

## Maximize the benefits of hormone replacement pellet therapy

Bio-identical hormone replacement pellet therapy provides many benefits. Pellet therapy works even better when the rest of the body plays along. Unfortunately, many of us lack the vital nutrients—i.e., fuel—our bodies need to function properly and use hormones to their full potential. That's where HRT-Complete E comes in.



### WHAT IS HRT-COMPLETE E?

HRT-Complete E is a nutritional supplement designed specifically to support hormone metabolism and utilization. Simply put, **HRT-Complete E helps the body process and use hormones efficiently.\*** In doing so, it sets the stage for optimal health and the long-term benefits that result from balanced hormones.

The formula was designed to remove "bad" forms of estrogen from the body that threaten breast and prostate health. HRT-Complete E also supports the metabolism of "good" estrogen in the body, which has been shown to prevent disease and offer anti-aging benefits.\*

The nutrients in HRT-Complete E also aid other key processes in the body that work hand-in-hand with pellet therapy. These processes support lipid (fat and cholesterol) metabolism, insulin sensitivity, liver function and mitochondrial health (mitochondria transform nutrients into the energy needed to carry out different functions). They can also help activate antioxidants, making them more powerful.\*

### HOW HRT-COMPLETE E SUPPORTS PELLET THERAPY

The HRT-Complete E formula includes several vital nutrients—or fuel—the body needs to use hormones efficiently and optimize the benefits of pellet therapy. These key nutrients have been shown to support:\*

- » Healthy testosterone levels (both women and men need testosterone).
- » Estrogen balance (both women and men need "good" estrogen).
- » Breast health.
- » Weight management.
- » Insulin sensitivity.
- » Cardiovascular health.
- » Detoxification.
- » Mitochondrial health.
- » Brain function and mood.



## WHAT NUTRIENTS ARE INCLUDED IN HRT-COMPLETE E?

The ingredients in the HRT-Complete E formula were included because they have been shown to support hormone metabolism and balance. The nutrients and their specific benefits include:

### FenuSMART®

FenuSMART is a unique formula comprised primarily of seeds from the herb fenugreek. The formula has been shown to minimize hot flashes and support healthy sleep patterns, mood and libido. Fenugreek plays a dual role in hormone balance because it supports healthy estrogen levels and helps ward off insulin resistance. Preventing insulin resistance is essential, because if you don't, the body won't move glucose (blood sugar the body uses for fuel) from the bloodstream into the cells, as it should. Blood sugar issues can cause weight gain and the accumulation of belly fat, which has also been tied to hormone imbalance.

### Sulforaphane

Studies indicate that this powerful nutrient may help ward off inflammation and diabetes and support heart, kidney, lung, brain and bone health. Research also suggests that sulforaphane may protect DNA cells from carcinogens and be effective in supporting certain cancer therapies.

### DIM (diindolylmethane)

Practitioners have prescribed DIM in conjunction with hormone replacement therapy for years because it has been shown to support estrogen metabolism, antioxidant activation, detoxification processes and inflammation control. Optimizing these processes may help promote prostate, breast and liver health.

### Methylated B Vitamins (B6, B12, Folate)

HRT-Complete E includes three methylated—or "body ready"—B vitamins: Pyridoxyl-5-Phosphate (vitamin B6), Methylcobalamin (vitamin B12) and Quatrefolic® (folate). Including these key nutrients is critical because the conversion (particularly of B6) takes place in the liver, where estrogen is metabolized. Methylated B vitamins also help drive the production of enzymes that are necessary for estrogen conversion.

### CoEnzyme Q10 (CoQ10)

CoQ10 is an antioxidant produced naturally in the body, with levels declining as we age. This nutrient may help support energy production and mitochondrial health, as well as heart and brain health. CoQ10 may also promote lipid (fat and cholesterol) metabolism, which is important for hormone balance.

### WHERE CAN I GET HRT-COMPLETE E?

You can obtain HRT-Complete E from a Certified EvexiPEL provider. Ask whether HRT-Complete E is right for you.

### HOW DO I TAKE HRT-COMPLETE E?

For most patients undergoing pellet therapy, the recommended dosage of HRT-Complete E is to take two capsules daily.

### CONTACT YOUR

### CERTIFIED EvexiPEL PROVIDER TO LEARN MORE

To find out if you may be a good candidate for HRT-Complete E, contact your healthcare practitioner for additional information.



TO LEARN MORE, PLEASE VISIT

[www.HRTComplete.com](http://www.HRTComplete.com)

\*Disclaimer: 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.