



HRT (T) Complete

HRT (T) Complete is a proprietary, targeted nutraceutical formula designed to support patients undergoing HRT by promoting **hormone metabolism, cellular energy production, antioxidant protection, and detoxification pathways.**

The formula combines methylated B vitamins, botanical compounds, and key nutrients to support **estrogen metabolism, mitochondrial function, detoxification, and long-term cellular health.** It also supports the Krebs cycle (citric acid cycle), helping drive cellular energy production and the metabolism of amino acids and fatty acids, while methylated nutrients further support homocysteine metabolism and cardiovascular health.

Together, these nutrients provide **foundational metabolic, cardiovascular, and antioxidant support** for individuals undergoing hormone therapy.*

Recommended For

- Supporting patients undergoing HRT*
- Promoting healthy estrogen metabolism*
- Supporting hormonal balance*
- Supporting homocysteine metabolism*
- Enhancing cellular energy production* (Krebs cycle function)
- Supporting immune, neurological, and cardiovascular health*
- Providing antioxidant protection against oxidative stress*
- Supporting detoxification pathways and metabolic resilience*
- Supporting healthy testosterone levels*

Key Ingredients & Benefits

Vitamin B6 (Pyridoxal-5-Phosphate)*

The active form of vitamin B6 that supports amino acid metabolism, neurotransmitter synthesis, and homocysteine metabolism. It also plays an important role in hormone metabolism and cardiovascular health.

Folate (as L-Methylfolate)*

The bioactive form of folate supports methylation, DNA synthesis, and cardiovascular health. Methylfolate works synergistically with B12 and B6 to regulate homocysteine metabolism and support hormone detoxification pathways.

Vitamin B12 (Methylcobalamin)*

A highly bioavailable form of B12 essential for neurological health, energy metabolism, and red blood cell formation. Methylcobalamin also supports methylation pathways important for hormone metabolism and detoxification.

Shilajit (PrimaVie)*

A mineral-rich botanical used in traditional medicine known for its ability to support mitochondrial energy production, vitality, and overall metabolic health. Shilajit also provides antioxidant support and may help maintain healthy testosterone levels.

Diindolylmethane (DIM)*

A compound derived from cruciferous vegetables that supports healthy estrogen metabolism and hormonal balance. DIM helps promote favorable estrogen metabolite pathways and supports breast and prostate health.

Vitamin E*

A powerful antioxidant that protects cellular membranes from oxidative damage while supporting immune function and reproductive health.

Coenzyme Q10 (CoQ10)*

A critical nutrient for mitochondrial energy production that supports cardiovascular health and protects cells from oxidative stress.

Sulforaphane*

A phytonutrient found in cruciferous vegetables known to activate detoxification enzymes and enhance the body's natural antioxidant defense systems.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Nutrient	Amt Per Serv	% Daily Value
Vitamin B6 (as Pyridoxal-5-Phosphate)	25 mg	1,471%
Folate (as L-Methylfolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Vitamin E (dl-alpha tocopherol)	100.75 g	*
Proprietary Blend	611.64 mg	
Shilajit (PrimaVie®)		
Diindolylmethane (DIM)		
Sulforaphane		
Coenzyme Q10		
Tocopherols		

*Daily Value not established.

Suggested Use

As a dietary supplement, take 1-2 capsules per day with a meal, or as directed by your healthcare provider.

Other Ingredients

Hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Important Information

- **Warning:** Do not take this product if pregnant, nursing, or planning to become pregnant.
- **Caution:** Discontinue use at least **2 weeks prior to surgery.**
- Keep out of reach of children.
Store in a cool, dry place.

Product Information

60 Vegetarian Capsules
Gluten Free | Soy Free
Dietary Supplement

*These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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