

**TABLE 11.5** Supplements for Estrogen Dominance

Supplement	Why It Helps	Typical Dose	When/How to Take
Calcium-D-glucarate	Supports phase 2 liver detox (glucuronidation); helps eliminate excess estrogen and prevent reabsorption from the gut	200 mg 1/d; short-term only (max. 2 mo and only when estradiol has been tested and is elevated), as this can also negatively affect fertility same as DIM	With meals
Broccoli sprouts or seed extract (sulforaphane)	Induces phase 2 detox enzymes (especially GST); supports liver clearance of estrogen metabolites	100–200 mg/d or eating a handful of fresh broccoli sprouts daily	With food; much more gentle than DIM; this is my preference over DIM
Myo-inositol	Improves insulin sensitivity, which reduces ovarian androgen and estrogen overproduction	2–4 g/d	Morning and evening; powder or capsule
Magnesium (glycinate or citrate)	Supports estrogen detox, reduces PMS and breast tenderness, calms HPA axis	200–400 mg/d	Evening or divided doses; with food
Vitamin B <sub>6</sub> (P5P form)	Supports progesterone synthesis and estrogen clearance; reduces PMS	25–50 mg/d	With breakfast or lunch
Probiotics (especially <i>Lactobacillus</i> species)	Modulate the estrobolome (gut flora that regulates estrogen recycling); essential for estrogen balance	10–50 billion CFU/d	Empty stomach or with a small meal
Liver support (milk thistle, artichoke, dandelion)	Supports both phases of liver detoxification, improves estrogen metabolism	Follow product dosing	With meals; gentle formulas preferred while TTC

CFU, colony forming unit; DIM, diindolylmethane; GST, glutathione S-transferase; HPA, hypothalamic-pituitary-adrenal; P5P, pyridoxal-5'-phosphate; PMS, premenstrual syndrome; TTC, trying to conceive.