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Studd, J. "The relationship between plasma estradiol and the increase in bone mineral density in postmenopausal women after treatment with subcutaneous hormone implants." Am J Obstet Gynecol. 1990 Nov;163(5 Pt 1):1474-9.

²Gray A, Feldman HA, Mckinlay JB, Longcope C. Age, Disease, and Changing Sex Hormone Levels in Middle-Aged Men: Results of the Massachusetts Male Aging Study, J Clin Endo Metab, Volume 73, Issue 5, 1 November 1991, Pages 1016–1025, https://doi.org/10.1210/jcem-73-5-1016

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biote



PEACE

Studies have shown optimized hormones are necessary for good health.

PRECISION DOSING IS KEY

Hormone levels naturally decline **up to 10% yearly** as we age.²

Every patient's symptoms are unique, so each journey is customized. We measure individual hormone and nutrient levels using a quick yet comprehensive blood work test. The results are then processed with Biote's proprietary dosing platform—delivering precision and preventive patient care plans.

The Biote Method of hormone optimization uses bioidentical hormone pellets, which contain testosterone or estrogen. Patient-specific pellets are placed subcutaneously in the body and release a continuous stream of hormones. These pellets dissolve and are absorbed into the body.

Testosterone
pellets can help
build up to 8.3%
bone mass
per year.

BHRT IS BACKED BY SCIENCE

Optimized hormones may help relieve some age-related health issues, including:

- Decreased Bone Density
- Poor Heart Health
- Abnormal Breast & Prostate Health
- Diminished Cognition & Memory
- Reduced Energy & Sex Drive

Learn more at **biote.com/research** or ask your Biote Certified Provider.



HOW TO GET STARTED

We understand that seeking medical care can be intimidating, but we have a simple plan to help.

- 1. Determine your eligibility by scheduling a consultation with a Biote Certified Provider.
- 2. Review your personalized care plan that will include your current hormone, thyroid, and vitamin D levels.
- 3. Select your preferred treatment options, and start to take control of your health!

Within about a month, I noticed my energy levels started improving, I wasn't as tired during the day, my kids were happy, and my husband was very happy to have his wife back.

- Jenn, Biote Patient

HEALTH