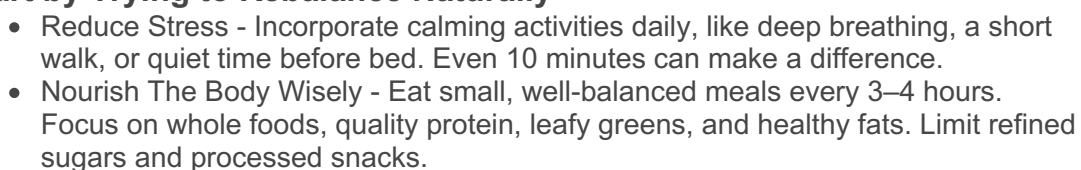




## WEIGHT LOSS



- Sleep Smarter - Create a calming bedtime routine. Try to go to bed and wake up at the same time every day, even on weekends.
- Hydrate + Replenish Minerals - Add a pinch of Celtic sea salt or trace mineral drops to your water to support electrolyte balance, especially if you're feeling dizzy or lightheaded.

## Nutrients & Supplements That May Help

Many people benefit from targeted adrenal support. Our team can talk with you and your provider about nutritional supplementation, but commonly recommended options include:

- Vitamin C – Helps with cortisol production
- B-Complex Vitamins – Especially B5 and B6 for adrenal function
- Magnesium Glycinate – Supports relaxation and stress resilience
- Adaptogens – Herbal ingredients like Ashwagandha, Rhodiola, and Holy Basil may help the body adapt to stress
- Licorice Root (Deglycyrrhizinated) – May support cortisol levels when used properly

We carry professional-grade supplements you can trust.

## Compounded Medications That May Support Adrenal Health

When the adrenal system is under long-term stress, the body may not produce hormones as efficiently as it should. In certain cases, compounded medications may help restore balance. These may include:

- **DHEA (Dehydroepiandrosterone):** DHEA is a hormone made by the adrenal glands and plays a role in creating other important hormones like estrogen and testosterone. Supplementing with DHEA may be helpful when levels are low due to adrenal burnout or ongoing stress.
- **Pregnenolone:** Pregnenolone helps make several other hormones, including cortisol, estrogen, progesterone, and testosterone. Under chronic stress, the body may use most of its pregnenolone to produce extra cortisol, leaving less available for everything else. This is sometimes called “cortisol steal.” Replenishing pregnenolone may help support overall hormone balance.
- **Low-Dose Corticosteroids:** In more severe cases of adrenal dysfunction, the body might struggle to produce enough cortisol. In these situations, short-term, low-dose corticosteroid therapy may be considered.

***Whether you're starting your adrenal recovery journey or already working with a provider, our pharmacist is here to help. Contact us to learn more about adrenal health.***

## Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

[REVIEW US ON GOOGLE](#)

### ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)

### REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and

### HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**



**HOURS:** Monday - Friday 9am - 5:30pm  
Closed for lunch 12:30pm - 1pm  
Closed Saturday and Sunday

Central Compounding Center South | 2609 N Duke St Suite 103 | Durham, NC 27704 US

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