



Women's *Hormone Balance* Pack

“Daily routine for women — foundational hormonal support timed to your body's natural rhythm”

This is the protocol that defines my clinical practice. Women in perimenopause and post-menopause are chronically underserved by conventional medicine — told their labs are “normal” while living with fatigue, mood instability, weight changes, and insomnia. In 25 years of practice, I have learned that hormonal imbalances almost always begin with nutritional deficiencies, not with the hormones themselves. Magnesium, P5P, and Adrenal are the non-negotiable foundation. Opti-Female and Opti-Thy are the clinical-grade hormonal support layered on top. Iodine is critical and almost always deficient. The three-packet design reflects the natural cortisol-hormone rhythm of the female body.

— DR. MICHELE BENOIT, DC · APPLIED KINESIOLOGY & FUNCTIONAL NUTRITION · FRANKLIN, TN

SUPPLEMENT STACK

- 1 Opti-Female**
HORMONAL BALANCE · CORE FORMULA
Pre-digested glandular extracts combined with targeted phytonutrients for cycle regulation, menopausal symptom support, and hormonal homeostasis. The clinical anchor of this protocol.
- 2 Opti-Thy**
THYROID SUPPORT
Comprehensive thyroid support — the most commonly missed driver of hormonal symptoms. Addresses subclinical dysfunction that standard bloodwork cannot detect.
- 3 Opti-Iodine**
THYROID HORMONE SYNTHESIS · HEAVY METAL CLEARANCE
Whole-food iodine required for thyroid hormone synthesis. Also actively eliminates heavy metals from the body. Most women are deficient — symptoms mirror hypothyroidism almost exactly.
- 4 Essential P-5-P**
ACTIVE B6 · ESTROGEN METABOLISM
Active B6 — the bioavailable form that doesn't require liver conversion. Essential cofactor for estrogen metabolism, serotonin synthesis, and neurotransmitter production.
- 5 Essential Resveratrol**
ESTROGEN SUPPORT · ANTI-INFLAMMATORY
Whole-food resveratrol with anti-inflammatory and hormonal support properties. Supports heart health and immune function — both directly affected by declining estrogen in perimenopause.
- 6 Opti-Glandular**
BROAD-SPECTRUM GLANDULAR SUPPORT
Full-spectrum bovine glandular formula providing the body with precursors to produce its own hormones and enzymes. Consciously sourced from BSE-free countries, USDA inspected.
- 7 Opti-T**
TESTOSTERONE BALANCE · ENERGY & BONE
Often overlooked in women's health — testosterone is essential for bone density, lean muscle, energy, and libido. Supports healthy production through natural pathways, not synthetic hormones.
- 8 Essential DAK1K2**
FOUNDATIONAL FAT-SOLUBLE NUTRIENTS
D3 + A + K1/K2 — the fat-soluble nutrient complex every hormonal protocol depends on. D3 activates immune and hormonal pathways. K2 directs calcium to bones, not arteries.

WHAT THIS PACK DOES

The most comprehensive clinical hormonal support protocol Dr. Benoit offers — in three daily packets timed to the body's natural hormonal rhythm. Morning packet supports energy production and cellular foundation. Midday packet addresses thyroid and iodine support when metabolism is most active. Evening packet focuses on estrogen metabolism, nervous system calming, and the hormonal transitions that govern sleep quality.

WHO THIS PACK IS FOR

- Women 35–65 in perimenopause or post-menopause
- Thyroid complaints with “normal” labs
- PMS, irregular cycles, mood instability, or sleep disruption
- Women experiencing unexplained fatigue, weight changes, or cognitive fog
- Patients told “your hormones are fine” who know something is off
- Women wanting a comprehensive, clinician-designed daily hormonal foundation

LIFESTYLE FOUNDATIONS

- Eliminate caffeine after noon — it spikes cortisol and depletes adrenals directly
- Prioritize 8 hours of sleep — most female sex hormones are synthesized nocturnally
- Reduce plastics and synthetic fragrances — xenoestrogens disrupt the endocrine system
- Cruciferous vegetables support estrogen clearance through the liver
- Resistance training 2–3x per week preserves bone density and lean muscle
- Functional bloodwork every 6 months — Dr. Benoit adjusts the pack contents based on results