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Thorne® Nutraceuticals - Physician Guided Supplement Protocol

Available in office and online | www.stefanieaschultismd.com Dosing reflects Dr. Schultis' recommendations and may differ from bottle labeling. It may take 3-6 months to notice effects of all supplements.

Magnesium Glycinate

Berberine

What it does

- Promotes relaxation and sleep
- Decreases anxiety
- Supports muscle relaxation

How to take

- **Sleep** - 240-360 mg nightly (2-3 caps), start 2 increase to 3
- 60-90 minutes before bed
- **Anxiety** - 120 mg (1 capsule), start one 2x a day may increase to 4x daily for anxiety only
- Side effects
- Loose stools reduce dose

Notes

- OK in pregnancy
- Avoid in kidney disease

Best Results 3-6 months

90 Pills/bottle

What it does

- **Blood sugar regulation**
- Improves insulin sensitivity
- Supports metabolism and weight
- May increase HDL decrease LDL

How to take

- **1000 mg daily** (2 caps)
- Increase to twice daily if needed
- Take with meals morning or midday

Side effects

- GI upset reduce dose

Notes

- Avoid in pregnancy
- Best results 3-6 months

60 Pills /bottle

Libido Boost

What it is

- Blend of **fenugreek, damiana, and shatavari**
- Botanical support for libido and hormonal balance

What it does

- **Supports sexual desire and arousal**
- Improves responsiveness and satisfaction
- Supports energy and vitality

How to take

- Start 2 capsules daily with food
- May increase to 4 capsules daily if needed
- Do not take late evening

What to expect

- 2-4 weeks early changes
- 6-8 weeks more effects

Best Results 3-6 months

60 Pills/bottle

Hormone Advantage

What it is

- **DIM, broccoli seed extract (SGS), and pomegranate**
- Supports hormone metabolism and cellular health

What it does

- **Supports estrogen balance**
- Supports breast, uterine, ovarian, and prostate health
- Antioxidant and anti-inflammatory support

Key ingredients

- DIM supports estrogen balance
- SGS supports detox pathways
- Pomegranate supports estrogen regulation

How to take

- Start 1 capsule daily
 - Increase to twice daily if needed
- Best Results 3-6 months

60 Pills/bottle

Perimenopause Complete

What it is

- **EstroG-100, hops extract, vitamin B6 (P5P)**
- Clinically studied menopausal support formula

What it does

- **Reduces hot flashes and night sweats**
- Improves sleep and mood
- Supports vaginal comfort and joint health
- Improves overall quality of life

Key ingredients

- EstroG-100 supports multiple symptoms
- Hops extract supports thermoregulation
- Vitamin B6 supports serotonin and dopamine

How to take

- 2 capsules daily
 - May increase to twice daily if needed
- Best Results 3-6 months

60 Pills/bottle