Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Female Hormone Balance (Oral)

REJUVENATION PROTOCOL PACK

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

PROTOCOL OVERVIEW

The Female Hormone Balance & Rejuvenation Protocol (Oral) is a comprehensive non-HRT program supporting hormone harmony, healthy estrogen clearance, stress resilience and whole-body wellness through daily oral support.

KEY BENEFITS

- ✓ Supports natural hormone balance
- ✓ Supports liver detoxification and estrogen clearance
- ✓ Builds stress resilience and steady energy
- ✓ Includes a complete Full Body Detox Kit
- ✓ Supports healthy aging and cellular repair

WHAT'S INCLUDED



EndoPure Pro (Progesterone)
Homeopathic progesterone balance support.



EndoPure Estro (Estrogen)
Homeopathic estrogen balance support.



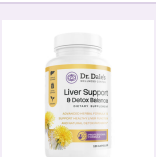
EndoPure Testos Female
Homeopathic testosterone balance support for women.



BioAge Reverse
Supports healthy aging, cellular repair and vitality.



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



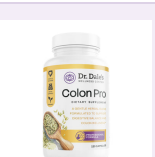
Liver Pro
Full Body Detox Kit: liver detoxification and bile flow.



Kidney Pro
Full Body Detox Kit: kidney function and fluid balance.



Whole Body Immune Defense
Full Body Detox Kit: immune function and wellness.



Colon Pro
Full Body Detox Kit: regular elimination support.

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.

FULL BODY DETOX KIT (INCLUDED)

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
Liver Pro		3 capsules		3 capsules		3 capsules		With meals. Monday-Friday, weekends off.
Kidney Pro		3 capsules		3 capsules		3 capsules		With meals. Monday-Friday, weekends off.
Whole Body Immune Defense		3 capsules		3 capsules		3 capsules		With meals. Monday-Friday, weekends off.
Colon Pro		1-2 capsules		1-2 capsules		1-2 capsules		With meals. Daily, all week.

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.
- The included Full Body Detox Kit runs with meals, Monday-Friday, alongside the hormone program.

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.