



| TESTOSTERONE & HORMONE OPTIMIZATION

XPAND *OPTIMIZE*TM

Lab-driven, medically supervised testosterone replacement and hormone optimization for men. Treatment starts with bloodwork, not guesswork, and is monitored over time.

WHAT XPAND OPTIMIZE IS

XPand OptimizeTM is testosterone replacement therapy (TRT) and broader hormone optimization for men. Low testosterone is a physiological condition. When blood tests confirm it, there is a medical way to treat it.

The aim is to restore testosterone to a healthy physiological range, the level a healthy man would have. It is not about pushing past normal or chasing a number above where the body is meant to be.

Men come to XPand Optimize for concrete reasons. Low energy. Lower sex drive. Loss of muscle. More body fat that will not shift. Low mood and poor concentration. Fewer morning erections. These can be symptoms of low testosterone, also called hypogonadism. They can also have other causes, which is why diagnosis starts with bloodwork rather than symptoms alone.

LAB-DRIVEN: You do not start therapy until labs confirm low testosterone, and you stay on a monitoring schedule for as long as you are on treatment. Testosterone can be delivered by injection, topical gel, or pellets. The method is chosen at consultation based on your labs, your preferences, and what fits your routine.

WHAT IT MAY HELP WITH

When testosterone is restored to a healthy range, patients commonly report improvements in:

- **Energy and stamina.** Less fatigue, more sustained energy throughout the day without the afternoon crash.
- **Sex drive and function.** Improved libido and sexual performance that had declined with low testosterone levels.
- **Muscle mass and strength.** Better ability to build and maintain lean muscle, especially when paired with resistance training.

- **Body composition.** Reduced body fat, particularly in the midsection, that would not respond to diet and exercise alone.
- **Mood and mental clarity.** Less irritability, improved focus, and reduced brain fog that often accompanies low testosterone.
- **Sleep quality.** More restful, consistent sleep patterns.

Individual results vary. Timeline and degree of improvement depend on your baseline levels, overall health, and how your body responds to treatment.

WHO IT'S FOR

You may be a candidate if you:

- ✓ Experience persistent fatigue, low energy, or afternoon crashes
- ✓ Notice reduced sex drive or sexual performance
- ✓ Losing muscle mass despite consistent training
- ✓ Gaining body fat, especially around the midsection, that will not respond to diet
- ✓ Deal with brain fog, poor concentration, or mood changes
- ✓ Have fewer morning erections than you used to

NOT A CANDIDATE IF: TRT may not be appropriate for men with untreated prostate cancer, untreated breast cancer, severe untreated sleep apnea, uncontrolled heart failure, or an already elevated red blood cell count (hematocrit). Men who are trying to conceive should know that TRT can reduce sperm production and should ask about alternatives at consultation. Candidacy is confirmed through labs and an exam.

HOW THE PROGRAM WORKS

STEP 01

CONSULT

Dr. Adajar reviews your symptoms, health history, and goals, then orders the right bloodwork.

STEP 02

BLOODWORK

Diagnosis is made from blood tests plus symptoms. Initial labs look at testosterone and related markers for a clear baseline.

STEP 03

PROTOCOL

If labs confirm low testosterone, you and Dr. Adajar set a personalized protocol. Delivery method (injection, gel, or pellets) is chosen based on your labs and preferences.

STEP 04

MONITORING

Repeat bloodwork tracks testosterone, hematocrit, PSA, and estradiol so the protocol can be adjusted and side effects caught early.

RESULTS TIMELINE: Some symptoms such as energy, sex drive, and mood can improve within the first several weeks. Changes in muscle and body fat take longer and build over months. Most men see the fuller effect over three to six months.

ONGOING: Monitoring is more frequent at the start and settles into a regular cadence once your levels are stable. You stay on a monitoring schedule for as long as you are on treatment.

FAQS

1. HOW DO I KNOW IF I HAVE LOW TESTOSTERONE?

Low testosterone is diagnosed from blood tests plus symptoms, not from symptoms alone. Common symptoms include low energy, lower sex drive, loss of muscle, more body fat, low mood, poor concentration, and fewer morning erections. The only way to confirm it is bloodwork, which is the first step in the program.

2. DOES TRT REQUIRE BLOODWORK?

Yes. XPand Optimize is lab-driven. You start with bloodwork to confirm low testosterone before any treatment, and you stay on a monitoring schedule with repeat bloodwork for as long as you are on therapy.

3. HOW IS TESTOSTERONE DELIVERED?

Testosterone can be delivered by injection, topical gel, or pellets. The method is chosen at consultation based on your labs, your preferences, and what fits your routine. Each has its own dosing schedule and tradeoffs, which your provider will walk through.

4. HOW LONG UNTIL I NOTICE RESULTS?

Some symptoms such as energy, sex drive, and mood can improve within the first several weeks. Changes in muscle and body fat take longer and build over months. Most men see the fuller effect over about three to six months. Individual results may vary.

5. IS TRT SAFE?

TRT is a medically supervised therapy, and the monitoring is the main safety tool. Possible side effects include acne, fluid retention, an increased red blood cell count, reduced fertility, testicular shrinkage, and effects on cholesterol. Regular bloodwork is how these are watched for and managed.

6. WILL TRT AFFECT MY FERTILITY?

TRT can reduce sperm production. Men who are trying to conceive or may want to in the future should discuss this at consultation. There are alternative approaches that can support testosterone levels while preserving fertility.

7. WHO OVERSEES THE PROGRAM?

XPand Optimize is overseen by Dr. Marc Adajar, a board-certified surgeon, in an accredited facility. It is a medical program, lab-driven and monitored, not a supplement you manage on your own.

8. CAN IT BE COMBINED WITH OTHER TREATMENTS?

Yes. Many men combine hormone optimization with other XPand procedures. The XPand Performance Collection™ bundles XPand Flow, XPand Restore, and XPand Smooth for men who want to address function, sensitivity, and comfort together. Ask about The XPand Protocol™ for combination pricing.

9. HOW MUCH DOES IT COST?

3-month program: \$550. 6-month program: \$995. Does not include the cost of labs. Pricing is reviewed transparently before you start, with no obligation to proceed. Financing options are discussed at consultation.

THE XPAND PROTOCOL™

A comprehensive approach to male enhancement focused on size, aesthetics, confidence, and performance.

PROCEDURE	WHAT IT DOES
XPAND VOLUME™	Dermal filler for girth. The primary procedure for permanent size enhancement.
XPAND FLOW™	Penile Botox for relaxation, blood flow, and improved flaccid hang.
XPAND SMOOTH™	Scrotal Botox for a smoother, more relaxed appearance.
XPAND RESTORE™	PRP therapy for sexual wellness, circulation, and sensitivity.

Whether you're focused on enhancement, aesthetics, or performance, **The XPand Protocol** allows treatments to be customized to your goals. Ask our team about combination pricing for multiple procedures.

NEXT STEPS

The only way to know if XPand Optimize is the right call is a consultation. We'll review your symptoms, health history, and goals, order the right bloodwork, and tell you straight: whether TRT fits, whether a different approach makes more sense, or whether you don't need it at all. Everything discussed stays between you and your provider. Consultations typically run 15 to 20 minutes and carry no obligation.



YOUR PROVIDER

Marc Adajar, MD

Board-Certified Surgeon

Certified in Male Enhancement, Peptide & TRT

BOOK YOUR CONSULTATION

Call or Text: 833-972-8578

info@xsculpt.com

xsculpt.com

Confidential. No obligation. No pressure.

FINANCING AVAILABLE

Cherry, CareCredit, and Alphaeon Credit accepted. Ask your coordinator for current terms.

IMPORTANT MEDICAL INFORMATION

Testosterone replacement therapy (TRT) is a prescription medical treatment for diagnosed hypogonadism (low testosterone). It requires a confirmed diagnosis through bloodwork and an ongoing monitoring protocol. Individual results vary based on baseline hormone levels, overall health, and adherence to the prescribed protocol. Possible side effects include acne, fluid retention, increased red blood cell count, reduced sperm production, testicular shrinkage, and changes in cholesterol. TRT may not be appropriate for men with certain medical conditions including untreated prostate or breast cancer, severe sleep apnea, or uncontrolled heart failure. This guide is for patient education only and does not constitute medical advice or a guarantee of outcome. Treatment requires written informed consent and a personal consultation.