



Welcome
to thrive lab

I'm Dr. Nayan Patel, and I want to welcome you to Thrivelab

I'm thrilled that you've chosen us to be your hormone health partner. It's an honor and a privilege to be on this journey with you.

We've put this patient information booklet together to help you navigate the next three to six months of your hormone optimization therapy. It will provide you with the information you need to get the most out of Thrivelab.

Knowing what to expect from your treatment can help you navigate the next few months of optimization with confidence.

I hope you'll take a moment to mark this day as the beginning of a new chapter for you. One that brings you joy, energy and renewed spirit as you reclaim the vitality to enjoy life and the people around you more fully.

Wishing you so much good health on this journey.

Sincerely,



DR. NAYAN PATEL

CHIEF CLINICAL OFFICER, THRIVELAB



Nayan Patel, Pharm.D.

Your prescription has arrived.

We're all so unique and every woman is going to have a very personal experience when undergoing Thritelab bioidentical hormone replacement therapy (BHRT).

Our clinical team has spent more than 25 years researching BHRT and treating women like you. Your Hormone Balancing Longevity Plan was developed just for you by your Thritelab medical team using this expertise. In addition, your BHRT prescriptions were custom made by our pharmacy partners in accordance with this clinical experience and our doctor's orders.

Bioidentical hormones are derived from plants that are chemically identical to those the human body produces. They are very different from the HRT of 20 years ago, which were artificially synthesized in a lab.

Once your treatment begins, you may start to see your symptoms diminish and experience an improvement in your overall well-being within a few weeks.

As your hormone levels adapt and rebalance, you will start feeling and seeing the full results within three to six months.

Now what?

The first three months of your therapy are the most critical. So it's important that you follow your doctor's instructions on dosing and application.

Your Thritelab doctor has started you at the lowest dose possible for each of your BHRT prescription medications. Over the next three months, your medical team will calibrate your medications to find the optimal dose for you based on your continued assessment of your symptoms.

Our treatment approach is designed to safely and slowly stabilize your hormone levels to avoid any risk of unwanted side effects. Your nurse practitioner will contact you regularly for feedback on your treatment.





Like everything else in life, you'll get back what you put in. So, the results you want to achieve depend on your commitment to consistently follow your treatment and make healthy changes to your lifestyle.

You started this journey with some very clear goals and outcomes that you wanted to achieve with BHRT:

- + LOSE WEIGHT
- + INCREASE YOUR ENERGY
- + SLEEP BETTER
- + RENEWED MENTAL CLARITY
- + A RETURN OF YOUR SEX DRIVE
- + ELIMINATE NIGHT SWEATS AND HOT FLASHES

With the help of your Thrivelab doctors, BHRT prescriptions and commitment, all your goals are attainable.

It's all about you

Follow these three rules for success and you'll see the results you want from your treatment:



Take each of your BHRT prescription medications on time, as prescribed.

This is absolutely the single most important thing you can do. Your meds can't work if you don't take them.



Stay in contact with your Thrivelab medical team.

Based on your experience with Thrivelab and your medical team so far, you'll realize that we're not your run of the mill medical service. We're committed to you and your success. That means we'll make it easy for you every step of the way.



Support your therapy with lifestyle changes.

BHRT is not a silver bullet for weight loss or aging better. It's part of the puzzle that includes committing to eating well, exercising and getting enough sleep.

Tips to keep you on track and focused

It's not always easy to remember to take your medications or recall any symptoms you may have experienced between appointments. We get that, so here are some tips proven to help you stay on track.



Set a daily alarm.

Use a smart phone app to remind you to take your medication every day. Thrivelab recommends the Medisafe app (www.medisafeapp.com). It's the most comprehensive and easiest to use.



Keep a diary.

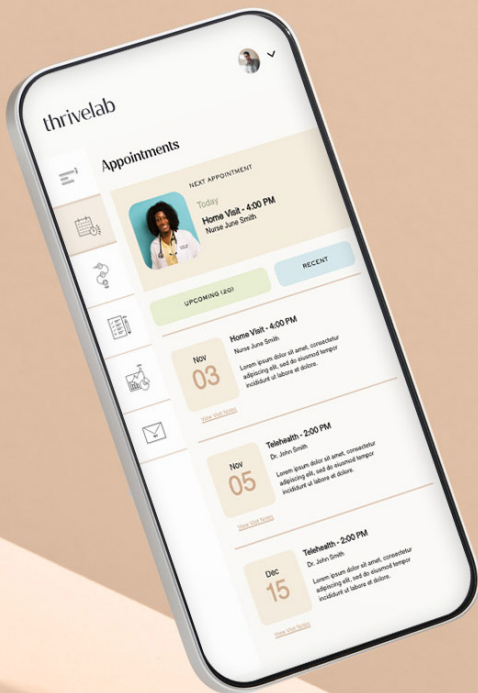
There's a free app at www.flaredown.com that helps you track your experiences.



Stick to your scheduled Thrivelab self-assessment check-ins and virtual appointments.

These are important. If you must cancel, reschedule as soon as possible.

Our online self-assessment tool supports your success



LONG LIVE YOU

The first three months

When you first start hormone replacement therapy, you might experience some minor side effects as your hormones stabilize in the first three months. These vary person to person, and it's important you share any changes with your nurse practitioner.

Some common side effects you may experience:

- Bloating or weight gain.
- Breast tenderness or swelling.
- Headaches.
- An increase in facial hair or acne.
- Application site redness, swelling or itchiness.
- Breakthrough vaginal bleeding or cramps.

You may also experience changes in your bowel movements. This isn't necessarily cause for concern, as your BHRT medications are eliminated from your body through your liver, which can affect your bowel movements. If you experience constipation or loose stools for more than three days, contact your nurse practitioner immediately.

Side effects from stabilizing your hormones usually improve once your dose is optimized.

We recommend you stay on your treatment for at least 6 months to get a clear idea of the benefits of BHRT.

What to expect from BHRT

MONTH

01. In general, you can expect your mood-related symptoms (like anxiety, impatience, or insomnia) to lessen within the first 10 days. Hot flashes and vaginal dryness begin to go away around week two. By week three, you'll notice more energy and sharper thinking.

MONTH

02. For most women (about 80%), symptoms disappear six to eight weeks after treatment. You'll notice a significant improvement in energy and mood, and an increase in lean body mass and a reduction in fat.

MONTH

03.⁺ Once your dose is optimized and your hormones have stabilized, you'll begin to feel more like yourself again.

- + Renewed energy
- + More vibrant sexual response
- + More vaginal lubrication
- + Better, longer sleep
- + Mental clarity and better memory
- + Firmer skin and hair regrowth

Research has shown that BHRT supports lowering the risk of osteoporosis and heart disease, and healthy weight management.

Smart choices maximize your outcomes

Committing to a healthy lifestyle that includes whole foods, exercise and stress-reducing activities is something you can take on slowly and increase as you start to feel better.

Incorporate a healthy diet.

A good nutritional mix of fruits, vegetables, carbohydrates and proteins is key to longevity and aging well.

Exercise raises your endorphins.

Add weight training and yoga or Pilates. These can help you stay lean, strong, and stress-free.

Limit alcohol.

Moderation is always in good health.

Eliminate processed foods, soy, gluten or dairy.

Many processed foods contain steroids, preservatives or flavor enhancers that can cause your body to react badly. Soy can metabolize in your body as estrogen and many beauty products contain estrogen-based ingredients that could also affect how you metabolize your medications.

Your BHRT prescriptions

Your Hormone Balancing Plan contains dosing and application instructions. You can also find these instructions on your medication bottles/tubes.

01. Every month, your BHRT prescription medication will be delivered discreetly to your door.

If you haven't received your package at least five days before the beginning of a new month of treatment, call your patient care coordinator at (737) 377-1600.

02. Stay on the correct dosage.

Don't increase or decrease the dose without first discussing this change with your nurse practitioner.

03. Don't skip a day or miss a dose.

If you do happen to miss a day, don't double up the next day. Just carry on with your normal dose.

04. Rotate your application sites for topical prescriptions.

It's important to apply topical BHRT to different areas of your body.

For example:

Inside of arms: Monday, Wednesday, Friday, Sunday

Inside of thighs: Tuesday, Thursday, Saturday

Labia*: If recommended, site does not need to be rotated

*If you apply BHRT to your labia, it's best to avoid intercourse with a partner for at least six hours, as the medication can transfer

We're with you all the way

YOUR SCHEDULE

Week one

Telehealth appointment with patient care to review application of medications.

Monthly (ongoing)

On-call telehealth and patient care, available by video, phone and text.

Month three

- 20-min telehealth check-in.
- Blood draw & lab testing.

Annually

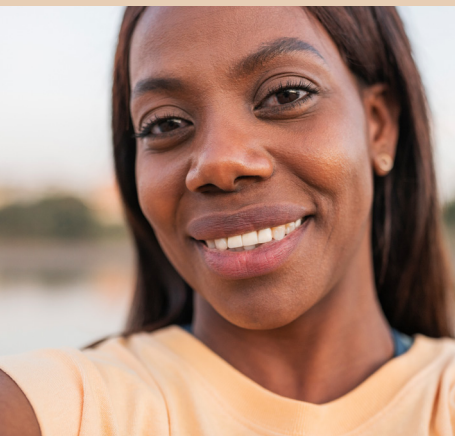
45-min telehealth appointment.

On-demand

- Prescription Management.
- Plan Optimization.
- Health Coaching.

At any time, you can reach out to your patient care coordinator to schedule an appointment with your nurse practitioner at (737) 377-1600.

LONG



LIVE

YOU



Helping good
humans **thrive.**



thrive**lab**