



dietitian cassie's GUIDE TO HORMONE BALANCING SUPPLEMENTS

There are a variety of specific nutrients that support the healthy balance of male and female hormones in the body. I finally took measures into my own hands and put together a blend of key nutrients that support each sex. **Supplementing daily to support your body's hormonal balance may be simple, but it's also extremely important.**

For MEN:

TestraVive™: Hands down, this is my best recommendation for supporting testosterone balance. TestraVive™ can assist with weight gain issues, fertility, enhancing sex drive, and reducing the risk of prostate problems and disease. Men of all ages can benefit from taking TestraVive™ on a consistent basis. My general recommendation is two TestraVive™ tablets per day, together or apart, with or without food.



For WOMEN:

1. SynerVive™: Every female can benefit from a daily dose of SynerVive™, a highly effective, estrogen-balancing supplement for healthy hormonal balance. SynerVive™ promotes hormone balance by featuring targeted nutrients that support healthy estrogen metabolism and detoxification. It doesn't contain any synthetic hormones, and instead helps your body balance its estrogen levels naturally. It can provide significant relief for women with hormone-related health issues, and may result in improvement of premenstrual syndrome, perimenopause and menopausal symptoms. Many women experience sugar cravings in relation to their hormonal cycle, due to the swings that are a natural part of the process, and consuming more sugar can of course be detrimental to your weight loss goal. SynerVive™ helps your body metabolize excess estrogen while supporting hormone regulation, which can help control cravings. My general recommendation is two SynerVive™ tablets in the morning and two tablets at night, with or without food, daily.



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For further support, work with a dietitian coach to get your own personal, individualized recommendations and a clear cut path to balancing your hormones and getting on track with results.



Hormone balancing for WOMEN continued...

2. SynerVive Protein™: I love using protein powders and many of my clients do, too. I created this rice-based protein powder to further support hormonal balance in women. It provides specialized nutritional support for women suffering from common hormonal symptoms associated with premenstrual syndrome (PMS). SynerVive Protein™ provides essential vitamins and minerals, along with phytoestrogens, antioxidants, and flaxseed hull—all specially selected for their ability to promote healthy estrogen metabolism and hormonal balance. I recommend SynerVive Protein™ in conjunction with SynerVive™ for optimal hormonal balance. My general recommendation is two SynerVive Protein™ scoops blended into 8 ounces of liquid, one to two times per day. During the menstrual cycle, I recommend three SynerVive Protein™ scoops, three times per day.



And for some women...

3. Estrovera: Some females need a little extra support by adding in a third step. If you battle hot flashes, you won't want to skip this. Hot flashes are a sign of hormonal imbalance, indicating that you need a little bit of extra support. Just one tablet of Estrovera every day has been clinically shown to dramatically reduce the number of daily menopausal hot flashes, in addition to other menopausal symptoms including irritability, mood swings, anxiety and vaginal dryness. A general recommendation is to start with one before bed each night, and increase to two after a week if you don't begin to experience positive changes.



Remember, quality counts!

Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).