

Hormora Quick Reference

Premium Nutritional Support Guide

This reference chart maps key hormones to the micronutrients that support them — and highlights the most nutritionally dense, synergistic whole foods to prioritize. Every food listed was selected based on its realistic availability, bioavailability, and alignment with your hormonal profile. Use this as a go-to guide to optimize diet-driven hormone balance through targeted, whole-food choices.

ESTROGEN

Micronutrients: Boron, Calcium, Choline, Copper, Glycine, Manganese, Taurine, Vitamin A (Retinol), Vitamin B2 (Riboflavin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (P5P), Vitamin B9 (Folate), Vitamin C, Vitamin D, Vitamin E, Zinc

Top 5 Synergistic Foods:

1. **Beef Liver** — Vitamin A, B2, B5, B6, B9, Choline, Copper, Zinc
 2. **Eggs** — Choline, Taurine, Vitamin A, B2, B5, B6, Zinc
 3. **Raw Dairy** — Calcium, Vitamin A, B2, B5, B9, D
 4. **Oysters** — Copper, Zinc, Vitamin A, B2, B5
 5. **Bone Broth** — Glycine, Manganese, Calcium
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PROGESTERONE

Micronutrients: Collagen Amino Acids (Proline, Hydroxyproline, Threonine), Vitamin A (Retinol), Vitamin B1 (Thiamine), Vitamin B5 (Pantothenic Acid), Vitamin B6 (P5P), Vitamin B9 (Folate), Vitamin C, Vitamin E

Top 5 Synergistic Foods:

1. **Beef Liver** — Vitamin A, B1, B5, B6, B9
2. **Bone Broth** — Collagen Amino Acids, Vitamin C cofactors
3. **Grass-Fed Beef** — Collagen Amino Acids, Vitamin A, B5, B6
4. **Egg Yolks** — Vitamin A, B5, B6, E

5. **Kiwi Fruit** — Vitamin C, B9, E
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CORTISOL (*Regulation*)

Micronutrients: Calcium, Collagen Amino Acids (Proline, Hydroxyproline, Threonine), Glycine, Magnesium, Manganese, Sodium, Taurine, Vitamin A (Retinol), Vitamin B3 (Niacinamide), Vitamin B5 (Pantothenic Acid), Vitamin B6 (P5P), Vitamin C, Vitamin D, Vitamin E

Top 5 Synergistic Foods:

1. **Beef Liver** — Vitamin A, B3, B5, B6, Manganese
 2. **Bone Broth** — Glycine, Collagen Amino Acids, Magnesium, Calcium
 3. **Raw Dairy** — Calcium, Vitamin A, B5, D, Taurine
 4. **Eggs** — Taurine, Vitamin A, B5, B6, E
 5. **High-Quality Sea Salt** — Sodium, trace minerals
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INSULIN (*Sensitivity*)

Micronutrients: Magnesium, Omega-3s (DHA/EPA), Potassium, Taurine, Vitamin B1 (Thiamine), Vitamin B3 (Niacinamide), Vitamin B7 (Biotin), Vitamin D, Vitamin E

Top 5 Synergistic Foods:

1. **Sardines** — Omega-3s, Vitamin B1, B3, D, E
 2. **Eggs** — Taurine, Vitamin B1, B7, E
 3. **Beef Liver** — Vitamin B1, B3, B7, trace magnesium
 4. **Coconut Water** — Potassium, magnesium
 5. **Salmon** — Omega-3s, Vitamin B1, B3, D
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THYROID (*General T3/T4 Support*)

Micronutrients: Copper, Iron, Magnesium, Manganese, Selenium, Sodium, Taurine, Tyrosine, Vitamin A (Retinol), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B6 (P5P), Vitamin B7 (Biotin), Vitamin B12, Vitamin E, Zinc

Top 5 Synergistic Foods:

1. **Beef Liver** — Vitamin A, B1, B2, B6, B7, B12, Copper, Iron, Zinc
 2. **Oysters** — Copper, Iron, Selenium, Zinc, Vitamin A, B12
 3. **Eggs** — Taurine, Tyrosine, Vitamin A, B1, B2, B6, B7, Selenium
 4. **Brazil Nut** (*1 daily*) — Selenium, magnesium
 5. **High-Quality Sea Salt** — Sodium, trace minerals
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TESTOSTERONE

Micronutrients: Boron, Calcium, Magnesium, Vitamin B2 (Riboflavin), Vitamin B5 (Pantothenic Acid), Vitamin D, Vitamin E, Vitamin K2, Zinc

Top 5 Synergistic Foods:

1. **Grass-Fed Butter** — Vitamin K2, D, E, Calcium
 2. **Oysters** — Zinc, Vitamin B2, B5
 3. **Aged Cheese** — Vitamin K2, Calcium, B2, B5
 4. **Egg Yolks** — Vitamin D, E, B2, B5, Zinc
 5. **Avocado** — Boron, Vitamin E, Magnesium
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PROLACTIN (*Regulation*)

Micronutrients: Calcium, Vitamin B6 (P5P), Vitamin E

Top 5 Synergistic Foods:

1. **Raw Dairy** — Calcium, Vitamin B6, E
 2. **Sardines with Bones** — Calcium, Vitamin B6, E
 3. **Egg Yolks** — Vitamin B6, E
 4. **Grass-Fed Butter** — Vitamin E, Calcium
 5. **Avocado** — Vitamin E, B6
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T3-SPECIFIC

Micronutrients: Copper, Magnesium, Manganese, Selenium, Vitamin A (Retinol), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B6 (P5P), Vitamin B7 (Biotin)

Top 5 Synergistic Foods:

1. **Beef Liver** — Copper, Vitamin A, B1, B2, B6, B7, Manganese
 2. **Oysters** — Copper, Selenium, Vitamin A, B1, B2
 3. **Brazil Nut** (*1 daily*) — Selenium, Magnesium
 4. **Egg Yolks** — Selenium, Vitamin A, B1, B2, B6, B7
 5. **Shellfish** (*Shrimp*) — Copper, Selenium, Vitamin B6
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T4-SPECIFIC

Micronutrients: Copper, Magnesium, Manganese, Selenium, Vitamin A (Retinol), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B6 (P5P), Vitamin B7 (Biotin)

Top 5 Synergistic Foods:

1. **Beef Liver** — Copper, Vitamin A, B1, B2, B6, B7, Manganese
 2. **Oysters** — Copper, Selenium, Vitamin A, B1, B2
 3. **Brazil Nut** (*1 daily*) — Selenium, Magnesium
 4. **Egg Yolks** — Selenium, Vitamin A, B1, B2, B6, B7
 5. **Shellfish** (*Shrimp*) — Copper, Selenium, Vitamin B6
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This reference prioritizes bioavailable, nutrient-dense whole foods for optimal hormonal support. Dosages and individual needs may vary.