improved, personalized outcomes for those patients with health deficits resulting from poor food quality, poor food choices, stress, health conditions, excessive alcohol intake, and drug nutrient depletion.

Call us today to schedule an appointment and we can work with you to create personalized and precise patient care plan using nutraceuticals to ensure that your body is receiving the support that it needs to function at optimal levels.

## Learn More About BioTE Nutraceuticals

### ADK 5 & 10

#### Essential Vitamins A, D3, & K2

ADK delivers highly bioavailable forms of three essential vitamins - A, D3, and K2. The ingredients in ADK work together to promote absorption and use inside the body. The result is a potent supplement that supports a variety of functions that help promote bone, heart, and immune health. ADK 5 contains 5,000 IU (125 mcg) of vitamin D3 per capsule, and ADK 10 contains 10,000 IU (250 mcg) of vitamin D3 per capsule.

### ARTEROSIL® HP

#### Protect & Restore the Endothelial Glycocalyx

Arterasil® HP is the only product clinically proven to protect and restore the endothelial glycocalyx. The endothelial glycocalyx is the protective non-stick lining of the veins and arteries that inhibits cholesterol and other particles from adhering to or penetrating the endothelial wall.

### BACILLUS COAGULANS

#### Single-Strain Probiotic for Healthy Digestion

BACILLUS COAGULANS can help restore digestive balance. Utilizing a well-tolerated strain, this probiotic is strong and stable enough to survive stomach acid, retain its potency in the intestines and is an excellent choice for acute events and recovery, such as antibiotic use.



## **BPC-157**

### **Healing & Recovery Peptide**

BPC-157 is an orally bioavailable peptide that helps promote healing and recovery in muscles, tissue, and joints. Short for body protecting compound, this peptide may also help fight inflammation and improve gut health.

## **DEEP SLEEP**

### **Sleep Complex**

DEEP SLEEP is a high-quality sleep complex that can help you get a restful night's sleep. This proprietary blend of natural herbs and plant extracts works synergistically with melatonin to help calm the mind and promote a night of deeper sleep.

## **DIM SGS+**

### **Hormone Balance & Detoxification Support**

DIM, short for diindolylmethane, is a compound found in cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and kale. DIM SGS+ helps stimulate a more efficient metabolism for estrogen, meaning it can help regulate the ratio of healthy to less healthy estrogen.

## **CURCUMIN-SF**

### **Antioxidant & Hormone Support**

CURCUMIN-SF provides powerful antioxidant support that may help reduce inflammation in your muscles and joints caused by stress, overwork, and exercise. CURCUMIN-SF offers an ultra-concentrated form of curcumin in a proprietary blend to increase absorption by 29x the normal rate.

## **IODINE+**

### **Thyroid Support with Iodine, Zinc, & Selenium**

IODINE+ provides three essential trace minerals (iodine, zinc, and selenium) your body needs to maintain optimal thyroid health. Your thyroid depends on iodine to produce vital hormones that regulate your energy levels, metabolism, and overall health.

## **HAIR RESCUE: ACTIVATE**

### **Peptide Hair Growth Complex**

HAIR RESCUE: ACTIVATE helps encourage hair growth at a cellular level. This specially formulated topical serum was created to help stimulate hair growth and reduce issues commonly associated with hair loss.

## **HAIR RESCUE: REPAIR**

### **Hair Follicle Peptide Serum**

HAIR RESCUE: REPAIR helps strengthen and keep the hair you have. This specially formulated cosmeceutical was created to help retain hair follicles and promote thicker, fuller hair.

## **LUMINATE**

### **Collagen Stimulating Peptide Serum**

LUMINATE helps improve the health and appearance of your skin. This powerful collagen-stimulating peptide serum combines three fast-acting peptides (GHK-Cu, Argireline, and Leuphasyl) to help reduce the appearance of wrinkles and promote firmer, healthier skin that glows.



## **METHYL FACTORS+**

### **5-MTHF & Active B Vitamins for Methylation Support**

METHYL FACTORS+ provides five essential methylation nutrients—5-MTHF (methyl folate), vitamin B6, vitamin B2, vitamin B12, and betaine. Methylation is a biochemical process that impacts your body's ability to regulate cardiovascular, neurological, reproductive, and detoxification systems.

## **MULTI-STRAIN PROBIOTIC 20B**

### **Multi-Strain Probiotic for Healthy Digestion**

MULTI-STRAIN PROBIOTICS 20B can help restore digestive balance. It contains 20 billion active cultures per capsule to support good gut health and a strong immune system. Every strain used in the formula is well-researched and identity-verified and has been genetically characterized and properly classified for safety and assurance.

## **NMN COMPLEX**

### **NAD+ & Aging Support**

NMN COMPLEX combines Nicotinamide Mononucleotide (NMN) with Resveratrol and Pterostilbene to give your body the building blocks it needs to maintain healthy NAD+ levels. Low levels of NAD+ can make you vulnerable to low energy, cognitive decline, and other early indicators of aging.

## **OMEGA 3 + CoQ10**

### **EPA/DHA Fish Oil With CoQ10**

OMEGA 3 + CoQ10 combines EPA and DHA from fish oil with CoQ10 to support heart and brain health. Our DHA and EPA are extracted from the purest fish oil sources available through molecular distillation to ensure the removal of cholesterol and contaminants, including PCBs and heavy metals.

## **SENOLYTIC COMPLEX**

### **Healthy Aging Support**

SENOLYTIC COMPLEX can help protect and rejuvenate your body at a cellular level. As you age, your body accumulates dysfunctional senescent cells that contribute to poor aging, slowed tissue repair, and low energy. Senolytic compounds help eliminate these cells before they become a problem.

## **SERENE**

### **Mood Support**

SERENE provides a natural way to help relieve stress and anxiety when you need it most. This supplement contains a potent extract derived from magnolia tree bark, dihydrohonokiol-B (DHH-B), that can provide on-demand mood support.