

# FOUNDATION SUPPORT FOR HEALTHY LIVING<sup>‡</sup>



PUSH YOUR POTENTIAL.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## FOUNDATION

In terms of surface area, the gastrointestinal tract comprises one of the largest organs in the body. The roles that it plays are varied and extend well beyond simply moving and digesting food to allow for the absorption of nutrients. In addition to acting as a barrier against the harsh external environment, the digestive system also represents one of the body's largest immune organs, possessing an intricate lymph network. The gastrointestinal tract houses a highly complex ecosystem that contains trillions of microorganisms. Research continues to uncover new ways in which beneficial bacteria can positively impact health, expanding beyond the confines of the digestive tract to include cardiovascular health, cognition, healthy weight management<sup>†</sup> and more.<sup>‡</sup>

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## MANUFACTURING PRACTICES AND CERTIFICATIONS



- cGMPs for nutritional supplements in accordance with 21 CFR Part 111
- NSF International has registered Douglas Laboratories® as a GMP manufacturing facility
- ISO/IEC 17025:2005 accreditation of in-house laboratories
- VCP (Vendor Certification Program) to ensure raw material quality
- Approved facility to produce NSF Certified for Sport® products
- Member of Council For Responsible Nutrition



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### ABOUT US

For over 65 years, Douglas Laboratories® has been dedicated to meeting the needs of healthcare professionals. As a globally recognized leader in the development of innovative, science-based nutritional supplements, we strive to help healthcare professionals and their patients push their potential for healthy living, today and in the future.<sup>‡</sup>

## FOUNDATION FORMULATIONS SELECTION GUIDE

### ULTRA PREVENTIVE® FORMULAS

Ultra Preventive® is the Douglas Laboratories® signature line of comprehensive multivitamin/mineral/trace element formulas featuring phytonutrients, Metafolin® methylfolate and bioavailable forms of nutrients in therapeutic dosing options.

Ultra Preventive® formulas are available in gummies, tablets or capsules in order to meet the personalized nutrient needs of your patients.<sup>‡</sup>

FORMULATIONS	FEATURES	DAILY DOSE SUGGESTIONS
<b>Ultra Preventive 1® Daily</b> Formula: 202741	Ultra Preventive® 1 Daily offers 21 essential vitamins and minerals, plus antioxidants, within a single capsule. This comprehensive vitamin/mineral/trace element formula contains bioavailable nutrient forms to support optimal health and wellness, such as CoQ10 for mitochondrial energy; Metafolin® L-5- MTHF folate, vitamin B12 and choline for methylation support; and antioxidants for immune and cellular health. <sup>‡</sup>	1 capsule
<b>Ultra Preventive® 2 Daily</b> Formula: 202775	A two-tablet daily multivitamin/mineral/trace element formula with a fruit and spinach blend, methylfolate, and the antioxidants astaxanthin and pterostilbene (methylated resveratrol).	2 tablets
<b>Ultra Preventive® III</b> Formula: 202663	A tailored blend of 17 essential nutrients, including choline and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), enhanced with organic fruits in a convenient, great-tasting, chewable gummy.	Ages 2 to 3, take 2 gummies daily, with a meal Ages 4 and up, take 4 gummies daily, with meals
<b>Ultra Preventive® EZ Swallow</b> Formula: 202484	A slightly smaller, easier-to-swallow tablet version of Ultra Preventive® X with less vitamin C, calcium and magnesium, with a natural vanilla coating.	2 Tablets
<b>Ultra Preventive® Gummy</b> Formula: 202509	Ultra Preventive® Gummy is a tailored blend of 17 essential nutrients, including choline and Metafolin® L-5- methyltetrahydrofolate (L-5-MTHF), enhanced with organic fruits in a convenient, great-tasting, chewable gummy. Ultra Preventive® Gummy uses pure, hypoallergenic ingredients without artificial colors, flavors or preservatives. Each serving contains 2 g of sugar, up to 75% less sugar than other leading professional brands, providing 6-8 g per serving. <sup>‡A</sup>	Ages 2 to 3, take 2 gummies daily, with a meal Ages 4 and up, take 4 gummies daily, with meals
<b>Ultra Preventive® Kids</b> Formula: 202135	Vitamins and minerals in great-tasting chewable natural orange or grape-flavored tablets sweetened with stevia and xylitol.	2 chewable tablets
<b>Ultra Preventive® X</b> Formula: 202331	The signature multivitamin/mineral formula with an organic fruit, vegetable and phytonutrient blend (in tablet or capsule form).	4-8 tablets or capsules
<b>Ultra Preventive® 50+</b> Formula: 202547	A two-tablet daily multivitamin/ mineral/trace element formula specially designed for men and women over 50 to support healthy aging, cognition and vision. <sup>‡</sup>	2 Tablets

Visit [douglaslabs.com/foundation](https://douglaslabs.com/foundation) for more products and information related to the Ultra Preventive® Formulations Selection Guide.

\*\*Valid in the USA and for online orders over \$100 only. Cannot be combined with any other promotions.

Free standard shipping will apply to entire order and become available under shipping method.

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

<sup>A</sup> As of 8/20/2019

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## FOUNDATION SUPPORT PRODUCTS

### Iron+C Gummy

Supports healthy red blood cell function<sup>‡</sup>

Iron+C Gummy provides a with iron from bioavailable iron pyrophosphate combined with vitamin C and B vitamins to enhance absorption and support healthy red blood cell function.<sup>‡</sup>

**SUGGESTED USAGE: CHILDREN AGED 3, TAKE 1 GUMMY DAILY, WITH A MEAL. AGES 4 AND UP, TAKE 2 GUMMIES DAILY, WITH MEALS.**



Serving Size: 1 Gummy (2.2 g) 2 Gummies (4.4 g)  
(age 3) (age 4+)

Servings Per Container: 60 30

Amount Per Serving		
Calories	5	10
Total Carbohydrate	2 g	4 g
Total Sugars	<0.5 g	<1 g
Include <1 g of Added Sugars		
Sugar Alcohols	<0.5 g	<0.5 g
Vitamin C (from acerola ( <i>Malpighia glabra</i> ) extract (fruit) and ascorbic acid)	12.5 mcg	25 mcg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2.5 mg	5 mg
Vitamin B <sub>12</sub> (as methylcobalamin)	5 mcg	10 mcg
SunActive® Iron (as ferric pyrophosphate)	7.5 mg	15 mg
Organic Fruit Blend	6.25 mg	12.5 mg
Organic Strawberry ( <i>Fragaria x ananasa</i> ) Fruit, Organic Raspberry ( <i>Rubus idaeus</i> ) Fruit, Organic Wild Blueberry ( <i>Vaccinium angustifolium</i> ) Fruit, Organic Tart Cherry ( <i>Prunus cerasus</i> ) Fruit, Organic Pomegranate ( <i>Punica granatum</i> ) Fruit, Organic Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit	1,000 ALU	

Other ingredients: Isomaltol-oligosaccharides, purified water, organic erythritol, agar, citric acid, natural raspberry flavor, sucrose, locust bean gum, black carrot powder (color), coating (organic sunflower oil, organic carnauba wax)

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

SunActive® Iron is a registered trademark of Taiyo International, Inc.

Formula	Size
202729	60 Gummies

### QÜELL® Fish Oil EPA/DHA Plus D

Daily wellness, cardiovascular and immune health<sup>‡</sup>

QÜELL® Fish Oil offers supercritical CO<sub>2</sub> extracted oils in triglyceride form, manufactured exclusively for Douglas Laboratories® and is unique among other fish oils due to its supercritical extraction, purity, bioavailability and concentration. Supercritical CO<sub>2</sub> extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents. The result is a fish oil of exceptional purity that can deliver concentrated amounts of EPA and DHA in one serving. QÜELL® Fish Oil EPA/DHA Plus D provides a 3:2 ratio of EPA to DHA plus 25 mcg (1,000 IU) of Vitamin D<sub>3</sub> per softgel.

**SUGGESTED USAGE: 1 DAILY**

Serving Size 1 Softgel

Amount Per Serving	
Calories	10
Total Fat	1.3 g
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg (1,000 IU)
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate	1,250 mg
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: Gelatin (capsule, from fish (Tilapia)), glycerin, water, natural-source mixed tocopherols and rosemary extract (leaf)

Contains: Fish Oil (anchovies, sardines, mackerel)

Formula	Size
200981	30 Softgels
	60 Softgels



### QÜELL® Fish Oil Ultra SPM

Immune homeostasis and cardiovascular health<sup>‡</sup>

QÜELL® Fish Oil Ultra SPM contains a unique blend of marine oils concentrated for specialized pro-resolving mediators (SPMs) and docosapentaenoic acid (DPA). Each softgel provides 560 mg omega-3 fatty acids and 300 mcg SPMs to support the natural resolution of the inflammatory process<sup>§</sup> and restoration of immune homeostasis. The omega-3 fatty acid, DPA, further supports endogenous SPM production and cardiovascular health.<sup>‡</sup>

**SUGGESTED USAGE: 1 DAILY**

Serving Size 1 Softgel

Servings Per Container 60

Amount Per Serving	
Calories	10
Total Fat	1 g
Cholesterol	5 mg
Supercritical CO <sub>2</sub> Marine Oil Concentrate	1,090 mg
Providing:	
Total Omega-3 Fatty Acids	560 mg
EPA (eicosapentaenoic acid)	225 mg
DHA (docosahexaenoic acid)	200 mg
DPA (docosapentaenoic acid)	45 mg
Specialized Pro-Resolving Mediators (SPMs)	300 mcg

Other ingredients: Gelatin (capsule), glycerin, water, natural lemon flavor, natural-source mixed tocopherols

Contains: Fish (anchovy, squid, sardine, herring, mackerel)

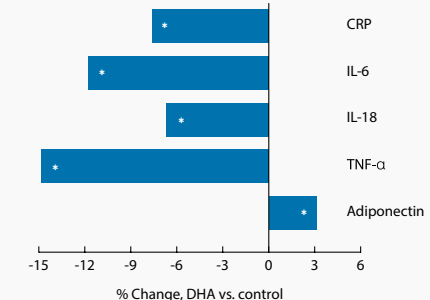
Not all inflammation is associated with disease states. The body's inflammatory response to life's occasional, normal stressors is important for optimal health.

Formula	Size
202691	60 Softgels



## DHA Modulates Cytokine Production and Supports Healthy Levels of Adiponectin<sup>†</sup>

DHA Modulates Cytokine Production and Supports Healthy Levels of Adiponectin



In a double-blind, randomized, crossover, controlled study, men and women were administered 2.7 grams/day of purified DHA or 3.0 grams/day of corn oil (control) for 10 weeks. Immune and metabolic markers were compared between treatment groups.

Interleukins (IL-6, IL-18) and Tumor Necrosis Factor alpha (TNF-α) are immune mediators that influence metabolic homeostasis. Adiponectin is a protective hormone that helps maintain healthy glucose disposal.

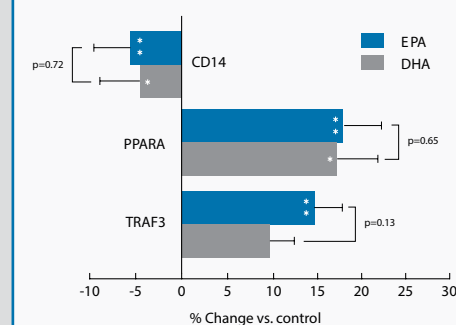
Supplemental DHA modulated cytokine production and supported healthy levels of adiponectin.<sup>†</sup>

\* p value < 0.05

Allaire J, Couture P, Leclerc M, et al. *Am J Clin Nutr*. 2016 Aug;104(2):280-7.

## EPA and DHA Favorably Affect Immunological Gene Expression<sup>†</sup>

EPA and DHA Favorably Affect Immunological Gene Expression



Gene expression of immune markers was compared across three treatment groups (EPA, DHA and control), in the same study outlined above.

Cluster of differentiation 14 (CD14) is involved in cytokine activating pathways, while peroxisome proliferator-activated receptor alpha (PPARA) and tumor necrosis factor receptor associated factor 3 (TRAF3) help moderate immune activity in tissues.

Supplementation of either EPA or DHA similarly affect immunological gene expression.

\* p value < 0.05 \*\* p value < 0.01

Vors C, Allaire J, Marin J, et al. *Atherosclerosis*. 2017 Feb;257:116-122.

For a full listing of our Foundation Support Products<sup>‡</sup>, visit [douglaslabs.com/foundation](http://douglaslabs.com/foundation)

## FOUNDATION SUPPORT PRODUCTS

### Ultra Preventive® 1 Daily

Multivitamin/mineral for daily wellness†

A comprehensive vitamin/mineral/trace element formula with bioavailable nutrient forms to support optimal health and wellness in a once-daily capsule. This formula features CoQ<sub>10</sub> for mitochondrial energy; Metafolin® L-5-MTHF folate, vitamin B<sub>12</sub> and choline for methylation support; and antioxidants for immune and cellular health.‡

1 CAPSULE DAILY, WITH A MEAL.

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
Vitamin A (as 73% beta carotene and 27% vitamin A acetate)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D <sub>3</sub> (as cholecalciferol)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl)	3 mg
Riboflavin (as vitamin B <sub>2</sub> and riboflavin-5-phosphate)	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and pyridoxal-5-phosphate)	4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate)	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Boron	25 mg
Coenzyme Q <sub>10</sub> (as CoQ <sub>10</sub> and as 18% from sustained-release MicroActive® Q <sub>10</sub> -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO® Lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, ascorbyl palmitate, potato starch	



Product may have a mottled appearance.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

\*FloraGLO is a registered trademark of Kemin Industries, Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

MicroActive® is a registered trademark of BioActives, LLC.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Formula	Size
202741	60 Vegetarian Capsules

### Vitamin C Gummy

Support for immune function and daily wellness†

Vitamin C Gummy provides support for a healthy immune system and cellular health.‡

**SUGGESTED USAGE: ADULTS AND CHILDREN AGES 4 AND UP, TAKE 2 GUMMIES, 1-2 TIMES DAILY, WITH MEALS.**

Serving Size 2 Gummies • Servings Per Container 50

Amount Per Serving	
Calories	5
Total carbohydrate	3 g
Total sugars	<1 g
Includes <1g of added sugars	
Vitamin C (as ascorbic acid)	250 mg
Sodium	10 mg
Organic Fruit Blend	25 mg
Organic Strawberry ( <i>Fragaria x ananasa</i> ) Fruit,	
Organic Raspberry ( <i>Rubus ideaus</i> ) Fruit,	
Organic Wild Blueberry ( <i>Vaccinium angustifolium</i> ) Fruit,	
Organic Sour Cherry ( <i>Prunus cerasus</i> ) Fruit,	
Organic Pomegranate ( <i>Punica granatum</i> ) Fruit,	
Organic Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, orange essential oil, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Formula	Size
202674	100 Gummies



### Vitamin D Gummy

Support for immune function and daily wellness†

Vitamin D Gummy provides vitamin D to support daily wellness, including cellular health.‡

**SUGGESTED USAGE: CHILDREN 4+ TAKE 1 GUMMY DAILY WITH FOOD, ADULTS TAKE 1 GUMMY, 1-2 TIMES DAILY, WITH FOOD.**

Serving Size 1 Gummy  
Servings Per Container 100

Amount Per Serving	
Total carbohydrate	1 g
Total sugars	<0.5 g
Includes <0.5g of added sugars	
Vitamin D (as (as cholecalciferol)(D <sub>3</sub> ))	25 mcg (1,000 IU)
Sodium	10 mg
Organic Fruit Blend	25 mg
Organic Strawberry ( <i>Fragaria x ananasa</i> ) Fruit,	
Organic Raspberry ( <i>Rubus ideaus</i> ) Fruit,	
Organic Wild Blueberry ( <i>Vaccinium angustifolium</i> ) Fruit,	
Organic Sour Cherry ( <i>Prunus cerasus</i> ) Fruit,	
Organic Pomegranate ( <i>Punica granatum</i> ) Fruit,	
Organic Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry flavor, citric acid, sodium citrate, black carrot color, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Formula	Size
202673	100 Gummies



### Zinc Gummy

Support for immune function and daily wellness†

Zinc Gummy provides support for healthy immune function.‡

**SUGGESTED USAGE: CHILDREN 4+ TAKE 1 GUMMY DAILY WITH FOOD, ADULTS TAKE 1 GUMMY, 1-2 TIMES DAILY, WITH FOOD.**

Serving Size 1 Gummy  
Servings Per Container 100

Amount Per Serving	
Total carbohydrate	1 g
Total sugars	<0.5 g
Includes <0.5g of added sugars	
Zinc (as zinc citrate)	12 mg
Sodium	10 mg
Organic Fruit Blend	25 mg
Organic Strawberry ( <i>Fragaria x ananasa</i> ) Fruit,	
Organic Raspberry ( <i>Rubus ideaus</i> ) Fruit,	
Organic Wild Blueberry ( <i>Vaccinium angustifolium</i> ) Fruit,	
Organic Sour Cherry ( <i>Prunus cerasus</i> ) Fruit,	
Organic Pomegranate ( <i>Punica granatum</i> ) Fruit,	
Organic Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, citric acid, natural blueberry flavor with other natural flavors, sodium citrate, grape juice color, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Formula	Size
202675	100 Gummies



## EASY ORDERING

Placing orders is easy, whether you choose to do so **online** at [douglaslabs.com](https://douglaslabs.com), or by **contacting customer service**.

### Customer service contact information:

800.245.4440

888.245.4440

customerservice@douglaslabs.com

## COGNITIVE PROTOCOL

For to normal memory and cognitive function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Helps maintain healthy mental performance	Self-reported satisfaction with memory & cognition <sup>‡</sup>	<b>Ginkgo Biloba Max-V</b> Formula: 77330	1 capsule, twice daily
Support neurological health		<b>QÜELL® Fish Oil EPA/DHA Plus D</b> Formula: 200981	1 softgel daily, with a meal

## ENERGY PROTOCOL

To support healthy energy production.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Optimize overall nutritional support	Dietary adequacy of vitamins and minerals	<b>Ultra Preventive® X</b> Formula: 202331	4-8 tablets daily, with meals
Support cellular energy production and cardiovascular health	Cardiovascular assessment	<b>Ubiquinol-QH</b> Formula: 201899	1 softgel daily
		<b>Corvalen®</b> Formula: 57451P	1 scoop, twice daily, with breakfast and lunch
Optimize iron levels	Serum ferritin	<b>Amino Iron</b> Formula: FEC	1 tablet daily
Support energy production, metabolism and methylation pathways	Serum cobalamin (vitamin B12) or methylmalonic acid (MMA); serum homocysteine	<b>Methyl B<sub>12</sub> Plus</b> Formula: 202273	1 lozenge daily
Support muscle, heart and nerve function	Dietary magnesium intake (RDA: 400-420 mg daily for men 310-320 mg for women)	<b>Magnesium Glycinate</b> Formula: 202733	1 tablet, 1-2 times daily

<sup>‡</sup>Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## FOUNDATION PROTOCOL

To supply key nutrients for overall foundational health.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support immune and digestive health	Dietary intake assessment of vitamins and minerals <sup>‡</sup>	<b>Ultra Preventive® 1 Daily</b> Formula: 202741	1 capsule daily
		<b>Ultra Preventive® X</b> Formula: 202331	4-8 tablets daily, with meals
<b>QÜELL® Fish Oil EPA/DHA Plus D</b> Formula: 200981		1 softgel daily	
<b>Multi-Probiotic® 40 Billion</b> Formula: 202634		1 capsule daily	
Support various systems including neurological, vision, mood, cardiovascular and joint health			
Support gastrointestinal and immune health			

## HEART PROTOCOL

To optimize heart vessel health and heart muscle energy production.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy blood sugar and cardiovascular health	Glycosylated hemoglobin, fasting insulin, lipid profile	<b>Berberine Balance</b> Formula: 201131	1 capsule, 2-3 times daily. Reduce if digestive upset occurs
Support healthy aging and cardiovascular health		<b>Ubiquinol-QH</b> Formula: 201899	1 softgel daily
Support the heart and body's natural energy production		<b>Corvalen®</b> Formula: 57451P	1 scoop, twice daily, with morning and evening meals
Support healthy heart function and blood flow		<b>Magnesium Glycinate</b> Formula: 202733	1 tablet, 1-2 times daily. Reduce if GI upset occurs
Optimize heart energy metabolism		<b>Acetyl L-Carnitine 500 mg</b> Formula: 82730	1 capsule, 1-2 times daily for 3 months
Support cardiovascular health and biomarkers		<b>QÜELL® Fish Oil EPA/DHA Plus D</b> Formula: 200981	1-2 softgels daily

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

<sup>‡</sup>Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## HORMONE PROTOCOL

To support female and male hormonal health, and promote healthy urinary tract, thyroid and adrenal function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy estrogen hormone balance	Hot flashes (late), vaginal dryness, decreased libido Labs: FSH, LH, urine or salivary	<b>DIM® Enhanced</b> Formula: 202558	1-2 capsules daily, in divided doses
Support urinary health (if needed)	Self-reported urinary function <sup>‡</sup>	<b>d-Mannose Powder</b> Formula: 99471	1 scoop, 3 times daily
Support prostate, testicular and urinary flow function	Self-reported urinary function <sup>‡</sup> Testosterone Lipid panel Fasting glucose	<b>Uro-Pro®</b> Formula: 82044	1 capsule daily with meal
Optimize overall blood vessel endothelial function, blood glucose and blood vessel tone to maintain optimal sexual function		<b>Berberine Balance</b> Formula: 201131	1 capsule, 2-3 times daily
Support healthy adrenal function and stress management	Perceived Stress Scale Adrenal stress index Fasting morning cortisol DHEA	<b>Adreno-Mend</b> Formula: 200529-120X	2-4 capsules daily
		<b>DHEA 10 mg Micronized (Capsules)</b> Formula: DHEA1	1-2 capsules daily in the morning or afternoon  For women: 1 capsule daily in the morning
Support overall thyroid health and wellness	Thyroid function tests including free T4, TSH	<b>Ultra Preventive® X</b> Formula: 202331	4-8 tablets daily, with meals
Support healthy thyroid function		<b>ThyroMend™</b> Formula: 202703	2 capsules daily, with food

\*Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## LOWER DIGESTIVE PROTOCOL

To optimize the intestinal biome.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support gastrointestinal and immune health	Self-reported occasional abdominal discom	<b>Multi-Probiotic® 40 Billion</b> Formula: 202634	1 capsule daily
Support healthy microbial balance		<b>Betaine Plus</b> Formula: 80106	1 capsule with each meal

## MOOD PROTOCOL

To optimize and balance the function of the stress-handling HPA axis and neurotransmitters.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Promote calmness and healthy stress support	Perceived Stress Scale Adrenal testing	<b>Sereniten Plus</b> Formula: 201348	1 capsule, twice daily, on an empty stomach
Support healthy mood balance	Patient Health Questionnaire (PHQ)-9 or self-reported mood and emotional well-being <sup>‡</sup>	<b>QÜELL® Fish Oil EPA/DHA Plus D</b> Formula: 200981	1 softgel daily
		<b>SAM-e</b> Formula: 202170	1-2 capsules daily

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

\*Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## MUSCULOSKELETAL PROTOCOL

To support musculoskeletal comfort.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy joint structure	Normal wear and tear of the joints	<b>Glucosamine Plus™ Extra Strength</b> Formula: GSXV	1 capsule, 3 times daily
Support joint comfort	Daily joint comfort, mobility, resilience	<b>Boswellia-Turmeric Complex</b> Formula: INF	2 tablets daily
Support healthy nerve function	Nervous system assessment and blood glucose levels	<b>Ultra Benfotiamine</b> Formula: 201815	1 capsule, twice daily
		<b>Alpha-Lipoic Acid</b> Formula: LPA	3-6 tablets, twice daily
Support muscle mass and strength	Muscle tissue growth and lean muscle mass	<b>Muscle Protect™ with HMB</b> Formula: 57737P	1-2 scoops daily

## SLEEP PROTOCOL

To support healthy rest/sleep.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy sleep and nocturnal rhythms	Trouble falling asleep	<b>Melatonin P.R. 3 mg Prolonged Release</b> Formula: 83199	1 capsule, before bed
Support healthy sleep	Sleep is affected by stress		<b>Sereniten Plus</b> Formula: 201348
Support healthy iron levels	Serum ferritin	<b>Amino Iron</b> Formula: FEC	1 tablet daily
Support healthy muscle function and relaxation	Feels restless during sleep	<b>Magnesium Glycinate</b> Formula: 202733	1 tablet, 1-2 times daily

<sup>‡</sup>Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## UPPER DIGESTIVE PROTOCOL

To support healthy stomach digestive function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Provide healthy upper digestive support with plant-based enzymes	Occasional poor digestion, prolonged stomach fullness	<b>GI Digest</b> Formula: 201538	1 capsule with each meal, may increase dose as needed
Support healthy gastric pH and protein digestion		<b>Betaine Plus®</b> Formula: 202759	1 capsule with each meal
Support a healthy stomach mucous lining and gastrointestinal health		<b>Pylori-Plex</b> Formula: 99076	2 capsules daily, with meals

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<sup>‡</sup>Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## WOMEN'S HEALTH AND WELLNESS

Developed with Shelena Lalji, M.D.\*

### Protocol Objective:

To provide essential nutrients and supplementation that help balance hormones and support sleep, energy levels, beauty and sexual health, to build a confident, beautiful woman from the inside out.<sup>‡</sup>

Refer to the Beauty Support Protocol<sup>‡</sup> for further recommendations.

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Women's Foundational Nutrient Support	Dietary intake assessment (vitamins and minerals) Low intake of omega-3 and fermented foods	<b>Ultra Preventive® X</b> Formula: 202331	4-8 capsules daily
		<b>Low intake of omega-3 and fermented foods</b>	1 capsules daily
		<b>Multi-Probiotic® 40 Billion</b> Formula: 202634	1-2 capsules daily
Menopause Support	Patient presents with hot flashes, mood changes, lack of menses	<b>DHEA 10 mg</b> Formula: DHEA1	1 capsule daily
Sleep Support	Patient has poor sleep patterns and difficulty falling asleep	<b>Melatonin 3 mg</b> Formula: 81322	1 capsule 1 hour before bedtime
Mood Support	Patient has low mood and feelings of sadness	<b>GABA 500 mg</b> Formula: 80611	1 capsule at bedtime
		<b>5-HTP</b> Formula: 5HTP	1-2 capsules at night without food
Energy Support	Occasional fatigue <sup>‡</sup>	<b>Corvalen®</b> Formula: 57451P	1 scoop powder in liquid, 1-3 times daily
		<b>BerryCaff™ Energy</b> Formula: 57780P	2-3 capsules daily
		<b>AdrenoMend™</b> Formula: 200529	2 capsules daily with food

\*Please note that patients may not require all supplements listed.  
\*Dr. Shelena Lalji is a retained advisor to Atrium Professional Brands.  
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Weight Management Support	Patient has difficulty with weight management Thyroid function tests	<b>Metabolic Lean®</b> Formula: 202575-60X	1 capsule 30 minutes before breakfast and dinner
		<b>ThyroMend™</b> Formula: 202703	2 capsules daily with food
Digestive Support	Patient presents with indigestion, irregular bowel movements	<b>GI Digest</b> Formula: 201538	1 capsule with each meal

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\*Please note that patients may not require all supplements listed.  
†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.  
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