



Introducing Biote

- CountyMed DPC is a Biote Certified Provider in Yorktown, VA!
- Biote is the nation's largest hormone optimization company and has been in business for over 12 years.
- Biote has translated more than 80 years of scientific insight into the foundation of the Biote Method, which identifies and aims to help with the earliest signs of aging.
- We at CountyMed DPC have chosen to partner with Biote because we believe our patients deserve the best – Biote is one of the only hormone optimization companies actively contributing to furthering the science behind hormone optimization.
- We work with each of our patients on an ongoing basis to analyze their symptoms and lab results using customized dosing to develop a unique, personalized treatment plan for each patient.

What is Bioidentical Hormone Replacement Therapy?

- As we age, our bodies naturally start to reduce the amount of hormones like testosterone and estrogen they produce.
- Hormones such as these are incredibly important to how many areas of your body function – such as your brain, heart, bones, reproductive organs, and more.
- When these hormones are out of balance, people can experience a number of different symptoms.
- Bioidentical Hormone Replacement Therapy (BHRT) is a method of restoring the balance of your hormones and aiming to relieve these symptoms, using compounded hormones that are identical in structure to those your body naturally produces. That way, your body recognizes and uses these replacement hormones in exactly the same way it would hormones it produces naturally.

The Biote Method of Bioidentical Hormone Replacement Therapy

- The Biote Method of hormone optimization is the result of condensing over 80 years of scientific research into a program that may help with the earliest signs of aging.
- The Biote Method uses pellets, which are about the size of a grain of rice, for hormone optimization. Dr. Lam at CountyMed DPC inserts these tiny pellets under the skin during a simple, in-office procedure.



- The pellets will then dissolve slowly over time – they only need to be re-administered approximately every 3-5 months, depending on the patient.
- As the pellets dissolve, they release a steady stream of hormones into your bloodstream, and will ultimately be completely absorbed, leaving nothing behind.

The Importance of Hormone Balance

- Most women see a significant drop in estrogen and testosterone during menopause, while many men may experience a similar phenomenon relating to testosterone, known as andropause.
- Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream.
- Hormones are important for regulating most major bodily processes. Because of their essential role in the body, even the smallest hormonal imbalance can cause side effects throughout the body.

Hormone Imbalance Symptoms for Women:

- Fatigue*
- Night sweats*
- Hot flashes or flushes*
- Decreased sex drive*
- Weight gain*
- Trouble sleeping*
- Irritability*
- Anxiousness*
- Mood swings*
- Low mood*
- Discomfort during intercourse*

Hormone Imbalance Symptoms for Men:

- Low sex drive*
- Fatigue*
- Loss of muscle mass*
- Increased body fat (especially in the waist area) *
- Decreased bone mass*
- Mood changes*
- Low mood*
- Irritability*
- Brain fog*
- Elevated blood sugar*
- Stress*
- Anxiousness*
- High cholesterol*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Get Started

- Getting started with hormone optimization is easy!
- Contact us at CountyMed DPC today to discuss if you may be a good candidate for hormone optimization – you will fill out a simple health assessment and schedule bloodwork to evaluate your current hormone levels.
- Your CountyMed DPC Biote Certified Provider will review your lab results with you and develop a personalized care plan based on your results and health goals.
- Most people see results after their first round of pellets, however it may take up to two pellet insertions before experiencing their desired results.

Biote Nutraceuticals

- Biote Nutraceuticals are a line of dietary supplements that have been developed to assist patients who have various vitamin and mineral deficiencies, which may cause low energy, mood swings, poor sleep, and other symptoms.
- ADK 5 & 10 include essential vitamins A, D3, and K2 to support immunity and cardiovascular health. ADK 10 has a full 10,000 IU of vitamin D3 for those who have extra need for this key vitamin.*
- Arterosil® HP supports arterial health, particularly of the endothelial glycocalyx – which is the protective "non-stick" lining of our blood vessels.*
- Bacillus Coagulans contains a well-researched probiotic strain that can survive harsh stomach acid. Used to promote healthy bacterial balance and immune health in the colon, while also helping gut discomfort, bloating, and stool frequency.*
- Best Night Sleep blends calming and relaxing plant ingredients with melatonin, to lessen stress, calm agitation and ease mind and body into restful sleep. It contains no addictive ingredients or sedatives, so that you can expect to wake up refreshed without that groggy feeling.*
- BPC-157 is short for "Body-Protecting Compounds", this peptide may support recovery of your muscles, tissues, and joints. It also may help reduce occasional inflammation. *
- CURCUMIN-SF helps promote healthy inflammatory balance in our joints and other tissues. It also promotes healthy immunity. Curcumin-SF is a premier nutraceutical for healthy aging.*



- DIM SGS+ is a combination of diindolylmethane (DIM), sulforaphane glucosinolate (SGS), and pomegranate that may help promote healthy balance of the body's hormone systems and detoxification defenses.*
- IODINE+ combines iodine with zinc and selenium to help support thyroid health, antioxidant defense, and immune health.*
- METHYL FACTORS+ helps promote circulatory health and maintaining positive mood, while also playing an important support role in the healthy functioning of your body.*
- MULTI-STRAIN PROBIOTIC 20B contains a blend of 4 bacterial strains with 20 billion live probiotics per capsule. It supports regularity, healthy microbiome balance, and stool firmness during antibiotic use.*
- NMN COMPLEX combines NMN (nicotinamide mononucleotide) with the vitamin niacinamide and the powerful antioxidants resveratrol and pterostilbene. Together, these ingredients can help give your body the building blocks needed to produce NAD+, which is a key nutrient for healthy cell maintenance.*
- OMEGA 3 + CoQ10 combines omega-3 EPA and DHA purified from fish oil, along with Coenzyme Q10 ("CoQ"), a vital energy nutrient and antioxidant. It helps promote heart and circulatory health, brain health including positive mood, and healthy inflammatory balance.*
- SENOLYTIC COMPLEX provides 5 plant polyphenols that help protect the aging body against functional decline. It helps promote a healthy inflammatory balance and healthy aging.*
- SERENE contains a potent extract derived from magnolia tree bark, dihydrohonokiol-B (DHH-B), that can help provide on-demand mood support while helping reduce feelings of worry and unease.*
- UROX®+ is crafted from a proprietary blend of three gentle herbs: the stem of the horsetail plant, *Lindera aggregate* root, and Cratevox™ Three-Leaf Caper. These ingredients combine to help minimize feelings of urgency, reduce the frequency of urination, and even lessen or end leaks and other accidents by improving bladder tone and pelvic floor muscles. It's a great option for postpartum women, young women who do intense physical exercise, and menopausal or postmenopausal women. In addition, UROX®+ can benefit men with bladder problems, many of which are inaccurately assumed to result from prostate problems.*

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