

Hormone Foundation



CLINICAL APPLICATIONS

- Supports Favorable Estrogen Metabolism
- Supports Normal Hormone Balance
- Maintains Normal Detoxification Pathways
- Supports Gut Health for Optimal Estrogen Metabolism and Elimination
- Maintains Normal Inflammatory Balance

HORMONE HEALTH

Hormone Foundation is a comprehensive formula designed to support the body's natural hormone metabolism and detoxification. It promotes balanced estrogen pathways, maintains normal inflammatory responses, and contributes to overall wellbeing. At the core of Hormone Foundation is a carefully selected blend of ingredients that work synergistically to promote efficient hormone processing and cellular resilience. By supporting all phases of estrogen metabolism, optimizing methylation and antioxidant protection, and reinforcing gut-liver axis function, Hormone Foundation delivers targeted, multi-system support to help maintain hormonal equilibrium.

Overview

Hormone balance plays a central role in overall health and vitality for both men and women, influencing everything from energy and mood to metabolism, cognition, and long-term wellness. While hormonal fluctuations are a normal part of life, most individuals will experience periods of hormonal irregularities—whether related to life stage, stress, environment, or underlying health concerns. In women, these hormonal fluctuations can contribute to irregular menstrual cycles, fertility challenges, weight gain, fatigue, or mood swings. In men, shifts in testosterone-estrogen ratios—often due to aging, medications, body habitus, or genetic predisposition—can affect energy, mental clarity, libido, and overall vitality.

Hormone Foundation was developed to target the foundational systems that influence hormone balance, including estrogen metabolism, liver detoxification, gut health, and oxidative stress. The interconnected functions of the liver, gut, and cellular antioxidant defenses play a vital role in how hormones

are processed, transformed, and eliminated. Addressing these pathways is essential not only for managing hormonal shifts, but also for supporting the body's resilience and long-term hormonal equilibrium.

This comprehensive, systems-based approach is what makes Hormone Foundation unique: It supports the body's natural ability to process hormones efficiently, neutralize reactive metabolites, and maintain healthy estrogen balance through targeted detoxification and defense mechanisms—without overwhelming or overstimulating a single pathway. It does this by utilizing key bioactives including the Complete Turmeric Matrix, hops strobile extract, black kale extract, Quatrefolic® folate, epigallocatechin gallate (EGCg), and tributyrin (CoreBiome®).

Complete Turmeric Matrix (CTM)[†]

Turmeric has long been valued for its antioxidant and health-supporting properties, with growing recognition of its role in hormone balance and the reproductive system.^{1,2} The CTM provides a full spectrum of curcuminoids and essential oils that support the body's natural detoxification processes, including the normal metabolism of estrogens through the activity of Phase I and Phase II enzymes. Research highlights turmeric's ability to maintain a balanced inflammatory response, microbiome composition, and healthy cellular function.³⁻⁶ In the context of hormone health, studies suggest that turmeric supports normal cellular processes in hormone-sensitive tissues and promotes balanced estrogen metabolism through its influence on detoxification pathways.⁷ Its ability to enhance antioxidant protection and modulate key antioxidant regulatory proteins, such as Nrf2, further reinforces its role in overall health and wellbeing.⁸

[†] 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.

Hops Strobile Extract†

Hops strobile extract supports the body's natural estrogen metabolism pathways by supporting Phase I detoxification and helping maintain aromatase (CYP19A1) activity within a normal range.^{9,10} It aids in the natural conversion of estrogen into beneficial metabolites, supporting overall hormonal balance. Hops contains bioactive compounds, including xanthohumol and 8-prenylnaringenin (8-PN), which help maintain antioxidant activity and a balanced inflammatory response, in addition to promoting cellular health.^{11,12} Research suggests that the phytoestrogenic properties of hops contribute to its ability to support menopausal comfort, as clinical trials have observed improvements in hot flashes when compared to a placebo.^{13,14}

Additionally, hops constituents have been studied for their role in estrogen metabolism. Xanthohumol has been shown to influence detoxification enzymes, promote oxidative balance through Nrf2 activation, and support normal inflammatory pathways.¹² Other compounds, such as 6-prenylnaringenin (6-PN), have been researched for their ability to upregulate specific estrogen detoxification enzymes.¹⁵ Prenylated phenols in hops also contribute to antioxidant support by promoting glutathione synthesis and other antioxidative enzymes.^{12,16}

Black Kale Extract (18% Glucoraphanin)†

Black kale extract is a rich source of glucoraphanin, a naturally occurring, sulfur-containing compound that supports the body's normal detoxification pathways. Glucoraphanin is a precursor to sulforaphane, which has been shown to promote Phase II detoxification enzyme activity, assisting in the efficient processing and elimination of endogenous and environmental compounds.¹⁷ By supporting sulfation pathways, black kale extract helps maintain balanced hormone metabolism and overall cellular resilience. Research indicates that glucoraphanin contributes to normal antioxidant defenses, further promoting cellular health and physiological equilibrium.^{18,19}

Folate (as Quatrefolic® 5-MTHF)†

Folate (as Quatrefolic®) is essential for methylation, a key biochemical process involved in estrogen metabolism. It facilitates the conversion of catechol estrogens, such as 2-hydroxyestrone and 4-hydroxyestrone, into methylated derivatives for safer elimination, thereby promoting hormonal balance and reducing oxidative stress. Quatrefolic®, a bioavailable form of 5-MTHF, ensures adequate methylation capacity to support estrogen detoxification. Additionally, folate plays a critical role in DNA synthesis and repair, helping to protect cells from oxidative stress associated with estrogen metabolism.^{20,21}

Epigallocatechin Gallate (EGCg)†

EGCg, a green tea polyphenol, enhances antioxidant activity, which helps maintain cellular integrity during the natural processing of estrogen. EGCg can also influence estrogen receptor (ER)-dependent expression of estrogen target genes and ER-independent signaling pathways.²² This is demonstrated in a study of urinary estrogen profiles in green tea drinkers that showed a favorable modification of estrogen metabolism with a reduction of 16-OH estrogens as well as increased ratio of methylated 2-OH to 4-OH catechol estrogens, a process associated with maintaining hormonal equilibrium.²³

Tributyryn (CoreBiome®)†

Tributyryn is a precursor to butyrate, a short-chain fatty acid that supports a healthy digestive environment and plays a key role in estrogen metabolism. As a bioavailable form of butyrate, tributyrin promotes normal gut barrier function, helping to maintain balanced microbial beta-glucuronidase activity and supporting the gut-liver axis in hormone detoxification.^{24,25,26} By strengthening the gut barrier, butyrate reduces the reabsorption of estrogen metabolites that have already been processed by the liver.²⁷ Through these actions, tributyrin supports efficient estrogen elimination and helps maintain normal hormonal balance.

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Directions

1 capsule per day or as recommended by your healthcare professional.

Does Not Contain

Gluten, yeast, artificial colors or flavors.

Caution

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts ^{V1}		
Serving Size 1 Capsule Servings Per Container 30 & 60		
	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	<1%*
Saturated Fat	0.5 g	3%*
Folate (from 235 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg DFE	100%
Tributyrin (as CoreBiome®)	300 mg	*
Black Kale Seed Extract (Standardized to contain 18 mg Glucoraphanin)	100 mg	*
Turmeric Root Extract (Complete Turmeric Matrix) (Standardized to contain 45-55% Curcuminoids, 3-8% Volatile Oil, 2-6% Turmerin)	100 mg	*
Green Tea Leaf Extract (Standardized to contain 45% EGCg (Epigallocatechin gallate))	50 mg	*
Hops Extract	50 mg	*
* Daily Value not established.		

Other Ingredients: Hypromellose (Natural Vegetable Capsule), Medium Chain Triglycerides, Candelilla Wax and Sunflower Lecithin.

ID# 166030 30 Capsules

ID# 166060 60 Capsules

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