

# Max Male Treatment Protocol

HRT Doctors doesn't just eliminate existing hormone deficiencies, but stimulates the testicular production of testosterone. We combine our testosterone treatment protocol with enclomiphene citrate and anastrozole to help prevent the accumulation of metabolites, such as estrogen, to reduce adverse side effects. Max Male is administered using one injectable medication, and two oral.

**Testosterone Cypionate**, is an organic ester with a longer half-life than other forms of injectable testosterone. **Enclomiphene Citrate** is used to raise serum total testosterone levels while maintaining sperm counts in the normal range. **Anastrozole** is used as an aromatase inhibitor to counteract the male body's tendency to create more estrogenic hormones when testosterone supplements are introduced. Estradiol can bind to testosterone molecules, rendering them unavailable to receptors in organs, muscles, bones, brain, and tissue.



## YOUR KIT INCLUDES



25g x 5/8"  
injection needles  
for testosterone



21g x 1"  
draw needles  
for testosterone



Alcohol  
Prep Pads



Testosterone  
200 mg/ml



Anastrozole 0.5mg  
tablets; (1 tablet 2x week)



Enclomiphene Citrate 25mg  
capsule; (1 capsule 2x week)

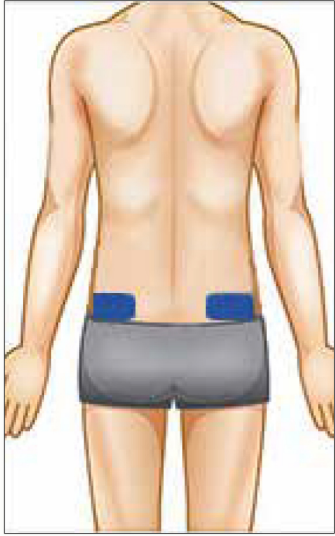


1ml  
luer-lock  
syringes

# Max Male Subcutaneous Injectable Instructions

For Testosterone, use the luer-lock syringe (no orange tip) with the needle attachments shown in blue and green in the example. Attach the larger needle to draw medication into the syringe. Switch to the smaller needle to use for your subcutaneous injection.

## Body Diagram



### Dosage

0.5ml to be injected



### Injection Site

Target fatty area on sides of hip, just above & behind the point of the hip bone.



### Daily Usage

Inject dosage twice weekly at least 3 days apart.

Suggested: Monday and Thursday

### Supplies you will need

- Testosterone Vial
- Alcohol swabs
- 1ml luer-lock syringes (no orange tip)
- 21g x 1" draw needles for testosterone
- 25g x 3mL x 5/8" injection needles for testosterone



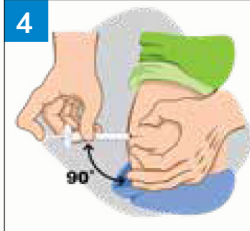
## Injection Instructions



1

### Step 1

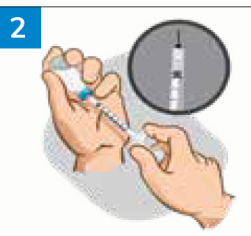
Wash your hands with soap and warm water, getting the back of your hands, in between your fingers, and under your fingernails. Clean injection site with alcohol swab.



4

### Step 4

Bring the filled needle to your skin at a straight, 90-degree angle, and stick into your skin, just deep enough to enter the layer of fat above your muscle.



2

### Step 2

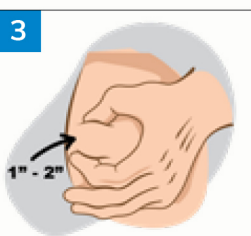
Using the longer green needle draw 0.5ml of testosterone into luer-lock syringe. Then take the green draw needle off syringe and lock the blue injection needle in place. Tap syringe to remove any air bubbles.



5

### Step 5

Slowly press the plunger, emptying the needle into this layer of fat. Keep the needle in place for 10 seconds after you've pushed in the Testosterone, and then keep holding your skin as you slowly pull the needle out.



3

### Step 3

Hold a 1" to 2" fold of skin gently with one hand so that the skin and fat beneath are between your fingers.



6

### Step 6

As you pull the needle out, release your pinched skin. Do not rub or touch the injection site. If it begins to bleed, press the area lightly with clean gauze and cover it with a bandage. Dispose of sharps appropriately.

## Max Male Topical Treatment Protocol

HRT Doctors doesn't just eliminate existing hormone deficiencies, but stimulates the testicular production of testosterone. We combine our testosterone treatment protocol with enclomiphene citrate and anastrozole to help prevent the accumulation of metabolites, such as estrogen, to reduce adverse side effects. Max Male is administered using one topical medication, and two oral.

A **topical Testosterone** treatment that includes a metered dispenser of testosterone cream used to treat twice daily. **Enclomiphene Citrate** is used to raise serum total testosterone levels while maintaining sperm counts in the normal range. **Anastrozole** is used as an aromatase inhibitor to counteract the male body's tendency to create more estrogenic hormones when testosterone supplements are introduced. Estradiol can bind to testosterone molecules, rendering them unavailable to receptors in organs, muscles, bones, brain, and tissue.



### YOUR KIT INCLUDES



Testosterone Cream  
200mg/mL 30gm



Enclomiphene Citrate 25mg  
tablets; (1 tablet 2x week)



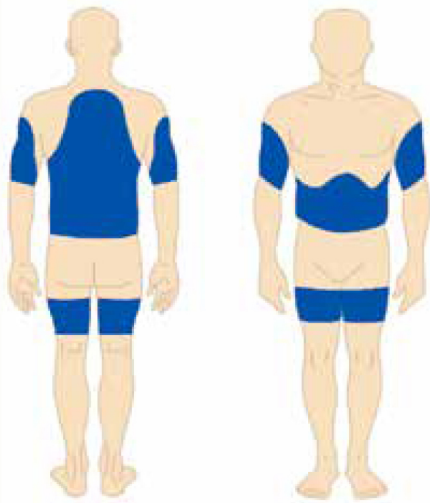
Anastrozole 0.5mg  
capsule; 1 capsule 2 x week



# Topi-Click Operating Instructions

Read all information & instructions carefully before dispensing from Topi-Click.

## Body Diagram



Do not bathe, shower, or swim for 1 hour after applying the cream.



Avoid exercise to the point of sweating for 2 hours to allow for proper absorption of the cream.



After creams are applied cover with clothing until dry.

- \* Utilize the Topi Click dispenser to apply bio-identical testosterone cream. Dosage is 0.5 mL twice daily in the morning and evening. The Topi Click container dispenses 0.25 mL of medication per click, so you will use 2 clicks for every treatment unless otherwise instructed by your doctor. Apply to your body using the top of the Topi Click, and rub in for several second until well absorbed by the skin. Never use your hands to rub in the cream as this can increase the risk of unwanted contact exposure to women or children. Avoid contact with skin that is sensitive or sun damaged. Wash your hands thoroughly when complete.



### Step 1

Pop off the cap of the Topi-Click container by placing your thumb under the tab on the protective outer cap and pressing upward.



### Step 4

Apply by rubbing the cream which is on the top of the applicator pad to the area of skin as directed.



### Step 2

Turn the base to dispense the number of clicks specified in the instructional on your prescription label.



### Step 5

Replace cap after each dose to prevent evaporation. Be sure cap snaps on tightly.



### Step 3

Watch the visual indicators when rotating base. Be sure to leave the base in the registered click position by aligning the base column with the tube node after each use.



### Step 6

The bottom of the plunger is the indicating line; when it reaches the embossed line below the word "Refill" approximately 32 CLICKS are left. Approximately 12 CLICKS remain at the line above the word "Refill".