



Dr. Techy says,  
"Pregnenolone and  
DHEA are OTC."

**FEBRUARY, 2014**  
**BULLETIN 17**

**COMMON QUESTIONS**  
**SERIES NO. 7**

## **WHICH HORMONE FORMULATIONS SHOULD YOU USE?**

### **BASIC REPLACEMENT RULES**

#1 — USE BIOIDENTICAL HORMONES WHENEVER POSSIBLE

#2 — KNOW WHICH HORMONES HAVE POOR ORAL BIOAVAILABILITY

- Good Oral Bioavailability
  - ✓ Hydrocortisone and Cortisol
  - ✓ Dehydroepiandrosterone (DHEA)
  - ✓ Progesterone
  - ✓ Estrogen
- Poor Oral Bioavailability
  - ✓ Testosterone
- Intermediate Bioavailability
  - ✓ Pregnenolone

### **COMMON ROUTES OF ADMINISTRATION**

**TOPICAL:** TESTOSTERONE, PROGESTERONE

**SUBLINGUAL:** PREGNENOLONE, DHEA

**ORAL:** HYDROCORTISONE/CORTISOL, DHEA, PREGNENOLONE,  
PROGESTERONE

**INJECTABLE:** TESTOSTERONE

**Contact Information:**  
Tennant Foundation  
334 S. Glendora Ave.  
West Covina, CA 91740-3043  
Ph: 626-919-7476  
Fax: 626-919-7497  
E-mail: veractinc@msn.com



**Information  
Network**

Dr. Hormone says,  
"Hormone  
replacement is very  
safe if you stay within  
normal serum range."

