

COULD SUBLINGUAL TESTOSTERONE BE RIGHT FOR YOU?

A Simple Guide to a More Personalized Way to Restore Hormone Balance

Hormone therapy isn't one-size-fits-all, and it shouldn't be. At Physicians Preference Pharmacy, we work closely with your provider to create testosterone therapy that's tailored specifically to you: the right dose, the right form, and the right approach for your body and your goals.

The goal was never to chase the highest number on a lab report. It's to feel like yourself again.

Testosterone Isn't Just a "Male" Hormone

It's easy to think of testosterone as a men's issue, but it plays a vital role in both women and men.

In women, testosterone is made by the ovaries and adrenal glands. It supports sexual desire, muscle strength, bone health, energy, and mood.

In men, testosterone is made primarily in the testes. When levels drop too low, you may notice low libido, fatigue, loss of muscle mass, brain fog, low mood, or erectile dysfunction.

The key takeaway: your lab numbers only tell part of the story. Your symptoms matter just as much, often more. That's why we listen first and use bloodwork to

support what you're already telling us, not replace it.

What Is Sublingual Testosterone?

"Sublingual" simply means the tablet dissolves under your tongue instead of being swallowed or injected. This allows the hormone to absorb directly into your bloodstream through the tissue in your mouth.

Why does that matter? Because sublingual tablets are absorbed far more efficiently, roughly 80%, compared to about 10% for a swallowed capsule. That means your body gets more consistent, reliable benefit from every dose.

A few reasons guests choose this option:

- No needles or injections
- Fast absorption
- Flexible, individualized dosing
- Easy to travel with, no refrigeration needed

One important note: a true sublingual tablet is meant to fully dissolve under the tongue. For the best results, avoid food, drinks, tooth brushing, or mouthwash for at least 15 minutes after your dose.



HOW TO ORDER

You may place refills:

📞 281.828.9088

🖱️ physicianspreferencrx.com

TAKE A VIRTUAL TOUR

👉 [Click here to view an inside look at our compounding labs.](#)



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Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in 49 states (excludes AL).



For Men: When Might This Be an Option?

If you're experiencing symptoms like low libido, fatigue, reduced muscle strength, brain fog, low mood, or erectile dysfunction, and lab testing confirms low testosterone, sublingual therapy may be worth discussing with your provider.

Many of our guests appreciate that it avoids needles entirely while still absorbing quickly, and that dosing can be fine-tuned over time based on how you're feeling and how your labs respond. It's also a favorite among guests who travel frequently for work, since it requires no special storage.

A common starting point is 20 mg once daily, sometimes adjusted to twice daily. Your exact dose will always be personalized based on your symptoms, labs, and goals.



For Women: A Different Conversation

Here's something important: a "low" testosterone lab value alone doesn't automatically mean therapy is right for you. Your symptoms and your labs need to be considered together, which is exactly how we approach care.

Symptoms linked to declining testosterone can include:

- Lower sex drive
- Reduced motivation
- Loss of muscle tone
- Changes in bone density
- Shifts in mood or overall vitality

While the strongest research support is for postmenopausal women with low sexual desire, many women notice, and benefit from addressing, these symptoms well before menopause.

A common starting dose is one 2 mg tablet, once or twice daily, adjusted based on how you respond.

The Goal: Balance, Not Excess

More testosterone is not the goal. The right amount is.

Too much can cause its own problems, for women, this can mean acne, oily skin, unwanted facial or body hair, or hair thinning. That's why we aim for the lowest effective dose that relieves your symptoms without creating new ones.

Monitoring: We Stay Involved Every Step

Choosing a different delivery method doesn't mean skipping follow-up. Your provider will continue to track things like testosterone levels, blood counts, and how you're feeling, because true success is measured by how you feel, not just what the lab report says.

Why Formulation Matters

Your provider determines whether testosterone therapy is right for you. As your compounding pharmacy, our role is turning that plan into a personalized dosage form built around your life, your goals, your preferences, and what actually works for your body.

Have questions about whether sublingual testosterone could be part of your care plan? Talk to your provider or give Physicians Preference Pharmacy a call on **281-828-9088**. It would be our privilege to serve you.

Stay tuned, we'll soon be releasing two podcast episodes diving deeper into testosterone therapy for men and for women.

WATCH AND LEARN MORE:

▶ [Testosterone Dosage Forms for Men](#)
with Bryana Burken, PharmD, RPh

▶ [Low Testosterone in Women](#)
with Bryana Gregory, PharmD, RPh

3 THINGS TO REMEMBER:

1. **YOU ARE MORE THAN A NUMBER.** Your symptoms and goals matter as much as your labs.
2. **HOW YOU TAKE IT CHANGES HOW IT WORKS.** Sublingual absorption offers a fast, needle-free option for many guests prefer.
3. **BALANCE IS THE GOAL.** We're not chasing the highest levels; we're restoring what feels right for you.