

Dr. Anderson's Top 3 Supplements for Optimal Female Hormones

#1 Artichoke Extract by AMG Naturals

Artichoke Extract has been one of the most powerful additions to my clinical protocol for female hormone imbalances. Artichoke Extract acts as both a root cause supplement that supports optimal bile health in the liver and gallbladder as well as a rapid symptom reducer. If your hormonal imbalance is severe enough, then I would recommend going through multiple bottles of this product if you continue seeing improvement in your symptoms. After 1-2 bottles, you should not need it forever, but occasionally it can help with hormonal flares in times of stress or excessive sugar/carbohydrate consumption.

Dosage: 5 capsules per day (Taken with meals)

#2 B6 (pyridoxal-5-phosphate) by Thorne Research

B6 has been a remedy used for female cycle symptoms for decades if not centuries. Many women have historically taken high doses of B6 to mitigate any PMS symptoms. The P5P form of B6 is its activated form and allows for better absorption and requires less work from the body to provide its many benefits. It is also a source of phosphorus which can provide muscle relaxation and energy which can significantly decrease cramping or spasms. B6 is also one of the most important vitamins for mental health. As mental changes often occur with hormone imbalances, this can be supportive of both protocols.

Dosage: 3 capsules per day (Taken with meals)

#3 Chinese Coptis by AMG Naturals

This is traditionally thought of as a gut supplement, but Coptis' powerful ability to kill pathogens in the digestive tract significantly reduces the load of the liver and gallbladder. By reducing the load on the liver and gallbladder they can focus on balancing hormones and optimizing conversion of hormones into the necessary forms.

Dosage: 3 capsules per day (Taken with meals)

All products are available on Amazon or in our office. (Amazon links below)

Artichoke - <https://www.amazon.com/dp/B079SL7PJX>

B6 - <https://www.amazon.com/dp/B000KJPPTC>

Chinese Coptis - <https://www.amazon.com/dp/B076QG9BJR>