

Testosterone (Women): Restoring Vitality and Drive

Zvia Weight Loss & Medspa

Pellet, SQ Injection, Troche, Topical Protocol

The drive you relied on —
physical, mental, sexual —
fading without explanation.

Workouts that used to
energize now exhaust.

Focus that once came
naturally now takes effort.

52%

report diminished
libido

47%

experience mood
disruption

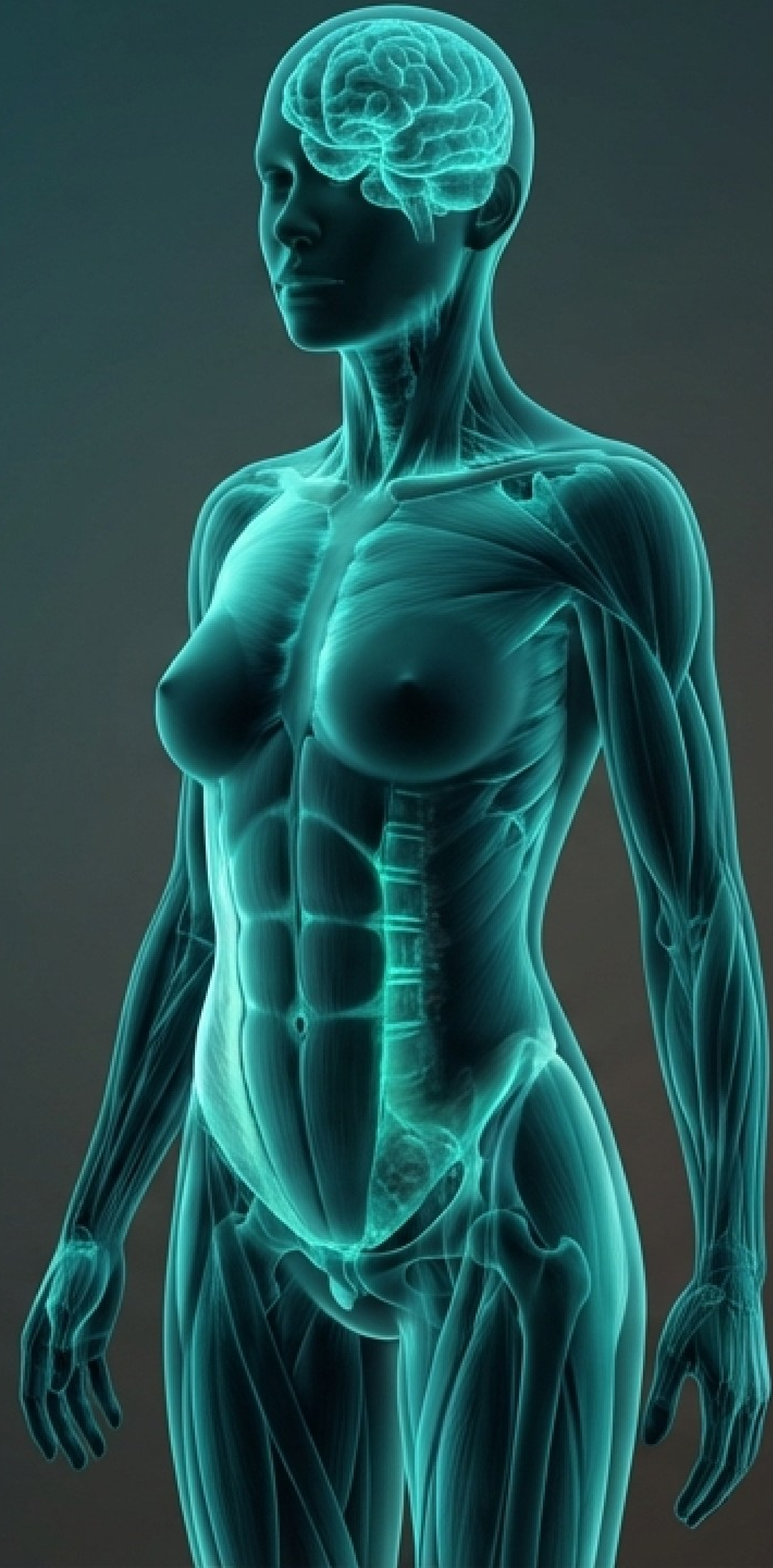
39%

notice cognitive
dulling

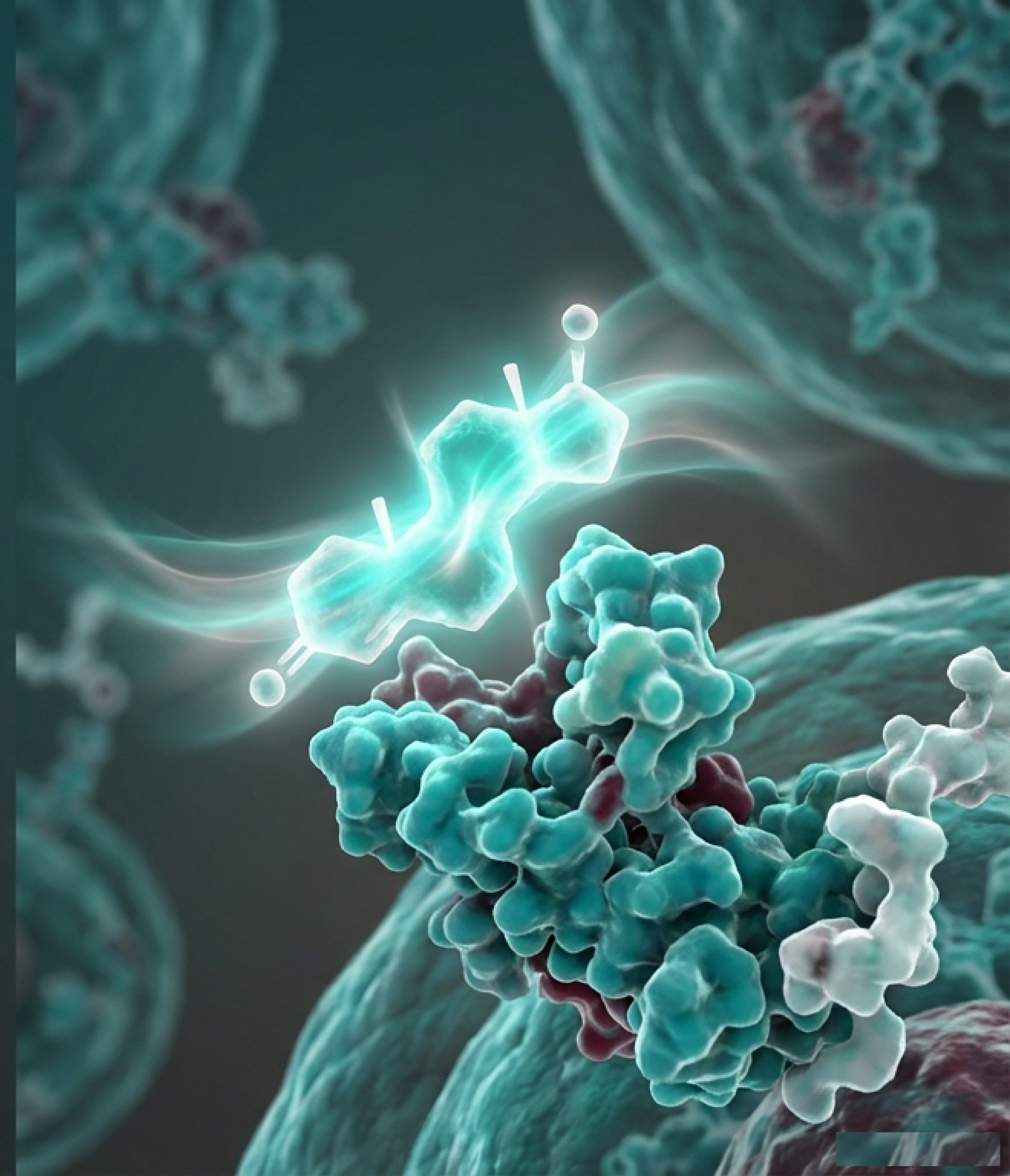
“These are measurable hormonal changes —
not character flaws, and they are treatable.”

- Women produce ~0.5 mg testosterone daily; only 1-2% circulates free
- By perimenopause, natural production can decline 50% or more
- Androgen receptors exist in brain, muscle, bone, and fat tissue
- Restoring levels reactivates these receptor systems at their source

Your Zvia provider builds a protocol matched to your biology.



- **Androgen receptors:** Activated in brain, muscle, bone, adipose tissue
- **mTOR pathway:** Upregulates muscle protein synthesis (~50% increase)
- **Neurotransmitter modulation:** Dopamine and serotonin balance restored
- **Mitochondrial biogenesis:** Cellular energy production amplified across tissues



System	Mechanism	Clinical Impact
Sexual Health	AR activation in CNS/tissue	+0.85 events/month (Islam 2019)
Musculoskeletal	mTOR protein synthesis	~50% increase , improved bone density
Cognitive	Dopamine/serotonin modulation	39% improved clarity and recall
Metabolic	Lean mass + mitochondrial output	Higher metabolic rate, fat reduction

- **Pellet:** Bioidentical 75-100 mg | 3-5 months | Zero compliance
- **SQ Injection:** Cypionate 2-10 mg/wk | Self-administered | Flexible control
- **Troche:** 0.5-2 mg dissolving lozenge | Mucosal absorption | Gentle daily
- **Topical:** 0.5-5 mg/day cream | Transdermal physiological | Gradual adjustment

Your Zvia provider selects the optimal delivery for your physiology and goals.



The Opening
(Weeks 1-3)

Energy lifting, sleep
quality improving,
mental clarity
sharpening

Building Momentum
(Weeks 3-8)

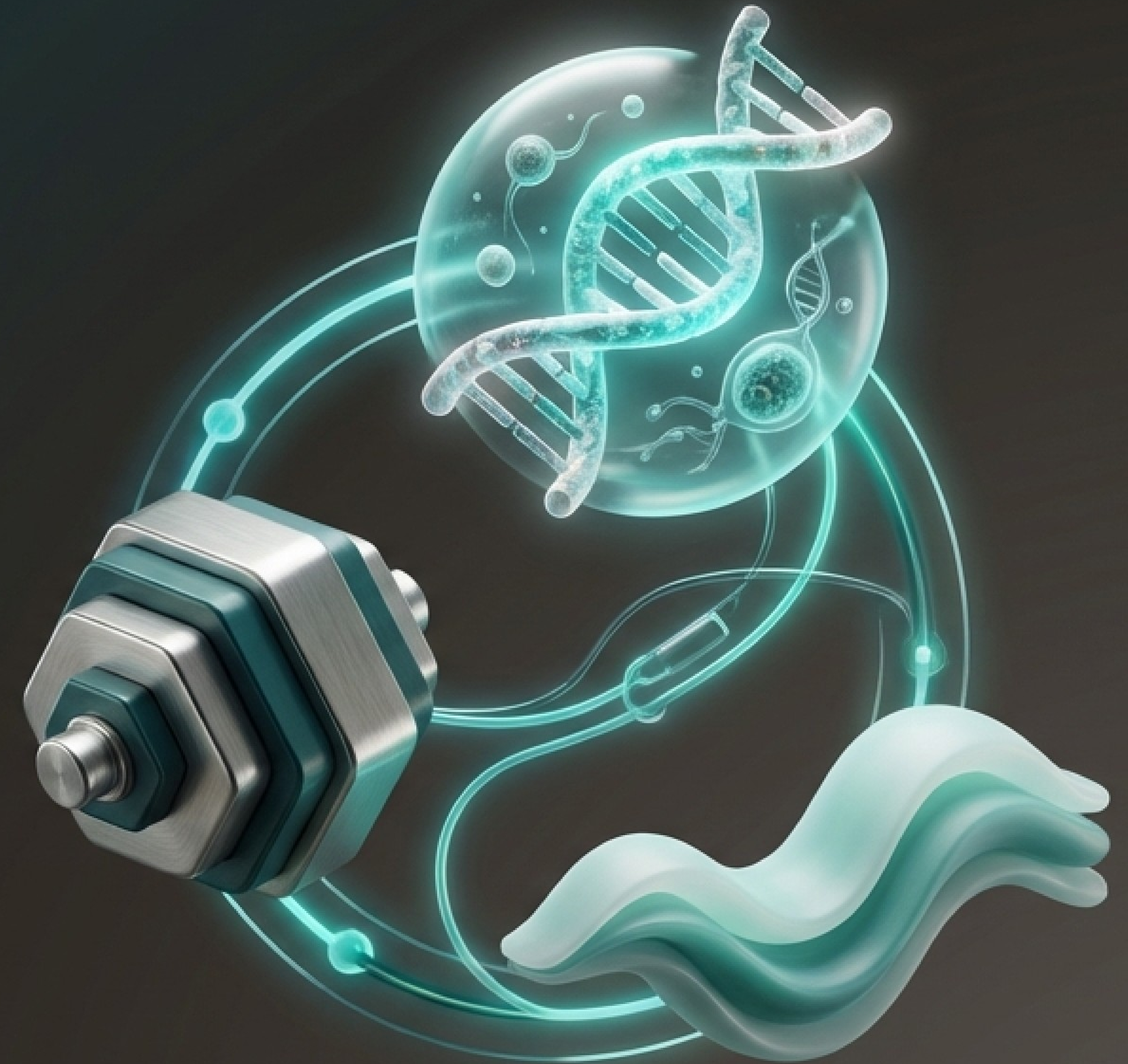
Desire returning,
mood stabilizing,
recovery accelerating

The Crescendo
(Months 3-6+)

Full libido restoration,
body composition
changes, bone
density gains

Lifestyle Synergies

- **Nutrition:** Zinc + Vitamin D for AR expression; healthy fats fuel production
- **Activity:** Resistance training 3-4x/week heavily amplifies AR density
- **Recovery:** Deep REM sleep is peak production time; cortisol suppresses testosterone



**Your protocol works harder
when your lifestyle supports it.**

- Postmenopausal women with HSDD — desire faded despite healthy relationships
- Women in their 40s with perimenopause fatigue that caffeine cannot fix
- Active women training consistently but losing strength since their late 30s
- Women on estrogen HRT still lacking energy, motivation, or libido
- Professionals in their 50s noticing cognitive dulling at work
- Persistent low mood unresponsive to standard lifestyle changes



Personalized Protocol

- Comprehensive hormonal panels: free/total testosterone, SHBG, estradiol, DHEA-S
- Protocol designed around YOUR biology — delivery, dosing, and timing matched
- Proactive monitoring and dose titration as your body responds

You never navigate this alone.



- A team that listens first — not a telehealth questionnaire
- Four distinct delivery pathways matched to your biology
- Comprehensive labs and proactive dose titration
- Your protocol evolves with you, not against a generic template

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**“You have done the research.
Let us talk about what this
looks like for you.”**

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