

HORMONE MEDICATIONS

MOST FREQUENTLY USED HORMONE PRODUCTS					
BEST PRODUCTS	What?	Role	Cost prize	Efficient alternatives	Where to buy?
THE MOST ESSENTIAL HORMONE TREATMENTS					
Omnitrope (Sandoz)	Growth hormone (subcutaneous injections)	Major anabolic hormones, essential for reversing aging	± 600 € per pack of 5x 5 mg vials	Norditropin, Genotropin, Saizen, Genotonorm, Zomacton	Pharmacy
Increlex	IGF-1 (subcutaneous injections)		± 950 € per 40 mg vial	R3 (Long-acting IGF-1)	Pharmacy in some countries; Internet (not recommended)
Erfa Thyroid	Thyroid hormones (oral desiccated)	Stimulates intelligence, vitality, weight loss	± 20-30 € per bottle of 100 tabs of 60 mg	Armour Thyroid (Thyrolar, Novothyral, Euthyral, T3 + T4 combinations)	Pharmacy in some countries; Internet (not recommended)
(O)Estrogel	Estradiol (transdermal)	Major female hormone for femininity & health of genital areas	± 20-25 € per 2 vials of 100 g	Estradiol gel in compounding pharmacies	Pharmacy; compounding pharmacy
Utrogest(an), Prometrium (or transdermal liposomal gel of progesterone,)	Progesterone (micronized; vaginal or oral)	Protect against swelling and possibly against breast, uterine and prostate cancer protective, mood relaxer	± 20-25 € per pack of 90 caps of 100 mg	Transdermal 10% liposomal progesterone gel, Duphaston, Lutenyl	Pharmacy; compounding pharmacy
Testosterone (liposomal gel) Men: 10 % (100 mg/gram) Women: 0.5 % (5 mg/gram)	Testosterone (transdermal)	Major male hormone (also necessary for women) stimulates energy, muscle development, health of arteries & male & female genital areas	±50 to 100€ per 100 g package	Testocaps, Testoviron (enanthate) depot, Androtardyl, Androgeol® (much weaker), Andractim®	Compounding pharmacy (not in Belgium – max. 2.5%)
DHEA (compounding pharmacies)	Dehydroepiandrosterone (oral)	Protects against adverse effects of cortisol & possibly against some cancers	Low cost for 20 to 50 mg caps		Pharmacy in some countries; Internet (not recommended)
Hydrocortisone	Cortisol (oral)	Essential to stay alive, reduces excess inflammation, provides important energy, stress resistance	Low cost for 20 mg tabs	Cortef, Prednisolone, Medrol® (methylprednisolone)	Pharmacy
Florinef®	Fludrocortisone (oral synthetic aldosterone derivative)	Keeps blood pressure high enough	Low cost for 100 µg tabs	Aldosterone (oral, more expensive)	Pharmacy
Pregnenolone (compounding pharmacies)	Pregnenolone	Stimulates short term memory	± 20-25 € per pack of 100 caps of 50 mg		Compounding pharmacy
Melatonin	Melatonin (sublingual)	Sleep inducer, possibly protects against cancer & cardiovascular	± 20-25 € per pack of 100 tabs of 0.2mg	Melatonin (oral)	Eurohealth fax/internet Compounding pharmacy

		diseases			
Oxytocin (compounding pharmacies)	Oxytocin (sublingual)	Boost social relations and positive emotions	± 75 to 100 € per pack of 24 to 50 tabs of 20 to 50 IU	Syntocinon (injectable or intranasal spray)	For sublinguals: Anti-aging systems fax/internet; UCP compounding pharmacy; Pharmacy (for Syntocinon intranasal spray or injectable)
OTHER often important treatments					
Desmopressin	Synthetically modified vasopressin (oral)	Retains fluid in body & skin (anti-wrinkle), prevents excessive urination	± 50 to 100 € per pack of 100 tabs of 200 µg	Minirin tabs or nasal spray; Nasal solution (or spray); Vasopressin	Pharmacy
Insulin (Actrapid Long-acting insulins)	Insulin (subcutaneous injections)	Treatment of type I diabetes, counters excessive weight loss and thinness	Low cost	Other short, intermediate or long-acting forms of insulin	Pharmacy
Melanotan II	MSH derivative (subcutaneous injections)	Skin darkener, most potent sexual enhancer in most men & women	± 30 to 35 € per pack of 3 vials of 10 mg	Melanotan I, bremelanotide	Internet web sites
Miacalcic	Calcitonin (intramuscular injections)	Reverses spine osteoporosis, very potent pain reducer in low back pain, vertebral crushes	Packages with 25, 50 & 100 IU SC - IM vials	IM: Calcynar, Steocalcin Nasal spray: Miacalcic	Pharmacy
Synacthen depot, Cortrosyn depot	ACTH	Regrows hair in alopecia totalis	Low cost		Pharmacy
For(s)teo	Teriparatide: Parathormone fragment (34 amino acids)	Stimulates bone density increase	400 € per injection pen/ vial of 28 x 20 µg doses)	Preatact (full parathormone: 84 amino acids – weaker action; 100 µg/day)	Pharmacy
Relaxin	Relaxin (subcutaneous injections)	Calms down fibromyalgia, helps skin disorders	20 µg vials		CirqLife website
Note: for most products, cost prizes in the USA are more expensive than indicated below in the table					
HORMONE MODULATORS					
Arimidex	Anastrozole (oral)	Blocks excessive conversion of testosterone to estradiol for prevention of gynecomastia & prostate hypertrophy		Chrysin, DIM	Pharmacy
Propecia, Proscar	Finasteride (oral)	Blocks excessive conversion of testosterone to dihydrotestosterone for prevention of hirsutism & male pattern baldness	50 € per pack of 28 tabs (cheaper generic forms exist)	Dutasteride	Pharmacy
Dim-Pro 100mg	DIM 100 mg with others	Reduce excessively high estrogen levels	1 tab/day: 267€ (3 packs 120 caps)/ year	Saw Palmetto	Health food stores, internet, compounding pharmacy
Indol-3 carbinol	Indol-3 carbinol	Ensure safer metabolism	1 tab/day: 276€		Health food

	400 mg	of estrogens, breast & prostate cancer prevention	(3 packs 120 caps)) / year		stores, internet, compounding pharmacy
Phyto-estrogens	Soy isoflavones 100 mg	Alternative to HRT to treat menopausal symptoms in women without breast cancer	3 caps/day: 234€ (6 packs 180 caps) /year	Black cohosh 120 caps (45.2€)	Health food stores, internet, compounding pharmacy
Note: Most nutritional supplements are 30% cheaper in the USA; The majority of nutrients have to be taken in the morning. If another time fits better, it is mentioned in the dose/cost/duration column.					