



You've Been Pelleted
NOW WHAT?



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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

YOUR JOURNEY TO BETTER HEALTH HAS BEGUN

Congratulations on your decision to embark on your health and wellness journey with bioidentical hormone replacement therapy (BHRT) using the Biote Method. Developed by the world's #1 trusted hormone optimization company, this methodology is backed by more than 80 years of research with **over 2.5 million insertions to date.**

You may begin to feel symptom relief after your first round of pellet therapy. **However, up to 20% of patients don't experience some symptom relief until their second pellet – that's completely normal and expected.** Complete optimization may take two to three sessions depending on your age, genetics, lifestyle, and other factors. Continue to work closely with your trusted Biote Certified Provider as you track your progress and find your balance.

Register at experience.biote.com to make the most of your journey with Biote. You'll get exclusive access to tips and support to help maximize your hormone optimization experience.



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Your Hormone OPTIMIZATION Timeline

While every patient's journey is unique, here's what you could expect to see over the next year with pellet therapy:

TIP OPTIMIZATION

If you are not experiencing improvement just yet, remember, pellets can be activated by physical activity, including light exercises such as walking and yoga. So, get moving! If you have not done so already, schedule your post-pellet lab work and 2nd pellet session. These steps are key to getting you optimized and maintaining symptom relief.

DAY 1

You've received your 1st pellet insertion. Talk with your provider about scheduling your post-pellet lab work and 2nd pellet appointment if you haven't already done so. These steps will help determine your ideal dosage and maintain optimal hormone levels moving forward.

DAY 3

FEMALE PATIENTS: You may now remove your outer bandage but leave the Steri-Strip in place until day 5-7 when it will begin to naturally fall off. You should stop other forms of HRT (not including birth control) and **be sure you're taking your progesterone** if it was prescribed.

WEEK 2-3

Your insertion site should be healed. Redness, swelling, or itching should be resolved by now. If your insertion site does not improve by week 3, contact your provider.

WEEK 4

You may hear from your provider to see how you are feeling. Some report feeling more energy, in a better mood, and even a little more frisky. Your significant other might notice the difference, too!*

MALE PATIENTS: **You're due for your lab work.** This step is critical to measure your hormone levels. Drawing your blood to check your hormone levels helps inform your provider on the effectiveness of your progress so they can take additional steps, if needed, to optimize your hormones.

WEEK 8

This week is the deadline to receive a booster pellet if needed. This one-time dose adjustment is necessary for 2-4% of patients who may not be feeling symptom relief. However most patients wait until their next pellet session to get an adjusted dose. Dosing adjustments are prohibited following week 8 to avoid interfering with future pellet session options.

MONTH 4-5

MALE PATIENTS: **You should receive your 2nd round of pellets around this time.** The 2nd pelleting is crucial in helping to maintain symptom relief and optimal hormone levels. If your 2nd appointment is not yet scheduled, be sure to reach out to your provider. Remember, many patients report feeling the most benefits following their 2nd or even 3rd round of pellets.*

MONTH 8-10

MALE PATIENTS: **Maintain your peak performance by staying on top of your symptoms.** You should be returning for your 3rd round of pelleting. Future sessions typically occur at 4-5 month intervals. While your provider is responsible for managing your dosage, it's up to you to determine the frequency of your sessions based on how you feel.

Your provider's office may reach out to check on your progress, see how you're feeling, and answer any questions you have.

MALE PATIENTS: You should leave all dressings in place for now. Jump to Day 7 for your bandage removal details.

DAY 2

MALE PATIENTS: You can now remove your outer and inner bandages (Steri-Strips) and return to regular exercise and activities. You can now stop any other forms of HRT (testosterone replacement therapy).

DAY 7

FEMALE PATIENTS: **You're due for your lab work at week 6.** If you are not yet experiencing symptom relief, providers may ask you to move your lab work up to week 4. If you haven't heard from your provider, it's time to give them a call.

WEEK 4-6

FEMALE PATIENTS: **You should receive your 2nd round of pellets around this time.** The 2nd pelleting is crucial in helping to maintain symptom relief and optimal hormone levels. If your 2nd appointment is not yet scheduled, be sure to reach out to your provider. Remember, many patients report feeling the most benefits following their 2nd or even 3rd round of pellets.*

MONTH 3-4

FEMALE PATIENTS: **Listen to your body and monitor your symptoms.** You should be returning for your 3rd round of pelleting. Future sessions typically occur at 3-4 month intervals. While your provider is responsible for managing your dosage, it's up to you to determine the frequency of your sessions based on how you feel.

MONTH 6-8

YEAR 1 & BEYOND >

You're now optimized! Your provider will conduct annual labs to monitor your ongoing health.

The nutritional supplement **DIM (diindolylmethane)** supports the metabolism of estrogen. DIM is not only vital for women, but is actually very important for men as well because men naturally convert some testosterone to estrogen. If and when testosterone levels rise, estrogen levels will rise too. **Thus, it is critical for men to take DIM, as recommended by their provider, while on pellet therapy to try to avoid any unwanted side effects from excess estrogen and optimize their BHRT experience.**

Find Your **HEALTH**
Age **HAPPIER**
Live **HEALTHIER**
Find Your **POWER**
BALANCED For Life

At Biote, our mission is to change the way healthcare is practiced on a global level using hormone optimization as precision, preventative medicine.

SOMETIMES YOU MAY NEED A BOOST

Bioidentical hormone pellets work with the natural rhythms of your body. If you are not feeling the desired results, please be patient. Your provider will continually work with you to try to achieve optimal hormone levels, and if appropriate, offer a one-time dose adjustment at no additional cost.

KEEP THE MOMENTUM

Remember, full optimization may take up to two to three rounds of pellet therapy. It's vital to your health to stay consistent with what your provider recommends, including completing all future labs and pellet sessions. If you notice a change in how you feel, it's your responsibility to contact your Biote Certified Provider. You and your provider are partners, but ultimately, you're the one in charge of your health and wellness.

MAXIMIZE YOUR EXPERIENCE

Register at experience.biote.com for exclusive access to valuable tips and supporting content to help you get the most from your BHRT journey.



Scan the QR code or **visit experience.biote.com** to connect and learn more!



YOU ARE NEVER ALONE IN YOUR BHRT JOURNEY!

Your Biote Certified Provider has the knowledge and experience required to answer any question or concern you may have along the way.

Business Card Goes Here