



# **Hormone & Wellness Guide**

RENU LONGEVITY

RENEW • REVIVE • THRIVE

[info@renuhampshire.com](mailto:info@renuhampshire.com) • [renuhampshire.com](http://renuhampshire.com)

# Your RenU Journey

*Coaching, check-ins and your protocol, all in one program*

- 1 Create your profile**  
Complete your secure client profile and medical intake online.
- 2 Coaching consult**  
Talk through your goals, schedule, nutrition and training with your RenU coach.
- 3 Telehealth provider visit**  
A licensed provider reviews your health history and decides if a protocol is right for you. If approved, they prescribe your dose.
- 4 Delivered to you**  
Your pharmacy ships directly to your home, or pick up at the gym.
- 5 Ongoing RenU coaching**  
Regular check-ins, Evolt 360 body scans, and nutrition and training adjustments so your results keep building.

**RenU Longevity Programs** bundle your coaching, check-ins and protocol into one simple monthly program, available in 2- and 3-month blocks. Gym members and non-members welcome.

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**Ready to start?** →

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# Testosterone Cypionate

*Restore Your Edge*

Replaces testosterone when labs confirm your levels are low. Your provider sets the dose and monitors your blood work.

## AVAILABLE AS

- Injectable, 3-month supply
- Lab work required before starting and during treatment

## MAY HELP WITH

- ✓ Energy and drive
- ✓ Muscle, strength and recovery
- ✓ Libido and sexual function
- ✓ Mood and mental focus

## POSSIBLE SIDE EFFECTS

- Acne or oily skin
- Fluid retention
- Higher red blood cell count (monitored by labs)
- Lower sperm count and fertility

## NOT FOR YOU IF

- Prostate or breast cancer
- Trying to conceive now or soon
- High red blood cell count or untreated severe sleep apnea
- Uncontrolled heart failure

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telehealth review

**Coaching**  
regular check-ins

**Evolt 360**  
body scans

**Nutrition**  
& training plan

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# Enclomiphene

*Boost Your Own Testosterone*

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An oral medication that signals your brain to make more LH and FSH, so your body raises its own testosterone while protecting fertility.

## AVAILABLE AS

- Oral capsules: 25 mg (90 caps, 3-month supply)
- Lab work required

## MAY HELP WITH

- ✓ Raising natural testosterone
- ✓ Protecting sperm count and fertility
- ✓ Energy, libido and mood
- ✓ Alternative or bridge to TRT

## POSSIBLE SIDE EFFECTS

- Headache
- Hot flashes
- Mood changes
- Vision changes (rare) – stop and call your provider

## NOT FOR YOU IF

- Liver disease
- History of blood clots
- Pituitary tumor
- Uncontrolled thyroid or adrenal disease

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# hCG

## Protect Natural Production

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Mimics LH to keep the testes producing testosterone and sperm. Often paired with TRT or used to restart natural production.

### AVAILABLE AS

- Injectable, 3-month supply
- Lab work required

### MAY HELP WITH

- ✓ Natural testosterone production
- ✓ Restarting hormones after TRT
- ✓ Fertility and testicular size during TRT
- ✓ Energy and libido

### POSSIBLE SIDE EFFECTS

- Injection site soreness
- Headache
- Breast tenderness
- Mood swings

### NOT FOR YOU IF

- Prostate or other hormone-sensitive cancer
- Pituitary tumor
- Uncontrolled thyroid or adrenal disease

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# Women's HRT

*Feel Like Yourself Again*

Bioidentical hormones to replace what declines in perimenopause and menopause. Your provider matches the formula to your symptoms and labs.

## AVAILABLE AS

- Estradiol cream 2 or 4 mg/mL + Progesterone caps up to 200 mg
- Estradiol / Testosterone cream 2/1 or 4/2 mg/mL + Progesterone
- Progesterone caps alone • Testosterone cream 1 or 2 mg/mL
- Vaginal estradiol cream 2 mg/mL • 90-day supplies

## MAY HELP WITH

- ✓ Hot flashes and night sweats
- ✓ Libido and vaginal comfort
- ✓ Sleep and mood
- ✓ Bone health and energy

## POSSIBLE SIDE EFFECTS

- Breast tenderness
- Spotting or bleeding changes
- Bloating or headache
- Drowsiness (progesterone — take at night)

## NOT FOR YOU IF

- History of breast or uterine cancer
- History of blood clots, stroke or heart attack
- Unexplained vaginal bleeding
- Active liver disease or pregnancy

**Coach tip:** If you have a uterus, estrogen is paired with progesterone to protect it.

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# ED Medications

*Confidence, On Your Schedule*

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PDE5 inhibitors improve blood flow to help with erections. Tadalafil lasts up to 36 hours, and a low daily dose also helps urinary flow.

## AVAILABLE AS

- Sildenafil (generic Viagra): 20 mg or 100 mg (20 caps)
- Tadalafil (generic Cialis): 5 mg daily (60 caps), 10 or 20 mg (20 caps)
- Vardenafil: 20 mg (20 caps)

## MAY HELP WITH

- ✓ Firmer, more reliable erections
- ✓ Urinary flow (daily tadalafil)
- ✓ On-demand or daily options
- ✓ Confidence and intimacy

## POSSIBLE SIDE EFFECTS

- Headache or flushing
- Stuffy nose
- Indigestion
- Back or muscle aches (tadalafil)

## NOT FOR YOU IF

- Taking nitrates (nitroglycerin) or riociguat
- Recent heart attack or stroke, or told sex isn't safe
- Very low blood pressure
- Sudden vision or hearing loss in the past

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# Tadalafil / Oxytocin / PT-141

*The Intimacy Blend*

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Three-in-one: tadalafil for blood flow, oxytocin for connection and arousal, and PT-141 to switch on desire in the brain.

## AVAILABLE AS

- Dissolvable tablets: 22 mg / 50 IU / 100 mcg (10 tabs)
- Nasal spray: 50 mg / 600 IU / 2.5 mg per mL (10 mL)

## MAY HELP WITH

- ✓ Desire and arousal
- ✓ Emotional connection
- ✓ Physical response
- ✓ Men and women

## POSSIBLE SIDE EFFECTS

- Headache or flushing
- Nausea
- Stuffy nose
- Temporary rise in blood pressure

## NOT FOR YOU IF

- Taking nitrates (nitroglycerin) or riociguat
- Uncontrolled high blood pressure or heart disease
- Recent heart attack or stroke
- Pregnant

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# Hair Restoration Capsules

*Thicker, Fuller Hair*

Once-daily capsules that combine low-dose oral minoxidil to boost growth with DHT blockers (finasteride or dutasteride) or hormone-free support.

## AVAILABLE AS

- Finasteride 1 mg / Minoxidil 2.5 mg / Biotin / Vit D3 / Vit K2
- Dutasteride 0.5 mg / Minoxidil 2.5 mg / Biotin / Vit D3 / Vit K2
- Minoxidil 2.5 mg / Biotin / Vit D3 / Vit K2 (hormone-free)
- Minoxidil 2.5 mg / GHK-Cu 5 mg / Apigenin / Fisetin (hormone-free)
- 30 capsules each, one daily

## MAY HELP WITH

- ✓ Slowing hair loss
- ✓ Scalp and follicle nutrition
- ✓ Regrowth and thicker strands
- ✓ Hormone-free options for women

## POSSIBLE SIDE EFFECTS

- Unwanted facial or body hair
- Fluid retention or fast heartbeat (minoxidil)
- Lower libido or ED (finasteride, dutasteride)
- Biotin can skew lab results — pause before blood work

## NOT FOR YOU IF

- Pregnant or may become pregnant (finasteride and dutasteride must not be handled)
- Low blood pressure or heart conditions (minoxidil)
- Liver disease (dutasteride)

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# Low Dose Naltrexone (LDN)

*Calm the Inflammation*

A very low dose of naltrexone that may help calm inflammation and rebalance the body's natural endorphins.

## AVAILABLE AS

- Oral capsules: 1, 3 or 4.5 mg (30 caps)

## MAY HELP WITH

- ✓ Inflammation and chronic aches
- ✓ Immune balance
- ✓ Mood and sleep support
- ✓ Weight-program support

## POSSIBLE SIDE EFFECTS

- Vivid dreams
- Trouble sleeping at first
- Headache
- Mild nausea

## NOT FOR YOU IF

- Taking any opioid pain medication (blocks it)
- Severe liver disease
- Pregnant or breastfeeding without provider approval

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# Ondansetron

## *Nausea Relief*

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An anti-nausea medication often added when starting or increasing a GLP-1 like semaglutide or tirzepatide.

### AVAILABLE AS

- Oral tablets: 4 mg (20 tabs)
- Optional, on request or when your provider recommends it

### MAY HELP WITH

- ✓ Nausea during GLP-1 dose increases
- ✓ Staying on track with your program

### POSSIBLE SIDE EFFECTS

- Constipation
- Headache
- Dizziness or tiredness

### NOT FOR YOU IF

- Long QT or certain heart-rhythm conditions
- Taking apomorphine
- Allergy to similar anti-nausea medicines

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**Let's build your plan.**

ASK YOUR RENU COACH

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