



HormoneGenic

Hormone Balance & Metabolism Support



Hormone



Metabolism



Detox



Cardio

KEY INDICATIONS

- Persistent fatigue and low energy
- Premenstrual syndrome (PMS) or perimenopausal mood changes
- Irritability, anxiety, or depressive symptoms tied to hormonal fluctuation
- Insulin resistance or metabolic patterns linked to hormone imbalance
- Difficulty losing weight or unexplained weight gain (hormonal drivers)
- Low libido, sexual dysfunction, or menstrual irregularities
- Sleep disturbances related to hormone or cortisol imbalance
- Chronic low-grade inflammation linked to estrogen or cortisol dysregulation

HOW IT WORKS

HormoneGenic supports endocrine balance by influencing hormone production, metabolism, and receptor signaling. Its nutrigenomic ingredients help regulate expression of key hormone-related genes, including *CYP19A1* and *CYP17A1* involved in estrogen metabolism, while modulating estrogen, dopamine, and prolactin receptor activity. This promotes balanced hormone signaling, improved metabolic function, and more stable mood and energy. Adaptogenic compounds further support stress response and endocrine resilience across hormonal transitions.

CLINICAL PEARLS

- Pair with **Hormone μ Biomic** and **Hormone Superfood** to support gut-endocrine balance.
- Combine with **OrganGenic** for additional HPA-axis and stress support (elevated cortisol, poor stress tolerance, or sleep disruption).
- Use therapeutic dosing for 8–12 weeks during active hormonal imbalance, then transition to maintenance. Start low and increase gradually in sensitive individuals.



SYSTEMIC FORMULAS INC



ALIMENTUM LABS

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Indole-3-Carbinol (I3C)	125mg	*
Diindolylmethane (DIM)	85mg	*

Hormone Protect	650mg	*
Hops (Ext); <i>Angelica gigas</i> Nakai (5:1 Ext); <i>Angelica sinensis</i> (Ext); <i>Schisandra chinensis</i> (Ft); Chrysin; <i>Cynanchum wilfordii</i> (5:1 Ext); <i>Phlomis umbrosa</i> (5:1 Ext); <i>Bupleurum</i> (Rt); <i>Paeonia lactiflora</i> (Bai Shao Rt); <i>Atractylodes</i> (Bai Zhu); <i>Poria cocos</i> (Fu Ling); <i>Vitex agnus-castus</i> (Ext); <i>Picea abies</i> (Ext); <i>Rheum rhaponticum</i> (10:1 Ext)		

*Daily value not established.

Other Ingredients: Cellulose, Leucine, and Silica.

KEY INGREDIENTS & BENEFITS

***Rheum rhaponticum*, *Cynanchum wilfordii*, *Phlomis umbrosa*, *Bupleurum*, *Paeonia lactiflora*:** Support hormone balance and reduce symptoms of hormonal transitions by modulating estrogen receptor activity and influencing genes involved in endocrine signaling and inflammatory balance.

Indole-3-carbinol (I3C), Diindolylmethane (DIM), Chrysin: Support estrogen metabolism by promoting favorable conversion pathways and regulating expression of genes such as *CYP1A1* and *CYP1B1* involved in phase I detoxification.

***Angelica gigas* Nakai, *Angelica sinensis*, *Vitex agnus-castus*, *Atractylodes*:** Support reproductive health and hormonal regulation through effects on prolactin, dopamine signaling, and genes such as *CYP19A1* and *CYP17A1*.

***Schisandra chinensis*, Hops:** Support mood, sleep quality, stress response, and hormonal stability through adaptogenic, receptor-modulating effects that respond to the body's changing needs.

***Poria cocos*:** Support metabolic function, fluid balance, and gut-microbiome interaction.

***Picea abies*:** Provides mild phytoestrogenic support to help maintain overall hormonal balance and endocrine resilience.

ALLERGEN & DIETARY INFO

- cGMP Facility
- Vegan
- Gluten Free
- Non-GMO
- Dairy Free
- No Sugar

INSTRUCTIONS

Maintenance dose: 2 capsules daily with food

Therapeutic dose: 2 capsules twice daily with food

Start with 1 capsule daily and increase to 2 capsules as tolerated

SAFETY & CONTRAINDICATIONS

- Not recommended during pregnancy or lactation due to its hormone-modulating effects. Consider focusing on nervous system, gut, and nutrient support instead of direct hormone modulation.
- Not intended for children under 12 years of age due to its targeted effects on hormone regulation and endocrine pathways, which may not be appropriate for developing systems.
- Use caution in individuals using hormone or fertility-related medications; clinical oversight recommended.

Updated: 5/15/26



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.

