



Adrenal Restoration: Notes on Taking Bioidentical Adrenal Hormones

I use Biomatrix with excellent results in most people. Here are some notes and precautions, taken from their website clinician's document:

BioMatrix® sublingual hormone products contain alcohol, making them true sublinguals. A small amount of alcohol is required to keep the active ingredients suspended in solution. Alcohol also rapidly transfers the ingredients into the bloodstream attaining 99% absorption. This delivery method bypasses possible malabsorption in the digestive process and minimizes oxidative damage to the ingredients. The alcohol is NOT absorbed.

Advantages of Sublingual Hormone Delivery

- Mimics body's own delivery system
- 99% absorption
- Accuracy of timing of delivery
- Avoidance of malabsorption due to GI problems
- Minimizes oxidative damage to ingredients

Methods for decreasing burning sensation caused by alcohol (if applicable):

- Place a couple drops of vitamin A or E mycelized oil under your tongue just before taking sublingual hormones. This helps to decrease the irritation experienced by some people. If you are sensitive to the alcohol in sublinguals it's often as a result of mucosal tissue sensitivity, often due to vitamin A deficiency.
- Dilute the hormone drops with a teaspoon of water and hold the solution in your mouth for two minutes or longer before swallowing.
- Place the sublinguals on the top of your tongue. This also helps to decrease the sensitivity to alcohol. Hold in your mouth as long as possible before swallowing.
- Sublingual drops may be mixed with water and taken orally. Since this reduces the absorption, double the recommended number of drops, put them in water and drink the solution. Either with or without food is okay.

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- Sublingual drops may be taken 10 to 15 minutes before or after meals (rinse away food particles in mouth first).
- Always shake bottle before use.
- Hold drops under your tongue for 2 minutes before swallowing.
- You can use a mirror to count drops if you are not sure.

For all follow-up salivary hormone testing while still on hormones, double the number of drops, mix them in a small glass of water and drink, starting 4-5 days before salivary hormone testing, or stop all sublinguals 4-5 days prior to testing. The first method tests how you are doing on the hormones, and the second tests how you're doing off the hormones.