

HORMORA

Supplement Protocol

Food-First Targeted Hormone Support

57 supplements • 10 categories • 6 hormone systems

hormora.com

How to Use This Guide

Each section covers a hormone system with its recommended supplements, dosages, and timing. Supplements should complement, never replace, a nutrient-dense diet. Always prioritize food sources first. Beyond the 6 core hormone systems, this guide includes bonus protocols for progesterone, prolactin, and gut health.

Food-First Philosophy

Before supplementing, ensure adequate intake of: Brazil nuts (1 daily for selenium), oysters/shellfish (1x weekly for zinc), bone broth (daily for glycine), egg yolks (daily for choline), sun exposure (20+ min midday for vitamin D), sardines/salmon (2-3x weekly).

Hormone Color Key

- | | | |
|--|--|--|
| ● Cortisol | ● Insulin | ● Thyroid |
| ● Estrogen | ● Testosterone | ● Progesterone |
| ● Prolactin | ● Growth Hormone | ● Gut Health |

Timing Key

Morning

Evening

Midday

Bedtime

Daily Timing At-A-Glance

Morning (7-9 AM)

B6, B5, B1, Iodine, Nutritional Yeast, D3+K2, Boron, Brazil Nuts, Vitex, L-Tyrosine, Inositol (half), NAC (empty stomach)

Midday (12-2 PM)

Chromium, Berberine, Vitamin E, Collagen/Gelatin

Evening (5-7 PM)

Oyster/Zinc, Vitamin C, Calcium D-Glucarate, Taurine, Inositol (half)

Bedtime (30 min before sleep)

Magnesium, Glycine, GABA, Arginine + Ornithine

Important Interactions

Zinc + Copper: Oyster supplement naturally balances these. If taking zinc alone, add copper (2mg per 15mg zinc).

Iron + Thyroid meds: Separate by 4 hours. Iron blocks thyroid hormone absorption.

Fat-soluble vitamins (D, E, K): Always take with meals containing fat for absorption.

Magnesium + Coffee: Caffeine depletes magnesium. Take mag 2+ hours after coffee.

NAC + Medications: NAC can affect how some medications work. Consult your doctor if on prescriptions.

Calcium + Magnesium: Don't take together in high doses - they compete for absorption. Separate by 2+ hours.

D3 + K2: Always pair together. D3 increases calcium absorption; K2 directs it to bones (not arteries). Ensure adequate magnesium - it converts vitamin D to its active form.



Estrogen

Detoxification & Balance

5 supplements

Primary Stack

Calcium D-Glucarate

500mg daily between meals

Evening

Supports Phase II liver detoxification (glucuronidation) to clear excess estrogen metabolites.

Shop

Non-Fortified Nutritional Yeast

1-2 tbsp daily with breakfast

Morning

B-vitamins support liver methylation for estrogen clearance. Choose non-fortified to avoid synthetic folic acid.

Shop

Magnesium Glycinate

600-800mg before bed

Bedtime

Cofactor for 300+ enzymatic reactions. Supports progesterone production and cortisol regulation.

Shop

Vitamin E (Whole)

125-250 IU daily with fat

Midday

Antioxidant that protects cell membranes and supports healthy estrogen metabolism.

Shop

Methylfolate + Methyl B12

400-800mcg folate + 1000mcg B12

Morning

Methylated B-vitamins support COMT enzyme for healthy estrogen metabolism. Essential for MTHFR mutations.

Shop

Food-First Priority

Cruciferous vegetables • Raw carrots • Liver support foods

Timing

Nutritional yeast with breakfast, magnesium before bed

Cycle

4-8 weeks on, 2-3 weeks food-only break

Cautions

Pregnancy/Nursing: Consult healthcare provider before using Calcium D-Glucarate. D-Glucarate may affect how the body processes certain drugs.



Progesterone

Production Support

6 supplements

Progesterone counterbalances estrogen. Low progesterone often accompanies estrogen dominance, perimenopause, and fertility issues. Also depleted by chronic stress (pregnenolone steal).

Primary Stack

Vitamin B6 (P5P)

25-50mg daily with breakfast

Morning



Active form of B6 supports corpus luteum function and progesterone production.

Shop

Magnesium Glycinate

600-800mg before bed

Bedtime



Essential for progesterone synthesis. Glycinate form supports sleep and absorption.

Shop

Vitamin C (Camu Camu/Acerola)

500-1000mg daily

Evening



Supports adrenal function and corpus luteum. Whole-food sources include bioflavonoids.

Shop

Oyster Supplement

1-2 capsules daily with meal

Evening



Nature's zinc and copper supplement. Essential minerals for hormone production.

Shop

Vitex (Chasteberry)

400-1000mg daily in AM

Morning



Supports corpus luteum function and progesterone production. Also lowers elevated prolactin.

Shop

CoQ10 (Ubiquinol)

200-600mg daily with fatty meal

Morning



Essential for mitochondrial energy production in eggs. Improves egg quality. Especially important 35+.

Shop

Food-First Priority

Grass-fed beef • Bone broth • Zinc-rich shellfish • Berries

Timing

B6 AM, Magnesium before bed, Oyster supplement with dinner

Cycle

4-8 weeks on, 2-3 weeks food-only break

Cautions

B6 Dosing: Very high doses (200mg+/day long-term) may cause nerve issues. Stick to recommended range.



Cortisol

Stress Regulation

4 supplements

Primary Stack

Magnesium Glycinate

600–800mg divided (200mg AM, 600mg PM)

Bedtime



Calms HPA axis. Split dosing supports circadian rhythm. Critical for stress resilience.

Shop

B5 (Pantothenic Acid)

250–500mg daily with food

Morning



Precursor to CoA, essential for adrenal hormone synthesis.

Shop

Glycine Powder

3g before bed

Bedtime



Calming amino acid that supports GABA production, sleep, Phase II liver conjugation, and GH release during sleep.

Shop

NAC (N-Acetyl Cysteine)

600mg daily on empty stomach AM

Morning



Glutathione precursor for stress resilience, liver detoxification, and oxidative stress protection.

Shop

Food-First Priority

Bone broth • Collagen/gelatin • Organ meats

Timing

Magnesium split AM/PM, NAC on empty stomach AM, Glycine before bed

Cycle

4–8 weeks on, 2–3 weeks food-only break

Cautions

NAC + Medications: NAC can interact with some blood pressure medications. Consult your doctor.



Insulin

Sensitivity Support

10 supplements

Primary Stack

Non-Fortified Nutritional Yeast

1-2 tbsp daily with breakfast

Morning



B-vitamins support glucose metabolism. Chromium from yeast is highly bioavailable.

Shop

Chromium Picolinate

200mcg with largest meal

Midday



Enhances insulin receptor sensitivity. Take with largest carb meal.

Shop

Biotin

2500-5000mcg daily with food

Morning



Cofactor for carboxylase enzymes in glucose metabolism.

Shop

Vitamin D3

2000-3000 IU daily (if limited sun)

Morning



Improves insulin sensitivity. Only supplement if limited sun exposure.

Shop

Vitamin K2 (MK-7)

100-200mcg daily (take with D3)

Morning



Directs calcium to bones, not arteries. Essential partner for D3. MK-7 form lasts longer.

Shop

Vitamin B1 (Thiamine)

50-100mg daily with food

Morning



Cofactor for pyruvate dehydrogenase. Essential for converting glucose to energy. Depleted by high-carb diets.

Shop

Inositol (Myo + D-Chiro)

2-4g daily, split AM/PM

Morning



Gold standard for PCOS. Restores insulin signaling, improves egg quality. 40:1 Myo to D-Chiro ratio.

Shop

Berberine

500mg 2-3x daily with meals

Midday



Natural metformin alternative. Activates AMPK for glucose uptake. Cycle 8 weeks on/2 off.

Shop

Taurine

500-2000mg daily

Evening



Supports bile flow for estrogen clearance, buffers cortisol, improves insulin sensitivity.

Shop

Insulin (continued)

Magnesium Glycinate

600–800mg before bed

Bedtime



Critical for glucose metabolism. Required for insulin to work properly. Most people are deficient.

[Shop](#)

Food–First Priority

Sardines • Eggs • Grass-fed dairy

Timing

Nutritional yeast with breakfast, Chromium with largest meal, D3 with breakfast

Cycle

4–8 weeks on, 2–3 weeks food-only break

Cautions

Biotin + Lab Tests: High-dose biotin can interfere with thyroid and cardiac lab tests. Stop 3–5 days before bloodwork.



Thyroid

T3/T4 Production

5 supplements

Primary Stack

Iodine (Kelp-based)

250mcg 2x weekly AM with food

Morning

Building block of thyroid hormones (T3 & T4). Don't overdo it - excess can suppress thyroid.

Shop

Oyster Supplement

1-2 capsules daily with meal

Evening

Zinc and copper essential for thyroid hormone conversion. Nature's best mineral source.

Shop

Brazil Nuts (Whole Food)

1-2 nuts daily

Morning

Whole food selenium source. 1 nut = ~70-90mcg selenium. Essential for T4 to T3 conversion.

Shop

Natural Desiccated Thyroid (NDT)

30mg daily with breakfast

Morning

Contains T3 and T4 from porcine thyroid. Only take under practitioner supervision.

Shop

L-Tyrosine

500-1000mg daily on empty stomach

Morning

Amino acid precursor to thyroid hormones (T3/T4) and dopamine. Take away from protein meals.

Shop

Food-First Priority

Brazil nuts (1 daily) • Oysters • Eggs

Timing

Iodine AM (2x weekly only), Oyster supplement with dinner

Cycle

4-8 weeks on, 2-3 weeks food-only break

Cautions

Hashimoto's: Excess iodine can trigger flares in autoimmune thyroid conditions. NDT requires prescription and medical monitoring.



Testosterone

Natural Production

6 supplements

Primary Stack

Oyster Supplement

1-2 capsules daily with meals

Evening



Nature's most bioavailable zinc source. Critical for testosterone synthesis.

Shop

Magnesium Glycinate

600-800mg before bed

Bedtime



Supports testosterone production and reduces conversion to estrogen.

Shop

Boron

3-6mg daily with breakfast

Morning



Increases free testosterone by reducing SHBG. Also supports estrogen metabolism.

Shop

Vitamin D3

2000-4000 IU daily (if limited sun)

Morning



Testosterone production requires adequate vitamin D. Sun is best; supplement only if needed.

Shop

Vitamin K2 (MK-7)

100-200mcg daily (take with D3)

Morning



Directs calcium to bones, not arteries. Supports testosterone by improving metabolic health.

Shop

Zinc (Picolinate/Bisglycinate)

15-30mg daily with food

Evening



Essential for testosterone synthesis, thyroid conversion, and immune function. Balance with copper.

Shop

Food-First Priority

Oysters • Grass-fed beef • Avocados

Timing

Oyster supplement with dinner, D3 with breakfast (if needed), Boron with breakfast

Cycle

4-8 weeks on, 2-3 weeks food-only break

Cautions

Prostate conditions: Consult doctor before using testosterone-supporting supplements if you have prostate issues.



Prolactin

Regulation

4 supplements

Prolactin rises with chronic stress and suppresses both testosterone and ovulation. Often elevated in PCOS. High prolactin can cause irregular cycles, low libido, and fatigue.

Primary Stack

Vitamin B6 (P5P)

25-50mg daily with breakfast

Morning



Supports dopamine production which naturally regulates prolactin levels.

Shop

Vitamin E (Whole)

125-250 IU daily with fat

Midday



Antioxidant that supports healthy prolactin regulation.

Shop

Magnesium Glycinate

600-800mg before bed

Bedtime



Supports overall hormone balance and nervous system calm.

Shop

Vitex (Chasteberry)

400-1000mg daily in AM

Morning



Directly lowers prolactin by supporting dopamine. Takes 3-6 months for full effects.

Shop

Food-First Priority

Grass-fed dairy • Eggs • Avocados

Timing

B6 AM, Vitamin E with meals containing fat

Cycle

4-8 weeks on, 2-3 weeks food-only break

Cautions

Breastfeeding: Don't try to lower prolactin if breastfeeding - it's needed for milk production.



Growth Hormone

Natural GH Support

5 supplements

Primary Stack

Glycine Powder

3-5g before bed

Bedtime ● ●

Stimulates GH release during sleep. Also supports gut health, liver detox, and collagen synthesis.

Shop

GABA

250-750mg before bed (start low)

Bedtime ● ●

Increases GH release by up to 400% in studies. Calms nervous system. Start low.

Shop

L-Arginine

3-5g before bed on empty stomach

Bedtime ●

GH secretagogue amino acid. Avoid if history of herpes (can trigger outbreaks).

Shop

L-Ornithine

2-3g before bed (take with arginine)

Bedtime ●

Works synergistically with arginine to boost GH. Also supports ammonia detox and sleep.

Shop

Grass-Fed Collagen/Gelatin

1-2 tbsp daily

Midday ● ● ● ●

Glycine-rich for GH support. Provides proline for collagen and gut repair.

Shop

Food-First Priority

Bone broth (glycine) • Collagen-rich foods • Quality protein

Timing

Most GH supplements work best before bed on empty stomach

Cycle

Sleep quality, resistance training, and fasting all naturally boost GH

Cautions

Cancer history: GH can accelerate tumor growth. Diabetes: GH can affect blood sugar. Monitor closely.



Gut Health

Foundation for All Hormones

8 supplements

Your gut is foundational to ALL hormone systems. The estrobolome metabolizes estrogen. 20% of T4 to T3 conversion happens in the gut. Gut inflammation drives cortisol.

Primary Stack

L-Glutamine

5g 2x daily on empty stomach

Morning



Primary fuel for enterocytes (gut lining cells). Repairs intestinal permeability.

Shop

Lactoferrin

250mg daily on empty stomach

Morning



Antimicrobial peptide that starves pathogens. Strengthens gut barrier tight junctions.

Shop

S. boulardii (Probiotic Yeast)

250-500mg daily

Morning



Beneficial yeast probiotic. Survives stomach acid and antibiotics.

Shop

Taurine

500-2000mg daily with dinner

Evening



Supports bile flow for fat digestion and estrogen clearance. Buffers cortisol.

Shop

Grass-Fed Collagen/Gelatin

1-2 tbsp daily with meals

Midday



Glycine and proline for gut lining repair. Anti-inflammatory amino acid profile.

Shop

Zinc (Picolinate/Bisglycinate)

15-30mg daily with food

Evening



Critical for gut lining integrity and immune function. Supports tight junction proteins.

Shop

NAC (N-Acetyl Cysteine)

600mg daily on empty stomach

Morning



Glutathione precursor for gut detoxification. Thins mucus, supports liver clearance.

Shop

Glycine Powder

3-5g before bed

Bedtime



Calming amino acid for gut lining repair. Stimulates GH release during sleep.

Shop

Food-First Priority

Bone broth (daily) • Fermented foods • Collagen-rich foods • Prebiotic fiber

Timing

L-Glutamine + Lactoferrin empty stomach AM. Collagen with meals.
Glycine before bed.

Cycle

Gut metabolizes estrogen, converts T4 to T3, and impacts cortisol via vagus nerve.

Cautions

Die-off reactions: Start low, increase slowly over 2 weeks. SIBO/IMO: Work with a practitioner if diagnosed.



Foundational Stack

Core Quartet (Only If Diet Gaps Exist)

4 supplements

Primary Stack

Magnesium Glycinate

600-800mg before bed

Bedtime



Most critical supplement. Supports 300+ enzymatic reactions. Most people are deficient.

Shop

Non-Fortified Nutritional Yeast

1-2 tbsp daily with meals

Morning



Whole food B-complex with naturally occurring chromium. Supports energy and detox.

Shop

Vitamin C (Camu Camu/Acerola)

500-1000mg daily

Evening



Whole food vitamin C with bioflavonoids. Supports adrenals and collagen synthesis.

Shop

Grass-Fed Collagen/Gelatin

1-2 tbsp daily with meals

Midday



Glycine for gut healing, sleep, and hormone production.

Shop

Timing

Mag before bed, Nutritional yeast AM, Vit C anytime, Collagen with meals

Cycle

4-8 weeks on, 2-3 weeks food-only break. Re-evaluate quarterly.

Important Guidelines

- Always prioritize food sources before supplements
- NDT requires practitioner supervision
- Skip oyster supplement if eating oysters weekly
- Consult healthcare provider before starting
- Separate zinc/copper and calcium/magnesium timing
- Cycle supplements (4-8 weeks on, 2-3 weeks off)
- Skip D3 if getting adequate sun exposure
- Skip glycine if consuming bone broth daily
- Stop biotin 3-5 days before lab tests

Important Disclaimers

Medical: This guide is for educational purposes only and is not medical advice. Always consult a qualified healthcare provider before starting any supplement regimen.

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

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

Affiliate: This document may contain affiliate links. We may earn a commission at no extra cost to you when you purchase through these links.

IP: This document is proprietary content owned by Hormora. Licensed for personal use only. Reproduction or distribution without permission is prohibited.