

# Strategies to Optimize Your Hormone Health

# Thyroid Health

## **What does a full thyroid panel include? Do I need my family doctor's permission to get a full panel test done?**

A full thyroid panel includes: TSH, free T3, free T4, reverse T3, TPO and anti-thyroglobulin antibodies. If you would like a full panel test done, you will require a requisition from either your MD or ND at most Ontario laboratories for these tests.

## **Is it dangerous to supplement with a thyroid or iodine supplement, if you have not had a full thyroid panel done?**

It's important to know a baseline of your thyroid function prior to supplementation, so you really understand what your body needs. Excess iodine could trigger 'iodine-induced hyperthyroidism'.

## **Should you go off of supplements before you do a thyroid test?**

We recommend you discuss this with your Naturopathic Doctor or alternative healthcare practitioner. Some practitioners might suggest that you discontinue your supplements for a short while before your tests, while others may recommend that you continue with them, and take the supplementation into account when interpreting the results.

## **Can you take Thyroid-Pro if you are also taking levothyroxine?**

Thyroid-Pro can be taken while using Levothyroxine; however, we do recommend checking in with your healthcare provider to ensure this is the best protocol for your thyroid needs, and to help monitor your thyroid hormones and medication dosing. The nutrients in Thyroid-Pro will help to support the whole body, while also supporting your thyroid gland as it produces thyroid hormones.

In the event that your thyroid begins to work too hard (i.e. hyperthyroidism), you may begin to notice symptoms of heat intolerance and anxiety. If this occurs, please speak with your healthcare provider about titrating doses.

## **I've had my thyroid tested and my doctor says the results came back normal. But I am still experiencing symptoms of thyroid imbalance like hair loss, constant fatigue, brain fog, and unexplained weight gain. What should I do?**

You may consider speaking with a Naturopathic Doctor or Functional Medicine Practitioner for a full spectrum assessment of your thyroid hormones. Even if your TSH (the hormone that is most routinely checked for thyroid imbalances) is within the

"normal" range, this range is rather wide - 0.5 to 5. Individuals who are on the lower or higher end will often report symptoms, despite a "normal" TSH value.

## **My thyroid level is in the normal range; however, I heard from a good source that anything above 2 should be treated. Is that the case?**

TSH values above 2 can be problematic for many women, particularly those trying to conceive. We recommend further testing to understand the full scale of your thyroid's functioning with additional testing if you are experiencing symptoms, are trying to conceive and/or have a family history of thyroid disorders.

## **Is L-tyrosine useful for hypothyroidism?**

L-tyrosine is an important amino acid for thyroid health. The thyroid gland combines tyrosine and iodine to make thyroid hormone, therefore, it does have a role in hypothyroidism.

CanPrev's Thyroid-Pro contains L-tyrosine and key cofactors necessary for the enzymatic production of the thyroid hormones - triiodothyronine (T3) and thyroxine (T4). We recommend consulting with your healthcare practitioner before supplementing with L-tyrosine or Thyroid-Pro to ensure it is suitable for your needs.

## **Can thyroid and adrenal issues begin in young girls, especially those who are in their first years of menstrual activity?**

Thyroid and adrenal health concerns often affect women of child-bearing age or middle-age. However, they may begin earlier for some young women. If you notice symptoms that may indicate a thyroid or adrenal disturbance, we recommend speaking with your healthcare practitioner, especially if thyroid health issues tend to occur in the family.

# Weight Loss

## **I'm 50+ and have a hard time losing weight. I am active and have healthy habits. What do you recommend?**

Losing weight can be difficult to navigate, as there are many factors that can prevent weight loss. Some include: sleep, stress, age, diet (including food sensitivities), hydration, medications and medical conditions. You may want to consider trying CanPrev's Slim-Pro. This formulation helps increase metabolism, reduce appetite and cravings, and regulates blood sugar. Ashwagandha, green tea, and green coffee extracts are the key ingredients to this formula - a great addition to your daily regimen.

We also recommend working with an alternative healthcare practitioner, such as a naturopathic doctor or a holistic

nutritionist to access your overall health history, sleep habits, thyroid health, food sensitivities, and stress levels. They may be able to further provide you with a meal plan that suits your needs best.

### **Since I had my gallbladder removed, I've been experiencing weight gain and cravings. What's happening to my body?**

Gallbladder problems usually happen around the perimenopausal age. As such, hormonal changes can contribute to weight gain, with the addition of removing the gallbladder, which can impact the body's metabolic and digestive processes. Because the body may not be able to digest fat and sugar as efficiently, the body ends up storing the energy from food as fat. Inflammation in the body, particularly in the gut can also contribute to increased sugar cravings and decreased metabolism.

Increasing dietary fibre can help to eliminate waste. Without the ability to digest fats properly, cholesterol, bile and waste can potentially be reabsorbed by the body. Choose foods that are naturally rich in fibre, like oats, brown rice, quinoa and barley.

The development of gallbladder stones has been linked to hypothyroidism too. If unmanaged, thyroid issues can appear in the digestive tract. So consider consulting with your healthcare practitioner for testing of the thyroid.

## **Skin Health**

### **I have cellulite and it's becoming more severe as I age. Is there any way I can reverse the orange peel texture? What is the relationship between the lymphatic and adrenal systems?**

A few different tips for cellulite reduction is dry brushing (an exfoliation technique with a soft-bristle brush), drinking plenty of water, and lower body weight training and exercises. In addition, collagen improves elasticity in the skin which also helps the reduction of cellulite. We recommend trying CanPrev's Collagen Beauty, which helps increase skin elasticity, and smooths and firms skin.

### **I am post-menopausal, and noticed I'm starting to experience hyperpigmentation. What is the best way to address this?**

Some causes of hyperpigmentation include sun damage, eczema, acne, genetics, medication, and hormonal changes. Another cause of hyperpigmentation is excess production of melanin, which is a dark pigment in the skin cell. Lastly,

inflammation within the body can also play a factor in contributing towards hyperpigmentation.

To support skin health, it's important to fuel your body with vitamins such as vitamin C, vitamin B12, and vitamin E. Foods that are rich in vitamin C are strawberries, apples, papaya, bell peppers, broccoli, pineapple, oranges and Brussel sprouts. Additionally, CanPrev Beauty offers a variety of products to support healthy skin.

Since the skin and gut are closely connected, we also recommend healing the gut and improving digestion. This will help to soothe inflammation in the body, so reach for probiotic-rich foods such as yogurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh and kimchi.

We always recommend that you work with your healthcare practitioner, such as a Naturopathic Doctor as they are able to access your full health history and are able to guide you to the products that are most beneficial for you.

## **Sleep**

### **I currently use magnesium, GABA and melatonin, but still have trouble sleeping. What should I do?**

There are lifestyle, physiological and psychological factors that can affect your sleep, such as shift work, alcohol and caffeine, pain, anxiety, stress, and hormones. If you feel like stress may be the culprit behind your lack of sleep, this blog post may be beneficial for you.

You may also want to consider trying CanPrev's 5-HTP 100, as it can work to help promote restful sleep and a healthy mood. 5-HTP is a compound that your body makes from the amino acid, tryptophan. It boosts your levels of serotonin, which in turn helps make the "sleep hormone", melatonin.

### **When I wake up in the middle of the night, I have a hard time falling back asleep. Do you have any suggestions on what I can do to stay asleep all night?**

It's not necessarily a bad thing when people wake up in the middle of the night, but it can become a problem if it takes you too long to fall back asleep. Sleep cycles last about 90 minutes, where you go through stage 1 to 4 of sleep. Each stage is a deeper sleep, then followed by REM sleep, which is where you are dreaming and close to consciousness. After REM sleep, you either wake or repeat the sleep cycle. After a nightmare or weird dream, it can excite us, or make us anxious / nervous, which can delay the return to sleep. In these instances, CanPrev's L-Theanine may help.

L-theanine is an amino acid and commonly used as a natural stress reliever. It can help the brain to produce alpha waves (associated with mental calmness / relaxation). As it does not have a sedative effect, it won't make you sleep past your alarm in the morning, but is effective in helping to calm the brain, slow down racing thoughts, and decrease the time it takes to fall back asleep - a great supplement to keep at your bedside!

### **Last year, I was diagnosed with PMDD after going through a “mental breakdown”. What could I have done to have prevented that?**

PMDD is a condition similar to PMS, but women often report more serious symptoms of severe irritability, depression or anxiety approximately a week or two prior to their periods beginning. These symptoms are often related to fluctuating hormone levels throughout the menstrual cycle, including a change in the hormone serotonin.

We recommend checking with your Naturopathic Doctor or Functional Medicine practitioner for a full hormone panel (a 30-day panel would be ideal) that will take a closer look at all of your hormones and how your body can be best supported. Stress management and cortisol support can also be very beneficial for PMDD and PMS.

## Adrenal Fatigue

### **How do I know if I have adrenal fatigue? What are some symptoms I might experience and who can help me diagnose this?**

Adrenal fatigue is not considered a real medical condition, so there is no official test to determine if you are suffering from it. However, many practitioners may refer to this as a HPA axis dysfunction. There are 3 stages to adrenal fatigue:

**Stage 1: Wired & Tired.** Your cortisol levels are high at night, when it should be low, and you may have difficulty sleeping. You may even feel “on edge”.

**Stage 2: Stressed & Tired.** You have higher than usual cortisol in the morning, but falls quickly after lunch, which leads to afternoon fog and tiredness. You may need that afternoon pick-me-up, like a coffee with a sugary craving. At night, you are tired but have lots of brain activity. You may be able to fall asleep, but end up waking up in the middle of the night and are unable to fall back asleep.

**Stage 3: Full Burnout.** Your cortisol levels are completely flat, which is different from stage 1 and 2 where your body was overproducing cortisol. Being in this stage will increase your

risk of thyroid disease and autoimmune disease, as well as gut health issues.

### **How do you test for cortisol levels?**

A cortisol level test uses a blood sample to measure the level of cortisol, the stress hormone produced by the adrenal glands present in your blood. It's also possible to perform the test by collecting saliva and urine. Your healthcare practitioner will be able to provide more information and analyze results with you.

## Menopause

### **I'm in perimenopause right now, and I experience hot flashes and heavy periods. Does that mean I can still get pregnant?**

Yes, it is still possible to become pregnant during perimenopause. Although the chances may be lower during this stage due to the decrease in eggs, it is still possible as you may still be ovulating. We recommend that you use contraceptive measures if you would like to prevent unplanned pregnancy. If you'd like to conceive during perimenopause, please speak with your healthcare practitioner.

### **To support perimenopause, what is the best CanPrev product to use?**

Meno-Prev™ + Mood & Memory is a great supplement to consider during perimenopause. This formula helps relieve uncomfortable symptoms, such as hot flashes, night sweats and nervous tension and also helps support mood, memory and libido.

## The Birth Control Pill

### **For women who are on birth control pills and antidepressants, what natural solutions can you recommend?**

Certain medications like oral contraceptives and antidepressants are cautioned in combination with natural health products due to potential interaction like a decrease in effectiveness of the medications or an increase in metabolism of the medicine. In these instances, we would recommend you consult with your Naturopathic Doctor prior to supplementing, as they know your full health history and may choose to closely monitor the combination and/or titrate the doses of the supplements.

To further support symptoms of depression and anxiety, omega fish oils, B vitamins and magnesium are always great options to consider, along with lifestyle and dietary changes. They are well-

tolerated by most individuals, including those on medications and often can be safely combined.

### **Is there a right way to quit the birth control pill? What should that transition to hormone balancing supplements look like?**

For some women, quitting the birth control pill is an easy process and doesn't come with many side effects. But for many, these hormonal changes can cause your skin to breakout and low mood levels. It's important to prepare yourself, physically, mentally and emotionally for what may be ahead.

It is recommended that you work with a healthcare practitioner, such as a Naturopathic Doctor to help guide you through that transition from the birth control pill to a hormone balancing supplement.

### **Does rhodiola in Adrenal-Pro have any contraindications with the birth control pill?**

Rhodiola rosea is cautioned in combination with the birth control pill, as it may contain estrogen receptor-interacting chemicals. Please check-in with your healthcare provider prior to starting this supplement if you are currently taking birth control pills.

## **Digestive Health**

### **I have Crohn's disease. What CanPrev products can I take?**

Low amounts of magnesium can stem from chronic diarrhea. If that's you, here are a few options of magnesium supplements that are suitable for those with digestive conditions:

- Magnesium Bis-Glycinate 400 Ultra Gentle Powder
- Magnesium Bis-Glycinate 300 Ultra Gentle Liquid
- Magnesium Bis-Glycinate 80 Ultra Gentle.

Another mineral would be calcium. Some people with Crohn's disease are lactose intolerant and avoid dairy foods which are also naturally rich in calcium. Absorbing the calcium can be difficult for others, so pairing this with vitamin D and K can help with absorption. Foods that are naturally rich in calcium include dark leafy greens, tofu, and broccoli. CanPrev offers Calcium Malate Bis-Glycinate 200, and D3+K2 in drops and softgels.

## **Nutrition**

### **Can a Holistic Nutritionist refer you for blood work? I asked my family doctor to test my D3 levels and run more thyroid tests, but she refused.**

A holistic nutritionist cannot refer you for blood work. It's important to build your self-care tribe - surround yourself with people who will listen and stand up for you. That might mean finding another healthcare practitioner that will be open and honest, and advocate for your health. Perhaps look into working with a Naturopathic Doctor. They are able to do a variety of tests, including requisition for blood work.

### **What is your recommendation with oat milk? Does it spike blood sugar and affect gut health?**

Plant-based milk alternatives have become popular for several reasons. Oat milk in particular is a good choice for those with nut and soy allergies, who are also looking for a dairy alternative. When fortified, oat milk is a rich source of nutrients, such as B vitamins. One cup contains approximately 16 grams of carbohydrates and 2 grams of fibre. If blood sugar is a concern, you may opt for an unsweetened oat milk to reduce sugar intake.

Oat milk also does not negatively impact gut health. Oats in their whole form are a good source of soluble fibre, which supports healthy bowels, reduces blood sugar and lowers cholesterol levels.

### **What foods are the best sources of iodine? What can I do to increase absorption?**

Iodine is naturally found in some foods, such as fish (cod and tuna), shrimp, and other seafood. Iodized salt is another option. Seaweed is one of the best natural sources of iodine, with different types like kombu, wakame and nori. Other foods with iodine include dairy products and eggs. In North America, iodine deficiency is uncommon, and many individuals can maintain adequate iodine levels through their diet.

Consumption of foods that contain goitrogens (substances that interfere with the uptake of iodine in the thyroid) can exacerbate iodine deficiency. Foods high in goitrogens include raw cruciferous vegetables and soy.

### **I'm on a keto diet and have drastically reduced sugar, aside from fruits. Is bloating after eating avoidable? Is it something I should be concerned about?**

Bloating after eating can be caused by many factors, such as imbalanced gut bacteria, food intolerances, and candida. For some, mild bloating is normal. For others, consistent bloating can be a symptom of food intolerances. To address this, it's best to consult with your healthcare practitioner, such as a naturopathic doctor, so that tests can be performed to help rule out which foods may be causing this.

To help with bloating concerns, a few lifestyle recommendations include:

- Chew your food slowly and thoroughly.
- Eat with no distractions, like electronic screens (e.g. TVs and cell phones)
- Enjoy your food, which means no eating while you feel stressed.
- Try to avoid foods that you find may cause bloating.
- A probiotic supplement may help.

### **Does intermittent fasting affect my cortisol levels?**

Women's hormones are impacted differently by intermittent fasting (IF) as compared to men, because hormones regulating key functions like ovulation are incredibly sensitive to energy intake. Some women will do just fine with IF, while others may experience hormone changes. The female reproductive system and metabolism are deeply intertwined.

IF can impact cortisol levels, which can affect reproductive hormones. Cortisol inhibits gonadotropin-releasing hormone (GnRH) and suppresses the ovaries' production of estrogen and progesterone. GnRH affects the release of luteinizing hormone and follicle-stimulating hormone, which act on the ovaries to trigger estrogen and progesterone production.

IF is not for everyone, especially if you are chronically stressed or unable to sleep well. Under stress, progesterone is converted to cortisol; therefore chronic stress leads to more cortisol and less progesterone. This could lead to estrogen dominance, causing more health issues.

If you'd like to try IF, begin with a gentle approach and pay attention to how your body reacts. Bring your IF journey to a halt if:

- Your menstrual cycle stops or becomes irregular.
- You experience trouble with falling asleep or staying asleep.
- You find you are recovering slower from workouts.
- You become less tolerant to stress.
- Your mood fluctuates and changes easily.
- Your digestion slows down.
- You always seem to feel cold.
- Your libido goes down

### **What is the best way to consume flaxseeds to maximize the benefits of them?**

Look for whole flaxseeds and grind them up before consumption. Ground flaxseeds and flaxseed meal are easier to absorb by the body. You may grind them in a coffee grinder.

Flaxseeds are sensitive to heat and sunlight, and can spoil quickly. After grinding, store your ground flaxseeds in an

airtight, dark-coloured glass container. Keeping them in the fridge can help it stay fresh for longer.

A great way to consume your ground flaxseeds include: adding them to yogurt and smoothies, or sprinkling it on cereal.

### **I'm mindful about my sugar intake. What is your recommendation on high-quality dark chocolate?**

High-quality dark chocolate (at least 70% cacao) is a good source of antioxidants. The higher the percentage of cacao, the less sugar the chocolate will have. If you are mindful about sugar intake, try chocolate that has at least 80% cacao. You may also try dark chocolate sweetened with stevia.

### **Do natural sugars like fruits count as sugar? What is your recommendation on how much fruit to eat, if I am trying to reduce my sugar intake?**

All types of sugars are considered as "sugar" despite their source. However, fruits have many benefits besides providing sugars as quick and easy fuel for our bodies. As a whole food, fruits are good sources of vitamins, minerals, polyphenols, antioxidants, and fibre.

If you're mindful of your sugar intake, opt for fruits with lower glycemic load, such as berries. Enjoy whole fruits instead of fruit juices, canned or dried fruits.

### **I love fruits and veggies, but they send me straight to the toilet. Why is that?**

Consuming high amounts of fibre, which are found in most fruits and vegetables can cause loose stools. Fructose, a sugar naturally found in fruits, can also worsen diarrhea. Other foods that may trigger or worsen diarrhea include dairy (for those who are lactose intolerant), high-FODMAP foods such as wheat and garlic, foods high in gluten like pasta and bread, fatty foods, spicy foods, and caffeine.

Chronic diarrhea, which lasts four weeks or longer, may also stem from a digestive disorder like Irritable Bowel Syndrome (IBS) or Crohn's disease. We recommend working with your healthcare practitioner to help identify the possible cause, and create an individualized protocol.

## **Supplements**

### **What is the difference between Adrenal Chill and Adrenal-Pro? If I'm currently using Adrenal-Pro but want to switch over to Adrenal Chill for anxiety, does it have stronger effectiveness?**

The difference between the two formulas is not their



effectiveness, rather their intended use. Adrenal-Pro is more for stress with a lack of energy concern, whereas Adrenal Chill is for stress and anxiety.

If you suffer from anxiety, try Adrenal Chill. It's calming and promotes relaxation. It also has a significantly higher amount of ashwagandha (300mg per capsule vs. 100mg per capsule), and stronger ashwagandha active ingredient (5% withanolides vs 1.5% withanolides) for cortisol reduction. Adrenal Chill is paired with L-Theanine for an acute calming synergistic effect, which can provide a sense of calmness and relaxation within 30-45 minutes of intake.

### **Is Adrenal Chill suitable for men?**

Adrenal Chill can be used by men and women.

### **Is ashwagandha safe to consume when breastfeeding?**

As per Health Canada, it is recommended to consult with a healthcare practitioner prior to use of ashwagandha if you are pregnant or breastfeeding.

### **What do you recommend in a multivitamin?**

A multivitamin should provide a full spectrum of vitamins and minerals in therapeutic doses, along with highly absorbable forms of the nutrients. For a full spectrum multivitamin specifically formulated for a women's unique nutritional needs, with vitamins in their active forms such as methyl-B12, P-5-P B6 and 5-MTHF, check out CanPrev's Women's Multi.

### **When I take magnesium, it keeps me awake. I've tried to take different brands and forms of magnesium, but can't seem to figure out why.**

Ironically, sometimes magnesium may have a stimulatory effect when taken at night time. Try taking magnesium earlier in the day as you still achieve its therapeutic effect.

If you are looking for sleep support, try CanPrev's Magnesium Sleep. In addition to magnesium bis-glycinate, this formula also contains GABA and melatonin, both of which are natural sleep aids.

### **What magnesium do you recommend for adrenals?**

Magnesium is an important nutrient for the adrenals, and a deficiency plays a role in adrenal insufficiency. Magnesium bis-glycinate is highly absorbable and gentle on the bowels. It makes an effective form of magnesium for all systems of the body, including the adrenal glands. Find a magnesium supplement that's right for you.

### **I have a hard time taking Healthy Hormones because of the smell and taste. What is responsible**

### **for the strong odour?**

The strong smell of Healthy Hormones comes from I-3-C, an extract of cruciferous vegetables. Please rest assured, the smell is a sign of potency in the product. Much of our feedback on Healthy Hormones has been the effectiveness of it, from improved mood, to relieving painful periods and vanishing hormonal acne.

Healthy Hormones is a product that can take time to see the greatest results. For optimal results, take for a minimum of 3 months.

### **Can amino acids be supplemented along with protein powder, or should I worry about taking too much?**

Protein powder contains all the amino acids, and is a convenient option to boost daily protein intake. Supplementing with single amino acids may provide additional support for your health needs and lifestyle. For instance, many active individuals or those on gut-healing protocols will choose to take additional L-glutamine.

### **What do you recommend for hair loss?**

Hair loss can be a symptom of several conditions, including iron deficiency anemia, hypothyroidism, stress, or simply nutrient deficiencies. It's important to consult with your healthcare practitioner to assess what may be causing hair loss, so you can address the root cause appropriately.

To support hair growth, CanPrev's Healthy Hair is clinically proven to reduce hair loss. This unique, patented formula combines millet seed extract, zinc and biotin to stimulate keratin production.

### **I experience restless legs. What do you recommend?**

Magnesium can be effective in helping to reduce restless legs syndrome (RLS). Since symptoms often worsen at night, those with RLS may have difficulty falling asleep or staying asleep. Likewise, a deficiency in magnesium can lead to symptoms such as restless legs.

A magnesium supplement has the benefits of relaxing the muscles and supporting sleep. Try magnesium bis-glycinate - this form of magnesium is gentle on the stomach and easily absorbed by the body. To learn more and find a magnesium right for you, check out: <http://www.magnesium.ca/>

### **If my digestive system is not functioning optimally, would tinctures be a better option for me, in order to maximize absorption? How do I know I am absorbing all these supplements?**

Tinctures are rapidly absorbed and metabolized by the body. Absorption begins in the mouth, allowing the body to absorb up to 98% of the medicinal components. For some individuals, this may be a more suitable option for taking herbs.

For optimal absorption of supplements, please refer to the label for general guidelines. Some supplements are better absorbed away from food, while others are absorbed better with food. For instance, vitamins A, E, D, and K are best absorbed with a meal containing some fats. Certain nutrients also interfere or compete with one another for absorption, such as calcium and iron, so they are best taken separately.

### **I have coffee daily. Will Adrenal-Pro help with my caffeine dependency or sugar cravings?**

Caffeine dependency, sugar cravings, and adrenals have a complex relationship. Caffeine disrupts the regular rhythm of cortisol, ultimately causing you to feel more tired. If you use caffeine to offset fatigue, it may become a vicious cycle.

Stimulants like coffee provide an immediate, short-term increase in energy. Adrenal-Pro is not designed to work the same way as caffeine. This formula includes herbs like ashwagandha to boost immunity and lower stress, Siberian ginseng to alleviate fatigue and depression, and astragalus to revive and rejuvenate. It's specially formulated to support the adrenal glands, increase energy, and reduce stress and fatigue. Therefore, through these mechanisms, Adrenal-Pro may be beneficial in reducing caffeine dependency and sugar cravings.

Sugar cravings can also be a sign of many other factors, such as lack of restful sleep, quality of diet and of course, stress levels.

Some dietary and lifestyle recommendations include:

- Limit caffeine intake (start slow, and ease off of it).
- Reduce processed and refined sugars.
- Aim for a reasonable portion of lean protein at every meal (protein consumption does not impact blood sugar as much as carbohydrates would).
- Increase fibre intake (this can help slow the absorption of sugar).
- Include healthy fats in your diet (i.e. omega 3s to promote healthy blood sugar control).
- Moderate exercise. Did you know: exercise that is too strenuous may elevate cortisol levels.

### **What supplements can you recommend to help reduce testosterone levels?**

The most common causes of high testosterone levels in women are hirsutism, polycystic ovarian syndrome (PCOS), and congenital adrenal hyperplasia. If your testosterone levels are elevated for any of these reasons, we suggest consulting your healthcare practitioner to create a protocol that addresses the root cause. We do not have a specific supplement that lowers testosterone levels.

If your testosterone levels are elevated due to PCOS, here are a few diet and lifestyle recommendations:

- Increase magnesium and fibre intake.
- Limit consumption of caffeine.
- Increase healthy fats (omega-3s) to reduce inflammation.
- Limit refined sugars and processed foods.
- Increase consumption of lean proteins.
- Practice good sleep hygiene.
- Ensure moderate exercise.
- Try the herb, ashwagandha to help balance cortisol levels, which may improve stress and PCOS symptoms.

### **How many supplements is too many? Do I have to worry about interactions?**

Supplementation regimens are very individualized, and more is not necessarily better. For general guidelines on contraindications, please see the product label. Some nutrients also interfere or compete with one another for absorption, such as calcium and iron, so they are best taken separately. Furthermore, some supplements may also contraindicate certain medications, so it's important to speak with your healthcare practitioner to create a supplement protocol specific to your health needs.