

# Pelosi Medical Center BHRT PELLETT TREATMENT PLAN - FEMALE

- The following medications or supplements are recommended in addition to your pellet therapy.
- It is best to take these vitamins and/or supplements after eating.
- **If you are currently taking estrogen replacement, please stop after 3 days; if you are using another form of testosterone, please stop after 7 days.**

**SUPPLEMENTS:** Those marked with an \* are available in our office to purchase. To order online, scan the QR code. For best results, please take the supplements recommended for you. Take all supplements or vitamins AFTER a meal.



- \_\_\_\_\_ DIM SGS+ - take 1 daily. \*
- \_\_\_\_\_ ADK 5 or \_\_\_\_\_ADK10 – take daily or as directed. \*
- \_\_\_\_\_ Multi-Strain Probiotic 20B - take 1 to 2 weekly then increase after 1 month to 1 daily. \*
- \_\_\_\_\_ Bacillus Coagulans - take 1 daily or as directed.
- \_\_\_\_\_ Methyl Factors+ - take 1 daily or as directed based on B12 or other lab results. \*
- \_\_\_\_\_ Iodine+ - start by taking 2-3x weekly and gradually increase to daily dosing; start Iodine+ about 4 weeks after your first round of pellets.
- \_\_\_\_\_ Arterosil - take 1 capsule twice daily; take 1 capsule 3x daily if taking for diabetic neuropathy.
- \_\_\_\_\_ Curcumin SF - take 1-2 twice daily.
- \_\_\_\_\_ Omega 3 + CoQ10 - take 1-2 twice daily.
- \_\_\_\_\_ Senolytic Complex - take 1 capsule per day with water or as directed.
- \_\_\_\_\_ Best Night Sleep - take 1 capsules 30 minutes before bed or as directed.
- \_\_\_\_\_ Serene - take 1 or 2 capsules with water as needed. Effects typically start to diminish after 3-4 hours. Dosing may vary.
- \_\_\_\_\_ BPC-157 - take 2 capsules per day with water or as directed.
- \_\_\_\_\_ Other \_\_\_\_\_

**PRESCRIPTIONS:** These will be electronically sent to your preferred pharmacy. (Note: compd = compounded)

\_\_\_\_\_ Progesterone \_\_\_\_\_100 mg generic \_\_\_\_\_200 mg generic \_\_\_\_\_225 mg compd \_\_\_\_\_100 mg compd sublingual

**If you are POSTMENOPAUSAL, have a uterus, and received estrogen replacement, please do not skip doses of progesterone as it can result in vaginal bleeding or an increased risk for endometrial cancer.**

- \_\_\_\_\_ NP Thyroid \_\_\_\_\_ mg every morning on an empty stomach. Wait 30 minutes before eating or drinking anything, including coffee, food, or other medications.
- \_\_\_\_\_ Wean off Synthroid/Levothyroxine: alternate your desiccated thyroid (NP Thyroid or Armour) every other day with Synthroid/Levothyroxine for 3 weeks then go to every day on your desiccated thyroid
- \_\_\_\_\_ Spironolactone 100 mg daily. Start with ½ tablet daily and increase slowly to daily use in AM.
- \_\_\_\_\_ Wean off your antidepressant (see wean protocol) \_\_\_\_\_ Other \_\_\_\_\_

**Please call us at 201-858-1800 or send us a message through our patient portal for any questions about these recommendations.**

**I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY AND UNDERSTAND THE INSTRUCTIONS ON THIS FORM.**

\_\_\_\_\_  
Patient Signature

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Date