



RFH is a 501c3 Nonprofit Organization
(EIN: 46-4449419)

FIRST RESPONDER VITAMIN & HRT PROGRAM

THE GOAL

Improved quality of life, increased efficiency on the job and reduce sick leave.

- Improve Cognitive Function
- Weight Management Support
- Cardiovascular Health
- Maintenance of Muscle Mass and Strength
- Enhanced Mood, Energy and Mental Well-being

TESTIMONIALS

"When I was first introduced to using vitamins and supplements to help, I was skeptical. After thinking about it I said, why not and got my blood work done. I spoke with their evaluator, and I was a mess. I have been in law enforcement for most of my adult life and work security now. Along with that job I have been exposed to gunfire, car crashes, explosions and other sorts of highly dynamic events and that has caused me to have problems. The result was that I was in constant pain and believe me that constant pain changes your world. It was sometimes hard to just get out of the house. Since I started participating in Racing for Heroes' Vitamin and Supplement Program, I have experienced less and less pain. I used to have soreness, little sleep, and a hard time concentrating or memory loss that has greatly diminished. Once I was able to get my metabolism under control, I was better able to sleep better and gain control of my life. Hear it from me if you are skeptical don't be this is a game changer."

- Bryan H. | Retired SWAT & PSO Expert

CONTACT

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Vitamin & Hormone Replacement Therapy Program

Since 2014, RFH's Vitamin Program has helped over 120 First Responders, Veterans and civilians.

The goal of RFH Vitamin, Supplement & Hormone Replacement Therapy (HRT) Program is to help patients regain vitality and wellness, and improve their overall quality of life. We specialize in the unique needs of our First Responders and Veteran communities.

Each Participant has a unique protocol of vitamins, supplements and hormone therapy that is specific to their individual needs.

The benefits of using comprehensive blood panels to formulate customized vitamin and supplement regimens for overall health and wellness are multifaceted, primarily revolving around precision, efficacy and safety.

The Process

- Comprehensive Blood Work
 - 70+ biomarkers tested
- Expert Clinical Analysis
 - Blood work evaluation by our expert staff and program administrator (MD)
- Customized Solutions
 - Custom natural vitamin, supplement and hormone replacement therapy protocol, and dietary recommendations specific for the participant
- Follow-Up
 - Weekly check-ins and monthly body composition testing and protocol evaluation

The Cost

Current average cost is \$495 per person, per month with a minimum participation of 6 months.

- 6mo participation is required prior to supplementary blood draw to evaluate further actions
- We continue to work with providers and partners to reduce costs