

HORMONE REPLACEMENT THERAPY CONDITION PROTOCOL

Supplementation Regimen:

Custom Pak (60), Take two paks a day for 3 months.

- 2 Opti-T
- 1 Arginine
- 1 High Flora Probiotic
- 1 Zinc
- 1 Crea-Nitric
- 1 EFA
- OPTIONAL - For women, add in Opti-Female



Nutrition Regimen:

- Go on a clean eating plan like the 21 Day Challenge or the 63 For Me app.
- Make sure to keep protein intake to around .75 grams per pound of bodyweight for the day. For example, a 140 lb person would have 105 grams of protein total for the day. Do not go above this number while on this protocol.

Exercise Regimen:

- Strength Training increases (balances) the secretion of testosterone and calms excess estrogen
- 2-3 times a week full body strength trg. For 45 minutes a session

Additional Recommendations:

- The rule of thumb is to reduce the synthetic testosterone by 25% every month (or two).
- Measure testosterone and other hormones that you desire at first of protocol and then again in 3 months.