Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Female Hormone Balance (Oral)

MAINTENANCE PROTOCOL PACK

HORMONE HARMONY • METABOLIC SUPPORT • REJUVENATION • WHOLE-BODY WELLNESS

PROTOCOL OVERVIEW

The Female Hormone Balance & Rejuvenation Maintenance Protocol (Oral) continues the daily oral hormone program of the full pack, supporting hormone harmony, stress resilience and whole-body wellness, without the Detox Kit.

KEY BENEFITS

- ✓ Supports natural hormone balance
- ✓ Same daily hormone schedule as the full pack
- ✓ Builds stress resilience and steady energy
- ✓ Supports healthy aging and cellular repair

WHAT'S INCLUDED



EndoPure Pro (Progesterone)
Homeopathic progesterone balance support.



EndoPure Estro (Estrogen)
Homeopathic estrogen balance support.



EndoPure Testos Female
Homeopathic testosterone balance support for women.



BioAge Reverse
Supports healthy aging, cellular repair and vitality.



#13 Female Endocrine (MBM)
Supports overall female endocrine health.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
EndoPure Estro	5 drops						5 drops	AM and PM, Mon-Fri, all month long.
EndoPure Testos Female	5 drops						5 drops	AM and PM, Mon-Fri, all month long.
EndoPure Pro (Progesterone)	5 drops						5 drops	AM and PM, Mon-Fri, second half of cycle only. If cycle is unknown due to irregularities, use day 1 of the calendar month to run the protocol.
MBM Female (Female Endocrine)	5 drops						5 drops	Sublingual. All month long, Monday-Friday.
BioAge Reverse	5 drops						5 drops	Sublingual. All month long, Monday-Friday.

PROTOCOL NOTES

- Eliminate sugar.
- Wean off caffeine and avoid caffeine during this protocol.
- Follow a nutrient-dense, anti-inflammatory diet rich in organic vegetables, lean proteins and healthy fats.
- Stay hydrated with filtered water and support detoxification daily.
- Optional additions from any quality brand: omega-3 fish oil with meals and magnesium glycinate in the evening.

LAB RECOMMENDATION: SALIVA HORMONE TEST

Assess estrogen, progesterone, testosterone, cortisol and other key markers to identify imbalances and personalize your protocol.

PURCHASE SALIVA HORMONE TEST

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*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. Consult the product label for full ingredient and usage information.