

Aromatase Inhibitors

Aromatase plays a crucial role in the body by overseeing the transformation of testosterone into estradiol. When men experience testosterone levels below the optimal range, it becomes essential to explore methods for reducing or inhibiting this conversion. Various foods, herbs, and supplements are available to impede or slow down aromatase activity. Consequently, for men with suboptimal testosterone levels, decreasing aromatase activity becomes a valuable approach to fostering and enhancing healthy testosterone levels.



Enzyme Conversion

Foods that Inhibit Aromatase	Herbs that Inhibit Aromatase	Nutrients/ Phytonutrients that Inhibit Aromatase
<ul style="list-style-type: none"> » Dietary fiber » Flax seed (lignans) » Soy (isoflavones) » Grape Seed extract (proanthocyanidins) » White button mushrooms » Green tea 	<ul style="list-style-type: none"> » Stinging Nettle Root (Urtica dioica) 	<ul style="list-style-type: none"> » Quercetin » Vitamin C » Chrysin » Zinc

Use the following foods and supplement support as instructed by your Medical Maven provider:

PRESCRIPTION:	NOTES:		
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <input type="checkbox"/> Dietary fiber _____ <input type="checkbox"/> Soy isoflavones _____ <input type="checkbox"/> Flax seed (lignans) _____ <input type="checkbox"/> Nettle root _____ <input type="checkbox"/> Grape seed extract (proanthocyanidins) _____ </td> <td style="width: 50%; border: none;"> <input type="checkbox"/> Vitamin C _____ <input type="checkbox"/> Chrysin _____ <input type="checkbox"/> Zinc _____ <input type="checkbox"/> Green tea _____ <input type="checkbox"/> Quercetin _____ <input type="checkbox"/> White button mushrooms _____ <input type="checkbox"/> Other: _____ </td> </tr> </table>	<input type="checkbox"/> Dietary fiber _____ <input type="checkbox"/> Soy isoflavones _____ <input type="checkbox"/> Flax seed (lignans) _____ <input type="checkbox"/> Nettle root _____ <input type="checkbox"/> Grape seed extract (proanthocyanidins) _____	<input type="checkbox"/> Vitamin C _____ <input type="checkbox"/> Chrysin _____ <input type="checkbox"/> Zinc _____ <input type="checkbox"/> Green tea _____ <input type="checkbox"/> Quercetin _____ <input type="checkbox"/> White button mushrooms _____ <input type="checkbox"/> Other: _____	<ul style="list-style-type: none"> » Quercetin » Vitamin C » Chrysin » Zinc
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These recommendations should be followed under the supervision and guidance of a qualified health

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