



**BUILD YOUR
STRENGTH & ENDURANCE**

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¹ Stanworth, R. D., & Jones, T. H. (2008). Testosterone for the aging male; current evidence and recommended practice. *Clinical interventions in aging*, 3(1), 25-44. <https://doi.org/10.2147/cia.s190>

² Goodale, T., Sadhu, A., Petak, S., & Robbins, R. (2017). Testosterone and the Heart. *Methodist DeBakey cardiovascular journal*, 13(2), 68-72. <https://doi.org/10.14797/mdcj-13-2-68>

[†]All patient testimonials are given voluntarily by real patients who have been treated by a Biote-certified practitioner. Individual results may vary. Always consult with your healthcare provider before making any changes to your medications and/or supplements regimen.

[‡]All practitioner testimonials are provided voluntarily by Biote-certified practitioners who speak from their own professional medical experience treating patients. Individual results may vary. Always consult with your healthcare provider before making any changes to your medications and/or supplements regimen.

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04_P22 Male - 10/2023

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**OPTIMIZE YOUR
PERFORMANCE**

Testosterone is the
future of men's health.



BE YOUR OWN HEALTH ADVOCATE



ARE YOUR TESTOSTERONE LEVELS KEEPING YOU DOWN?

If you feel like you haven't been sleeping as well, are struggling with your libido, or aren't seeing the results you want in the gym, it may be due to your testosterone levels. Especially for men over 40, Low T levels can contribute to that unwanted bulge around the midsection, loss of muscle mass, and not to mention how it can affect your love life.*

YOU MAY NEED T

All it takes is a simple blood test, and one of our Biote® Certified Providers will create a personalized treatment plan just for you, based off labs, symptoms and medical history. The Biote Method of hormone optimization uses bioidentical hormone pellets placed under the skin that release a continuous stream of hormones. The procedure takes less than a minute and is unnoticeable. All you need to do is make two to three office visits a year. That's it!

SO, WHO MIGHT BENEFIT FROM HORMONE OPTIMIZATION?

- Men with symptoms of low libido, low energy, loss of muscle mass, weight gain or poor sleep
- Men at risk for heart disease, diabetes, or osteoporosis*
- High-impact sports athletes from high school to professional league
- Those with testosterone depletion from antibiotics, opioids, or anabolic steroid use*
- Men who experience anxiety, depression or PTSD*
- First Responders and service members



Increase your endurance, strength & muscle mass.*



Enhance your clarity, memory & mental focus.*



Improve your mood, stamina & sex drive.*



Feel younger, healthier & happier.*



I can't begin to tell you the difference of how I was six months ago versus how I feel today. The procedure was very simple, very painless, and really began to feel the effects of it within a couple of weeks.

- Dave, Biote patient



Beginning in your 20s, men typically lose up to 2 to 3% of T every year as they age.¹

“There's very few interventions that I can offer patients where consistently people come back and say I really feel better.”

- Dr. Bender,
Biote Certified Provider†

HOW TO GET STARTED

1

Schedule a consultation with your Biote Certified Provider.

2

Get your blood work done to test your current hormone levels.

3

Review your results with your provider and get started on your personalized care plan to feel your best!



Ask your Biote Certified Provider for more information or watch success stories at bhrvideos.com.