

# HORMORA SUPPLEMENT PROTOCOL

*Food-first targeted support for specific hormonal imbalances*

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## ESTROGEN (*Detoxification & Balance*)

### Primary Stack:

- [Calcium D-Glucarate](#) — 500mg daily in between meals
- [Non-Fortified Nutritional Yeast](#) — 1-2 tablespoons daily with breakfast
- [Magnesium Glycinate](#) — 600-800mg before bed
- [Vitamin E \(Mixed Tocopherols\)](#) — 125-250 IU every other day with fat

**Food-First Priority:** Cruciferous vegetables, raw carrots, liver support foods, nutritional yeast **Timing:** Nutritional yeast with breakfast (sprinkle on eggs or stir into bone broth), magnesium before bed **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Focus on supporting natural detox pathways through diet.

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## PROGESTERONE (*Production Support*)

### Primary Stack:

- [Vitamin B6 \(P5P\)](#) — 25-50mg daily with breakfast
- [Magnesium Glycinate](#) — 600-800mg before bed
- [Vitamin C \(Camu Camu/Acerola Cherry\)](#) — 500-1000mg morning or evening
- [Grass-Fed Collagen/Gelatin](#) — 1-2 tablespoons daily with one or more meals
- [Oyster Supplement](#) — 1-2 capsules daily with a meal (if not eating oysters weekly)

**Food-First Priority:** Grass-fed beef, bone broth, collagen/gelatin, citrus fruits, berries, kiwi, zinc-rich shellfish **Timing:** B6 AM, Collagen/gelatin anytime with meals, Oyster supplement with a meal, Magnesium before bed **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Only supplement oyster supplement if oysters/shellfish aren't consumed weekly or if not eating beef daily. Collagen and gelatin have the same amino acid profile.

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## CORTISOL (*Stress Regulation*)

### Primary Stack:

- [Magnesium Glycinate](#) — 600-800mg divided (200mg AM, 600mg PM)
- **Vitamin C** ([Camu Camu](#)/[Acerola Cherry](#)) — 500-1000mg morning or evening
- [B5 \(Pantothenic Acid\)](#) — 250-500mg daily with food
- [Grass-Fed Collagen/Gelatin](#) — 1-2 tablespoons daily with meals
- [Glycine Powder](#) — 3g before bed (if not consuming bone broth daily)
- [NAC \(N-Acetyl Cysteine\)](#) — 600mg daily on empty stomach AM

**Food-First Priority:** Bone broth, collagen/gelatin, organ meats, citrus fruits, magnesium-rich foods **Timing:** Magnesium split AM/PM, NAC on empty stomach AM, Collagen/gelatin anytime with meals, Glycine before bed **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Skip glycine if consuming bone broth/collagen daily; NAC supports glutathione for stress resilience. Collagen and gelatin have the same amino acid profile.

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## INSULIN (*Sensitivity Support*)

### Primary Stack:

- [Non-Fortified Nutritional Yeast](#) — 1-2 tablespoons daily with breakfast
- [Chromium Picolinate](#) — 200mcg with largest meal
- [Magnesium Glycinate](#) — 600-800mg before bed
- [Biotin](#) — 2500-5000mcg daily with food
- [Vitamin D3](#) — Only if limited sun exposure (2000-3000 IU daily)

**Food-First Priority:** Sardines, eggs, grass-fed dairy, chromium-rich foods **Timing:** Nutritional yeast with breakfast, Chromium with largest meal, D3 with breakfast (if needed) **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Skip D3 if getting 20+ minutes midday sun exposure

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## THYROID (*T3/T4 Production*)

### Primary Stack:

- [Iodine \(Kelp-based\)](#) — 250mcg 2x weekly AM with food
- [Oyster Supplement](#) — 1-2 capsules daily with a meal (if not eating oysters weekly)
- [Non-Fortified Nutritional Yeast](#) — 1-2 tablespoons daily with breakfast
- [Selenium](#) — Only if not consuming 1 [Brazil nut](#) daily (200mcg)
- [Natural Desiccated Thyroid \(NDT\)](#) — 30mg daily with breakfast

**Food-First Priority:** Brazil nuts (1 daily), oysters, iodized sea salt, eggs **Timing:** Iodine AM, Oyster supplement with dinner, B-complex AM **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Skip selenium if eating 1 Brazil nut daily, NDT should be taken under the advice of a health/medical practitioner.

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## TESTOSTERONE (*Natural Production*)

### Primary Stack:

- [Oyster Supplement](#) — 1-2 capsules daily with meals (if not eating oysters weekly)
- [Magnesium Glycinate](#) — 600-800mg before bed
- [Boron](#) — 3-6mg daily with breakfast
- [Vitamin D3](#) — Only if limited sun exposure (2000-4000 IU daily)

**Food-First Priority:** Oysters, grass-fed beef, avocados, brazil nuts, sun exposure **Timing:** Oyster supplement with dinner, D3 with breakfast (if needed) **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Skip D3 if getting adequate sun; skip oyster supplement if consuming oysters weekly

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## PROLACTIN (*Regulation*)

### Primary Stack:

- [Vitamin B6 \(P5P\)](#) — 25-50mg daily with breakfast
- [Vitamin E \(Mixed Tocopherols\)](#) — 125-250 IU every other day with fat
- [Magnesium Glycinate](#) — 600-800mg before bed

**Food-First Priority:** Grass-fed dairy, eggs, avocados, sunflower seeds **Timing:** B6 AM, Vitamin E with meals containing fat **Cycle:** 4-8 weeks on, 2-3 weeks food-only break **Note:** Minimal supplementation needed if diet is optimized

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# FOUNDATIONAL MINIMALIST STACK

## Core Quartet (*Only If Diet Gaps Exist*)

- [Magnesium Glycinate](#) — 600-800mg before bed
- [Non-Fortified Nutritional Yeast](#) — 1-2 tablespoons daily with meals
- **Vitamin C** ([Camu Camu/Acerola Cherry](#)) — 500-1000mg daily
- [Grass-Fed Collagen/Gelatin](#) — 1-2 tablespoons daily with meals

## Food-First Assessment

Before supplementing, ensure adequate intake of:

- [Brazil nuts](#) (1 daily for selenium)
- **Oysters/shellfish** (1x weekly for zinc)
- **Bone broth/collagen** (daily for glycine)
- **Egg yolks** (daily for choline, phosphatidylserine)
- **Sun exposure** (20+ minutes midday for vitamin D)
- **Sardines/salmon** (2-3x weekly for omega-3s)

## Cycling Guidelines

- **Conservative approach:** 4-8 weeks on, 2-3 weeks food-only break
- **Mineral cycling:** Every 4-8 weeks on, 2-3 weeks food-only break
- **Quarterly assessment:** Re-evaluate supplement needs based on diet optimization

## Quality Standards

- Third-party tested for purity
- Minimal or no additives and fillers
- Non-fortified nutritional yeast
- Whole-food vitamin C sources

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*Supplements should complement, never replace, a nutrient-dense diet. Always prioritize food sources and consult with a healthcare practitioner for personalized guidance.*

