Tecaya Health
WHOLE PERSON WELLNESS

How Estro Balance Supports Healthy Estrogen Metabolism

A simplified guide to how your body processes estrogen

Estro Balance provides key nutrients to support healthy estrogen metabolism, detoxification, and elimination.

Liver Phase 1

Enzymes change estrogen into different forms (hydroxy estrogens).

Key enzymes:

- CYP1A1
- CYP1B1
- CYP3A4



Liver Phase 2

Helps make estrogen water soluble so it can be eliminated from the body.

Key processes:

- COMT (methylation)
- GST (glutathione conjugation)

Gut Elimination

Used estrogen is removed through bile into the stool and out of the body.



Estrone (E1) ⟷ **Estradiol (E2)**

Three main metabolism pathways:

2-OHE1 (2-hydroxy estrone) → COMT supports methylation → **2-MeOE1** (methylated form)

PROTECTIVE / PREFERRED PATHWAY

This pathway tends to be less reactive and more easily eliminated.

DIM helps support the 2-hydroxy pathway, which can reduce the formation of less desirable metabolites.

16a-OHE1 (16 alpha-hydroxy estrone) → **Estriol (E3)** (a weaker estrogen)

LESS PREFERRED WHEN EXCESSIVE

This pathway can be associated with more estrogenic activity when produced in higher amounts.

4-OHE1 (4-hydroxy estrone) → COMT supports methylation → **4-MeOE1** (methylated form)

REACTIVE PATHWAY THAT NEEDS TO BE NEUTRALIZED

These reactive compounds can cause oxidative stress if not neutralized.

3,4 Quinones (reactive compounds) → GST + glutathione support detoxification → **Neutralized**

Made water soluble for elimination.

How Estro Balance Helps

- Supports healthy estrogen metabolism
- Encourages the more protective 2-hydroxy pathway
- Supports liver Phase 1 and Phase 2 detox pathways
- Supports methylation (COMT activity)
- Supports glutathione production and detoxification
- Supports gut elimination of used hormones

Healthy habits that also help

- Reduce exposure to plastics, pesticides, and synthetic chemicals
- Support gut health and regular bowel movements
- Eat fiber-rich foods and cruciferous vegetables (e.g., broccoli, cauliflower, kale, Brussels sprouts)
- Limit alcohol and ultra-processed foods

This graphic is for educational purposes only and is not intended to diagnose or treat disease. Please discuss supplements with your healthcare provider.