

THERAPY / FORM

PURPOSE

BEST CANDIDATE

REQUIRED LABS

Weight Management & Metabolic Health

[Semaglutide](#)

SUBLINGUAL, INJECTION

Weight loss, BMI 27 or above

BMI of 27 or above, with or without insulin resistance. With glycine for muscle maintenance, or with B12 for energy

Labs to continue after 90 days, then annually

[Semaglutide \(Microdose\)](#)

SUBLINGUAL, INJECTION

Weight loss, BMI 20.0 or above

BMI of 20.0 or above, or normal BMI with insulin resistance; off label for inflammation (PMOS, endometriosis, Hashimoto's, MCAS). With glycine for muscle maintenance, or with B12 for energy

Labs to continue after 90 days, then annually

[Tirzepatide](#)

SUBLINGUAL, INJECTION

Weight loss, BMI 27 or above

BMI of 27 or above, with or without insulin resistance. With glycine for muscle maintenance, or with B12 for energy

Labs to continue after 90 days, then annually

[Tirzepatide \(Microdose\)](#)

SUBLINGUAL, INJECTION

Weight loss, BMI 20.0 or above

BMI of 20.0 or above, or normal BMI with insulin resistance; off label for inflammation (PMOS, endometriosis, Hashimoto's, MCAS). With glycine for muscle maintenance, or with B12 for energy

Labs to continue after 90 days, then annually

[Lipo-Mino](#)

INJECTION

Not available in CA, MS

Fat loss, metabolic support

Adults seeking fat loss and added metabolic support

No labs

[CJC-1295 + Ipamorelin](#)

INJECTION

Fat loss, preserve or build muscle

Adults seeking fat loss and muscle gain support; strong pairing with GLP-1

No labs

[Tesamorelin](#)

INJECTION

Fat loss (especially visceral), preserve or build muscle

Adults seeking fat loss (particularly abdominal) and muscle gain support; strong pairing with GLP-1

No labs

[SS-31](#)

INJECTION

Mitochondrial health

Adults with brain fog, fatigue, metabolic concerns, or an interest in general longevity.

No labs

[MOTS-c](#)

INJECTION

Mitochondrial function, metabolic health

Adults with metabolic health concerns or an interest in general longevity.

No labs

Hormonal & Sexual Health

Not available in AL, LA, WV due to state laws

[Testosterone \(Men's\)](#)

INJECTION, CREAM

Not available in AL, LA, WV due to state laws

Increase testosterone

Men with low-T labs plus symptoms: low libido, exercise intolerance, fatigue, brain fog, irritability, central weight gain

Labs to start, at 90 days, then annually

[Enclomiphene](#)

ORAL

Not available in AL, LA, WV due to state laws

Increase testosterone

Low-T men who want to preserve fertility or avoid TRT

Labs to start, at 90 days, then annually

[hCG](#)

INJECTION

Not available in AL, LA, WV due to state laws

Testicular function; increase testosterone

Low-T men preserving fertility while on TRT, or wanting to avoid TRT

Labs to start, at 90 days, then annually

[Anastrozole](#)

ORAL

Not available in AL, LA, WV due to state laws

Lower excess estradiol on TRT

TRT men with high-estradiol signs: low libido, breast growth or tenderness, fatigue, brain fog. Always taken with testosterone, never alone

No labs

[Estradiol \(Systemic\)](#)

PATCH, CREAM

Ease menopause symptoms

Menopausal-transition-age women (or surgical menopause / primary ovarian failure): hot flashes, night sweats, low bone density, rising visceral fat or insulin resistance

No labs

THERAPY / FORM	PURPOSE	BEST CANDIDATE	REQUIRED LABS
Estradiol (Vaginal) CREAM	Vaginal and urinary comfort	Menopausal-transition-age women (or surgical menopause / primary ovarian failure): vaginal irritation, dryness, pain with sex, recurrent UTIs or yeast infections	No labs
Progesterone ORAL	Sleep and mood support	Women with sleep disturbance, anxiety, palpitations, mood swings; can predate menopause	No labs
Testosterone (Women's) CREAM, INJECTION <i>Not available in AL, LA, WV due to state laws</i>	Libido, energy, focus	Women already on estrogen plus progesterone who still have low libido, brain fog, or irritability	Cream: none Injection: labs to start, 90 days, annually
PT-141 (Bremelanotide) INJECTION	Libido and arousal	Men and women with low desire or trouble with arousal who want an on-demand option. No more than 8 uses per month	No labs
Longevity & Immunity			
NAD+ INJECTION	Energy, lower inflammation, longevity	Longevity-focused adults, or chronic inflammatory syndromes (ME/CFS, cardiometabolic, autoimmune)	No labs
Glutathione INJECTION	Lower inflammation, detox, immunity, longevity	Cardiometabolic or longevity-focused adults seeking anti-inflammatory or detox support	No labs
Low Dose Naltrexone ORAL	Lower inflammation, pain relief, sleep support	Chronic inflammatory or autoimmune conditions, or chronic pain (fibromyalgia, IBS, ME/CFS), or strong pairing with GLP-1	No labs
Thymosin Alpha-1 INJECTION	Lower inflammation, autoimmune activity, seasonal illness	Autoimmune conditions, immune dysfunction (e.g. recurrent sinusitis), or seasonal illness support (cold/flu)	No labs
Epithalon INJECTION	Cellular aging, sleep, possible ovarian aging	Longevity-focused adults, sleep concerns (shift work, frequent travel across time zones), fertility or ovarian aging	No labs
Performance, Recovery & Sleep			
Sermorelin INJECTION	Muscle preservation, improved sleep	Muscle-mass concerns (age or GLP-1 related); insomnia or anxiety, especially while on a GLP-1	No labs
BPC-157 INJECTION	Recovery from injury or training, gut health	Adults with muscle or ligament injury or difficulty bouncing back from hard workouts	No labs
Wolverine (BPC-157 + TB-500) INJECTION	Recovery from injury or training, reduce inflammation	Adults with muscle or ligament injury or difficulty bouncing back from hard workouts	No labs
GLOW (BPC-157 + TB-500 + GHK-Cu) INJECTION	Same as Wolverine + soft tissue health (skin, nails, blood vessels)	Same goals as Wolverine in addition to hair/skin/nail support and possible vascular health benefits	No labs
KLOW (BPC-157 + TB-500 + GHK-Cu + KPV) INJECTION	Same as Glow + chronic pain or gut health	Same goals as Glow in addition to addressing chronic pain or gut health	No labs
Semax + Selank INJECTION	Anxiety, focus, brain health	Adults with anxiety or difficulty focusing; high risk family history of dementia or genomics (e.g. APOE E4)	No labs

THERAPY / FORM	PURPOSE	BEST CANDIDATE	REQUIRED LABS
Aesthetics			
<u>GHK-Cu (Topical)</u> CREAM	Skin radiance and firmness	Adults reporting skin thinning, dullness, or loss of firmness	No labs
<u>GHK-Cu (Injectable)</u> INJECTION	Skin radiance and firmness, connective tissue support	Adults reporting skin thinning, dullness, or loss of firmness, or interested in reducing inflammation in joints, blood vessels, or connective tissue	No labs

Labs & Panels

Comprehensive Panel MOST POPULAR

Glucose, Urea Nitrogen (BUN), Creatinine, eGFR, BUN/Creatinine Ratio, Sodium, Potassium, Chloride, Carbon Dioxide, Calcium, Protein Total, Albumin, Globulin, Albumin/Globulin Ratio, Bilirubin Total, Alkaline Phosphatase, AST, ALT, Cholesterol Total, HDL Cholesterol, Triglycerides, LDL-Cholesterol, LDL/HDL Ratio, Chol/HDL Ratio, Non-HDL Cholesterol, White Blood Cell Count (WBC), Red Blood Cell Count (RBC), Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW, Platelet Count, MPV, Absolute Neutrophils, Absolute Lymphocytes, Absolute Eosinophils, Absolute Basophils, Neutrophils (%), Eosinophils (%), Basophils (%), Iron Total, Iron Binding Capacity, % Saturation, Ferritin, Estradiol, FSH, LH, Testosterone Total, Testosterone Free, TSH, Free T3, Free T4, Progesterone, SHBG, Free PSA, Total PSA, hs-CRP, Lipo(a), ApoB, Uric Acid, Homocysteine, Fasting Insulin, Hemoglobin A1c, Leptin, Vitamin D, Vitamin B12, Folate, Magnesium (RBC), Zinc, Cortisol AM, DHEA-S (+ Free PSA, Total PSA, Prolactin for men only)

REQUIRED PANELS

Lab testing helps ensure safety, gather data on biomarker improvements, and allows the clinician to personalize dosage and titration.

GLP-1 Panel

Required for GLP-1 medications within 90 days of starting, then annually

CMP, CBC, Hemoglobin A1c, TSH, Free T3, Free T4, Vitamin B12, Lipid Panel, Vitamin D

INITIAL (BEFORE STARTING)

Women's TRT Initial Panel

Required for testosterone injections, within 12 months before starting

CMP, CBC

Men's TRT Initial Panel

Required for TRT, hCG, or enclomiphene, within 6 months before starting
CMP, CBC, TSH, Free T4, Testosterone (free and total), Estradiol, LH and FSH, SHBG, DHEA Sulfate, PSA (free and total), Cortisol (serum, AM), Prolactin, Ferritin

MAINTENANCE (ONGOING)

Women's TRT Maintenance Panel

Required for testosterone injections or gel within 90 days, then annually

CMP, CBC, TSH, Free T4, Testosterone (free and total), Estradiol, LH and FSH, SHBG, DHEA Sulfate, Progesterone, Cortisol (serum, AM), Vitamin D

Men's TRT Maintenance Panel

Required for TRT, hCG, or enclomiphene within 90 days, then annually
CMP, CBC, Testosterone (total + free), Estradiol, LH and FSH, SHBG, PSA (free and total)

Plus 30+ additional panels available.

Questions? Partners: contact partnersuccess@altrohealth.com

Clients: message the clinical team via the portal

Reminder: This sheet is for educational purposes only and does not constitute medical advice. All medications require clinical approval, and prescribing decisions are made by the licensed independent medical practice. Off-label uses and level of clinical evidence are noted where applicable in the full product guides.

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All content was provided, reviewed, and approved by the medical director of the clinical team.