

HORMORA

Quick Reference

Premium Nutritional Support Guide

Hormones • Micronutrients • Foods

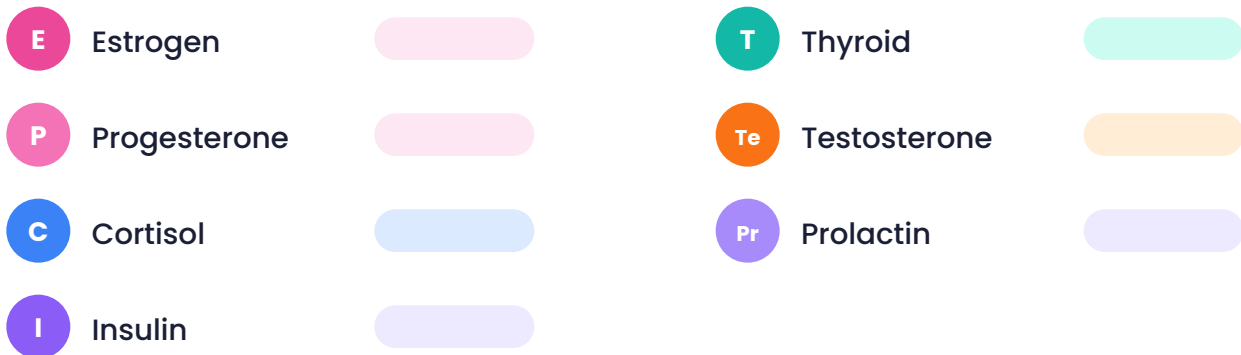
9 hormones • Key micronutrients • Top 5 foods each

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How to Use This Guide

This reference maps key hormones to the micronutrients that support them – and highlights the most nutritionally dense, synergistic whole foods to prioritize. Every food was selected based on realistic availability, bioavailability, and alignment with hormonal profiles. Use this as a go-to guide for diet-driven hormone balance.

Hormone Color Guide



Important Disclaimers

Medical: This guide is for educational purposes only and is not medical advice. Always consult a qualified healthcare provider before making dietary changes.

FDA: These statements have not been evaluated by the FDA. This guide is not intended to diagnose, treat, cure, or prevent any disease.

Results: Results may vary. Individual responses to foods differ based on genetics, health status, and other factors.

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ESTROGEN

Detoxification & Balance

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

SIGNS OF IMBALANCE

- Heavy or painful periods
- Breast tenderness
- Weight gain around hips/thighs
- Bloating and water retention
- Mood swings and irritability
- Fibrocystic breasts

PRO TIP

Estrogen detoxification relies heavily on liver function. Prioritize liver-supportive foods like beef liver and eggs to ensure efficient Phase I and Phase II detox pathways.



PROGESTERONE

Production & Support

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

SIGNS OF IMBALANCE

- Irregular or absent periods
- Anxiety and restlessness
- Insomnia or light sleep
- Spotting before period
- Difficulty maintaining pregnancy
- Short luteal phase

PRO TIP

Progesterone production requires adequate vitamin B6 and cholesterol. Don't fear saturated fat – egg yolks and grass-fed butter provide the cholesterol precursors your body needs.



CORTISOL

Regulation & Stress Response

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

SIGNS OF IMBALANCE

- Wired but tired feeling
- Afternoon energy crashes
- Poor wound healing
- Belly fat accumulation
- Salt or sugar cravings
- Waking at 2-4 AM

PRO TIP

Glycine (abundant in bone broth) is a powerful cortisol regulator. A cup of bone broth before bed supports both sleep quality and overnight cortisol rhythm normalization.



INSULIN

Sensitivity & Blood Sugar

MICRONUTRIENTS

- Magnesium
- Potassium
- Taurine
- Vitamin B1 (Thiamine)
- Vitamin B3 (Niacinamide)
- Vitamin B7 (Biotin)
- Vitamin D
- Vitamin E

TOP 5 SYNERGISTIC FOODS

1

Beef Liver

Vitamin B1, B3, B7, trace magnesium

2

Eggs

Taurine, Vitamin B1, B7, E

3

Beef Heart

Vitamin B1, B3, Taurine, CoQ10

4

Coconut Water

Potassium, magnesium

5

Mushrooms (cooked)

B vitamins, Vitamin D, aromatase inhibitor

SIGNS OF IMBALANCE

- Energy crashes after meals
- Brain fog after eating carbs
- Stubborn belly fat
- Constant hunger or cravings
- Dark skin patches (acanthosis)
- Frequent urination or thirst

PRO TIP

Thiamine (B1) is critical for glucose metabolism but is rapidly depleted by stress and sugar. Beef heart is the richest whole-food source — try it ground into burger patties.



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

SIGNS OF IMBALANCE

- Cold hands and feet
- Fatigue despite sleeping well
- Unexplained weight changes
- Hair thinning or loss
- Dry skin and brittle nails
- Constipation

PRO TIP

Beef liver alone covers 9 of the 16 key thyroid nutrients — it's the single most impactful food for thyroid health. Even 2–3 oz twice a week makes a difference.



TESTOSTERONE

Production & Optimization

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

SIGNS OF IMBALANCE

- Low energy and motivation
- Low libido
- Increased body fat
- Decreased muscle mass
- Brain fog and poor focus
- Mood changes or depression

PRO TIP

Vitamin K2 (found in grass-fed butter and aged cheese) works synergistically with Vitamin D to support testosterone production. Most people are deficient in K2 — it's the missing link.



PROLACTIN

Regulation & Balance

MICRONUTRIENTS

- Calcium
- Vitamin B6 (P5P)
- Vitamin E

TOP 5 SYNERGISTIC FOODS

1

Raw Dairy

Calcium, Vitamin B6, E

2

Raw Cheese

Calcium, B vitamins

3

Egg Yolks

Vitamin B6, E

4

Grass-Fed Butter

Vitamin E, Calcium

5

Beef Liver

Vitamin B6

SIGNS OF IMBALANCE

- Irregular or missed periods
- Low libido
- Mood changes
- Weight gain
- Breast tenderness or discharge
- Headaches
- Difficulty conceiving
- Fatigue

PRO TIP

Even mild B6 deficiency can cause prolactin to spike, disrupting other hormones downstream. The P5P (active) form of B6 is most effective for prolactin regulation.



THYROID DEEP DIVE

T3 (Active) & T4 (Storage) Specific Support

T3 and T4 share the same core nutritional support pathways. This page covers the specific conversion-focused nutrients that support both thyroid hormone production (T4) and activation (T3 conversion).

SHARED 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

PRO TIP

Selenium is the #1 nutrient for T4-to-T3 conversion. Just one Brazil nut daily provides your full selenium requirement. Pair with copper-rich foods (liver, oysters) to support the deiodinase enzymes that activate T3.