


MORPH PROVIDER NETWORK

HEALTH OPTIMIZATION



OPTIMIZING HEALTH

At morph, our mindset is not just fixing a problem. It is about optimizing patients and giving providers the tools they need to optimize the health and wellness of every patient they treat.





LAB OPTIMIZATION



What is normal vs optimized?

LAB VALUE	NORMAL RANGE	OPTIMIZED RANGE
TSH	0.450 - 4.500	<1.0
FREE T4	0.82 - 1.77	>1
FREE T3	2.0 - 4.4	3.3 - 5
MALE TESTOSTERONE	264-916	916 - 1250
FEMALE TESTOSTERONE	10-50	50 - 150
VITAMIN B12	232-1245	1250 - 1500
VITAMIN D	30.0-100.0	100 - 130
MALE ESTRADIOL	7.6-42.6	20 - 30
FEMALE ESTRADIOL	Postmenopausal <6.0 - 54.7	50 - 70
PROGESTERONE	Postmenopausal 0-0.2	3 - 6

MALE TESTOSTERONE REPLACEMENT



- TESTOSTERONE CYPIONATE
 - Testosterone cypionate with anastrozole to prevent estradiol levels from increasing
 - Inject 3x a week IM or SQ
 - Start dosing at .25 to .33 ml MWF
 - 10 ml vial will last approximately 10-12 weeks depending on dosage
- HCG
 - Stimulates FSH and LH to increase Testosterone
 - Dosed at 200-500 IU MWF
 - 12,000 IU vial will last about 10 weeks
 - Increases sertoli cells to make males have higher sperm counts
 - Increase testicle size
- ENCLOMIPHENE
 - Increases FSH and LH and maintains testicle size
 - Not as good as HCG
 - Can cause laziness in males

FEMALE TESTOSTERONE REPLACEMENT



- TESTOSTERONE CYPIONATE
 - Dosing starts at Injecting 0.3 – 0.5mL 1x a week OR Injecting 0.15 -0.25mL 2x a week
 - IM or SQ injections
 - 25mg/mL (5mL) Vial will last approximately 10-16 weeks
 - Optimal goal for female testosterone level is 50 - 150
- BENEFITS
 - Increases energy
 - Increases sex drive
 - Increases fat loss
 - Increases metabolism
 - Increases lean muscle mass
 - Decreases depression and anxiety

FEMALE ESTRADIOL

- OPTIMAL LEVEL 50 - 70
- WITH PROGESTERONE THERAPY, NEVER ALONE

- **BENEFITS**

- Relieves menopausal conditions like hot flashes
- Treats low estrogen levels in women with ovarian failure
- Decreases heart disease and osteoporosis
- Increases vaginal conditions
- Decreases risk of dementia

- **CONTRAINDICATIONS**

- Undiagnosed abnormal genital bleeding
- Liver disease
- History of active blood clots
- Estrogen dependent neoplasms, such as breast or ovarian cancer
- Known or suspected pregnancy



PROGESTERONE THERAPY

- OPTIMAL LEVEL 3 – 6
- DOSING STARTS AT 100 MG CAPSULE Q PM

- BENEFITS

- Restricts estrogen synthesis
- Suppresses the function of the enzymes that promote estrogen production
- Lowers breast cancer risk
- Improves heart health
- Reduces night sweats


- CONTRAINDICATIONS

- Pre-existing breast cancer or cancer of reproductive organs
- Undiagnosed vaginal bleeding
- Known hypersensitivity to ingredients
- Known or suspected pregnancy
- Benign or malignant tumors
- Severe cirrhosis or acute liver disease





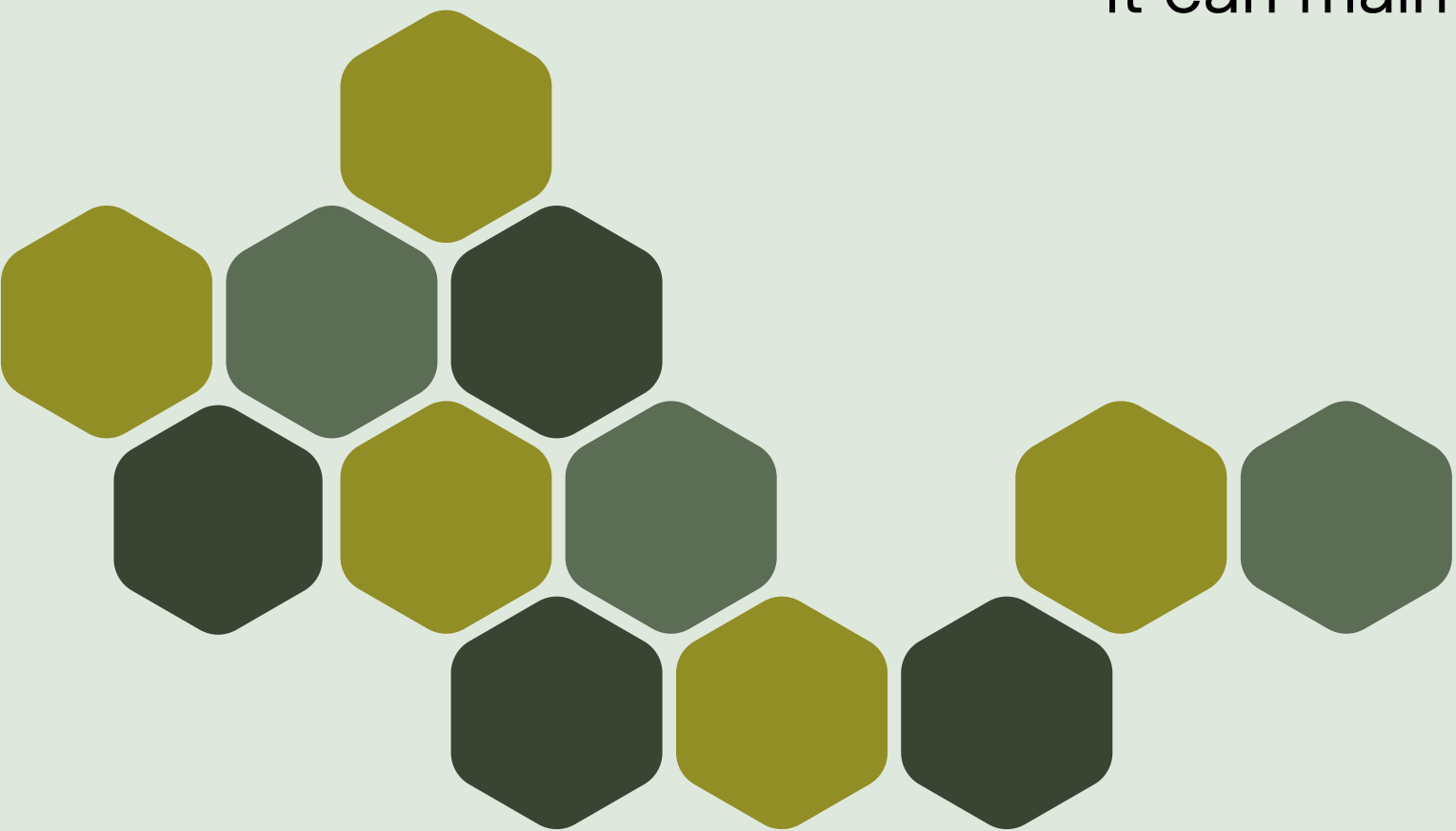
THYROID HORMONES

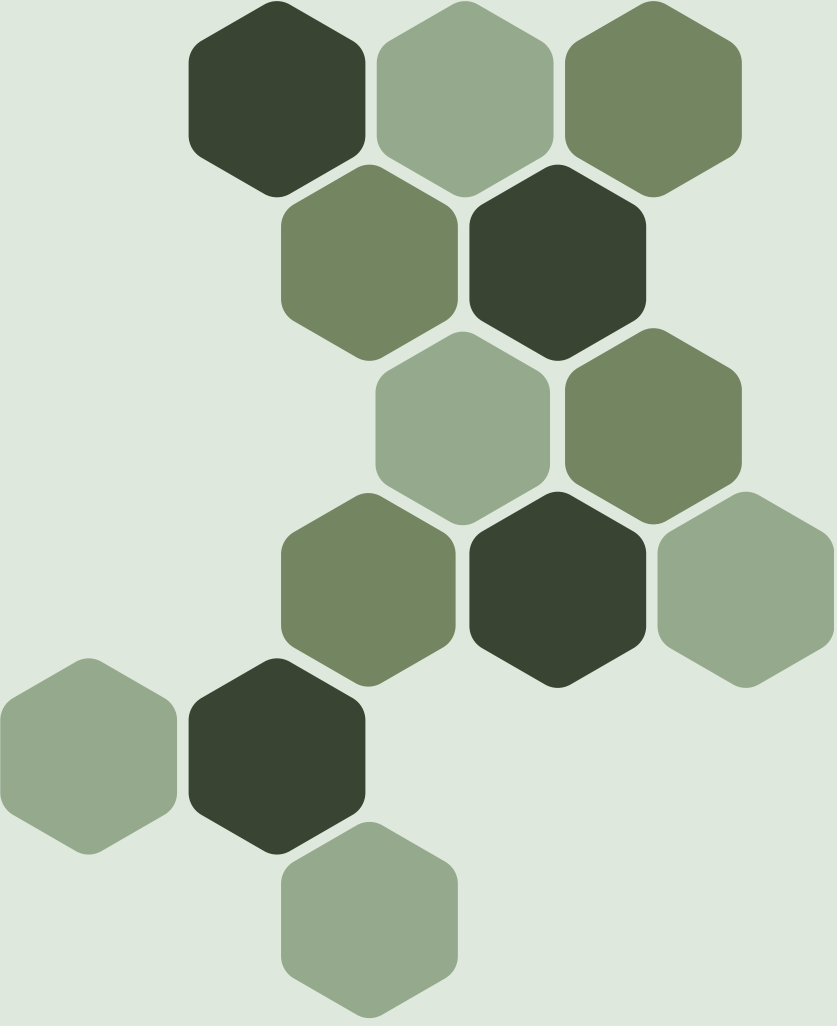
- START LOW
 - 45mg of our Thyroid Support Capsule can sometimes be effective enough in treatment of hypothyroidism
 - BIOIDENTICAL
 - CONTAINS BOTH T3 AND T4
 - Synthroid only T4, not as effective
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VITAMIN D

- 50,000 IU for 10 weeks, usually is enough to get level back to 100
- Oral vitamins absorption is 1-2 percent, meaning it can maintain levels but never optimize

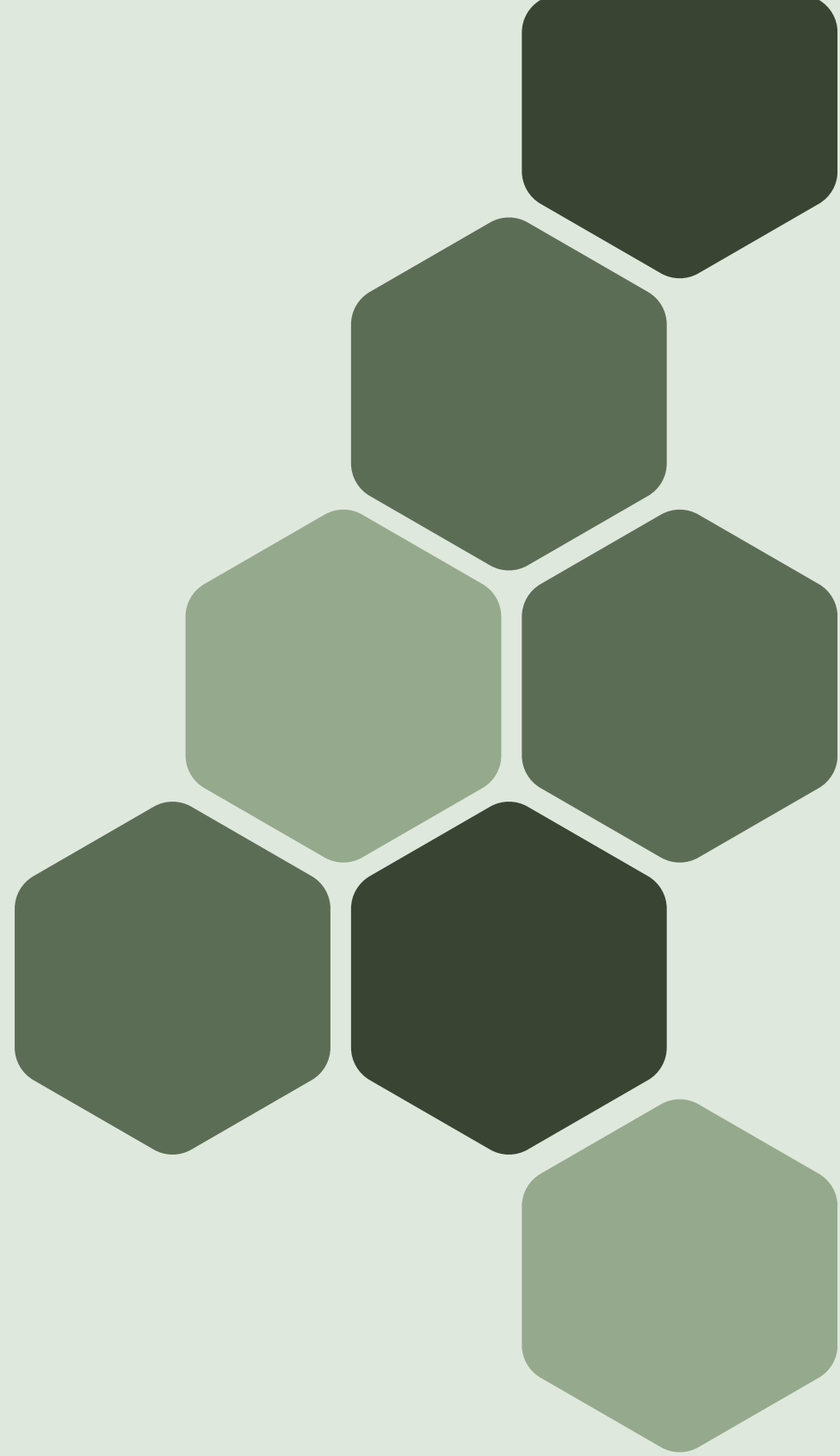




VITAMIN B12

- 1,000 mcg weekly for 10 weeks
- Oral vitamins absorption is 1-2 percent, meaning it can maintain levels but never optimize





THANK YOU