



Supplementation that Supports Pellet Therapy

BioTE® Iodine Complex

IODINE deficiency is occurring at epidemic rates across the United States. The consequences of iodine deficiency are severe: mental retardation, lowered IQ, attention deficit hyperactivity disorder (ADHD), infertility, thyroid problems, and cancer of the breast, prostate, ovaries, thyroid and uterus. There is no doubt that this deficiency is responsible (at least in-part) for the epidemic of cancers of the breast and prostate as well as thyroid disorders. Clinical experience has clearly shown that it is impossible to treat these disorders as well as other chronic illnesses such as autoimmune diseases without ensuring adequate iodine intake.

For more than 100 years, iodine has been known as the element that is necessary for thyroid hormone production. However, it is rare to see any further mention of iodine's other effects. Iodine is found in each of the trillions of cells in the body. Without adequate iodine levels, life itself is not possible.

Iodine is not only necessary for the production of thyroid hormone, it is also responsible for the production of all of the other hormones of the body. Adequate iodine levels are necessary for proper immune system function. Iodine contains potent antibacterial, anti-parasitic, antiviral, and anticancer properties. Iodine is also effective for treating fibrocystic breasts and ovarian cysts.

Below are some of the conditions that would BENEFIT from adequate iodine supplementation:

- ADD/ADHD
- Hemorrhoids
- Ovarian Disease
- Atherosclerosis
- Headaches/Migraines
- Parotid Duct Stone
- Breast Diseases
- Hypertension
- Peyronie's
- Excess Mucous
- Infections
- Prostate Disorders
- Fatigue
- Keloids
- Sebaceous Cysts
- Fibrocystic Breasts
- Liver Diseases
- Thyroid Disorders
- Goiter
- Nephritic Syndrome
- Vaginal Infections

How Much Iodine Do I Need?

The best way to ascertain how much iodine you need to take is to figure out the body's iodine status. Iodine levels can be checked in the blood, serum or urine. Most adults will do well taking iodine in the range of 25-50 mg/day. Children need lower doses and can be dosed appropriately based on their size.

The best results are found by using iodine as part of a comprehensive holistic regimen that includes balancing vitamins, minerals, and hormones.

Dosing Instructions

- 12.5-50 mg iodine/iodide combo daily (BioTE® Complex)
- Start with 12.5 mg and gradually titrate up every 2 weeks until 25-50 mg daily is achieved
- Vitamin C 2000-4000 mg per daily
- 300-600 mg Magnesium glycinate or citrate daily
- ½ teaspoon unprocessed sea salt added to diet daily
- ¼ teaspoon unprocessed sea salt in 8 oz. warm water twice daily as needed to flush toxins.

Resources: [The Iodine Crisis](#) by Lynne Farrow
[Iodine: Why You Need It, Why You Can't Live Without It](#) by Dr. David Brownstien
[Iodine and Breast Cancer](#) by Dr. David Derry

For more information, ask your Practitioner:



Optimizing Hormone Pellet Therapy through Nutraceutical Supplementation



Transforming Lives!

The synergy between hormone balance and clinically proven mineral and nutrient supplementation yields the BEST in outcome.

Balancing hormones includes ALL hormones, not just testosterone and estradiol levels.

A comprehensive approach includes maximizing hormone optimization and adequate nutrient and mineral support.

In addition to providing the most efficacious forms of testosterone and estradiol pellets, BioTE® has developed several different nutraceutical grade supplements to optimize hormone balance.

The following pages will educate you on what these supplements are and why they are important to you, our valued patient.

All of these are available through your BioTE® provider. Just ask!



Achieve healthy estrogen metabolism today with

BioTE® DIM

promotes beneficial, healthy estrogen metabolism in both women and men

This powerful component found naturally in cruciferous vegetables balances estrogen metabolism which can be beneficial for breast, uterine, cervical, and prostate health. DIM also frees testosterone from binding agents in your blood, which helps balance your hormones and makes you feel great!

What is DIM?

Diindolylmethane is a plant indole—a plant compound with health-promoting properties found in cruciferous vegetables, including cabbage, broccoli, Brussels sprouts, and cauliflower. DIM is not a plant estrogen or an estrogen mimic, like the soy isoflavones, but rather an estrogen balancer.

DIM stimulates more efficient metabolism for estrogen. Supplementing the diet with DIM and eating cruciferous vegetables increases the specific aerobic metabolism for estrogen, multiplying the chance for estrogen to be broken down into its beneficial or “good” estrogen metabolites. Many of the benefits that are attributed to estrogen, including its ability to protect the heart and brain with its antioxidant activity, are now known to come from these “good” metabolites.

With DIM, there is a simultaneous reduction in the levels of undesirable, or “bad” estrogen metabolites. In women, these are responsible for many of estrogen’s undesirable actions, including further unwanted weight gain, breast cancer, and uterine cancer. In men, these metabolites contribute to weight gain and prostate cancer.

Microencapsulated, absorption-enhanced formulation of DIM can, with regular use, help balance our hormone metabolism.

BioTE® A•D•K A Dietary Supplement Vitamins A, D3, & K2

- **Bone structure, density and integrity**
 - Proper bone remodeling
 - Calcium utilization
 - Cardiovascular Function

Vitamin A is a fat-soluble vitamin with multiple functions in the body. It is required for the normal development, growth and maintenance of the skeleton throughout life. It supports bone remodeling, a natural way the body removes old or weakened bone tissue in order to make room for new, stronger tissue. This process is critical to fracture repair and retaining bone density. It also plays a role in stimulating bone building cells to secrete proteins that are required for bone mineralization, including the K2 dependent protein called osteocalcin. Combined, Vitamins A and D support osteocalcin output and the regulation of bone remodeling.

Vitamin D3 is a fat-soluble vitamin essential for maintaining normal calcium metabolism. It supports calcium absorption in the gut and also helps maintain adequate serum calcium and phosphate concentrations to enable normal mineralization of bone. It is needed for proper bone growth and bone remodeling. Without sufficient Vitamin D, bones can become thin, brittle, or misshapen. Research shows that K2 partnered with Vitamin D3 optimizes and maintains a healthy balance of osteoblasts and osteoclasts. It also supports cardiovascular function and blood pressure within normal ranges and impacts heart health and vascular function.

Vitamin K2 is emerging as playing an essential role in our health and is rapidly redefining cardiovascular disease as an illness of nutritional deficiency. Vitamin K2 deficiency appears to be a factor in the development of diabetes and liver cancer. It also plays an essential role in bone metabolism and promoting healthy teeth. It helps guide calcium toward the areas of the body where it is needed, such as the skeleton, and away from areas where it could have a negative effect, such as the cardiovascular system.