

HORMONE SUPPORT FOR HEALTHY LIVING[‡]



PUSH YOUR POTENTIAL.

[‡]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.

HORMONE

Our hormones allow us to adapt to the demands and stressors of life, but often diminish as a consequence of normal aging. Our brain, bones, heart, skin and muscles all depend on healthy levels of sex hormones, thyroid hormones and adrenal hormones to function properly. Male and female hormones, thyroid hormones and adrenal hormones work in synergy to support our mood, motivation and drive. Hormones allow us to adapt to the demands and stressors of life. Maintaining healthy and appropriately balanced hormones supports healthy aging, quality of life and helps make an active lifestyle easier to maintain. Healthy hormone levels also support healthy sexual function, body weight, sleep and blood sugar metabolism.‡

INDEX

HORMONE SPECIFIC™ FORMULATIONS SELECTION GUIDE	3
PRODUCTS	4 - 11
SUPPORT PROTOCOLS	12 -21



ADVISORY BOARD



ANGELA MAZZA, D.O.*

Dr. Mazza is double board-certified in internal medicine and endocrinology, diabetes & metabolism, and currently practices in the Central Florida area. She completed her fellowship in anti-aging metabolic medicine and practices integrative endocrinology on a daily basis. She sees medicine not as a "one-size-fits-all" but requiring an individualized approach through patient education and lifestyle management. She has a significant background in both basic and clinical research, and has been principal investigator on multiple large scale therapy and device trials.

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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.‡

HORMONE SELECTION GUIDE

Hormone Specific™ Formulations were created to support the optimal function of specific hormones through the use of hormone-specific adaptogens and functional modulators of hormone actions that contain Phytocrine™ properties. These formulations may be used as part of a hormone health program with dietary and nutrient support. In addition, these formulations may be used by clinicians as adjuvants to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.‡

Hormone Specific™ Formulations**	Functions‡	Primary Hormone Indications‡	Daily Dose (see label for dosing protocol)
AdrenoMend™ Formula: 200529	Supports healthy function of the adrenal glands and related regulatory systems that respond to stress	<ul style="list-style-type: none"> Adrenal support HPA axis balance Homeostasis support 	2-4 capsules in morning
EstroMend™ Formula: 201353	Supports healthy estrogen receptor function, estrogen metabolism, and estrogen-sensitive tissues	<ul style="list-style-type: none"> Menopause 	2-4 capsules in evening
EstroQuench™ Formula: 202060	Supports healthy metabolism of estrogens Moderates estrogen activity at the cellular level	<ul style="list-style-type: none"> Hormonal health in women and men 	2-4 capsules
ProgestoMend™ Formula: 201388	Supports the production and function of progesterone at the cellular level	<ul style="list-style-type: none"> Hormonal health in women 	2-4 capsules
TestoGain™ Formula: 201397	Supports the production of testosterone and other androgens	<ul style="list-style-type: none"> Hormonal health in women and men 	2-4 capsules
TestoQuench™ for Men Formula: 202410	Moderates androgen activity to support testosterone-sensitive tissues	<ul style="list-style-type: none"> Prostate health 	2-4 capsules
TestoQuench™ for Women Formula: 201352	Moderates androgen activity to support testosterone-sensitive tissues in women	<ul style="list-style-type: none"> Ovarian health Premenstrual health 	2-4 capsules
ThyroMend™ Formula: 201381	Supports natural production of thyroid hormones and supports thyroid-responsive tissues	<ul style="list-style-type: none"> Thyroid health 	2 capsules

Visit douglaslabs.com/hormone for more detailed Hormone Specific™ Formulations Clinical Guidelines

*Our Medical Advisors are advisors to Atrium Professional Brands.

**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

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

*Please note that patients may not require all supplements listed.

‡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.

HORMONE SUPPORT PRODUCTS[‡]

AdrenoMend™ Hormone Specific™ Formulation

Support for healthy
adrenal function[‡]

[Co-formulated by
Joseph J. Collins, R.N., N.D.]^{*}

AdrenoMend™ is a Hormone Specific™ Formulation of 10 highly valued herbal extracts with adaptogenic properties designed to support healthy, balanced adrenal gland function. This formulation is designed to promote optimal function of the adrenal glands and related regulatory systems.[‡]

SUGGESTED USAGE: 2-4 DAILY

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

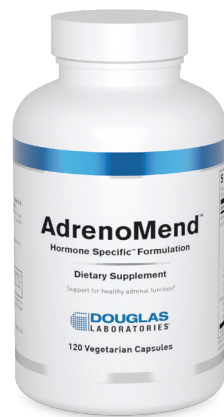
Amount Per Serving		
A Phytocrine™ Proprietary Blend	1,020 mg	2,040 mg
Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: <i>Schisandra chinensis</i> (fruit, standardized to 2% schisandrins), <i>Bacopa monnieri</i> (aerial parts, standardized to 20% bacosides), <i>Rhodiola rosea</i> (root, standardized to 3% rosavins and 2% salidroside), <i>Eleutherococcus senticosus</i> (root, standardized to 0.8% eleutherosides), <i>Magnolia officinalis</i> (bark, standardized to 5% honokiol), <i>Rehmannia glutinosa</i> (root), <i>Bupleurum falcatum</i> (root), <i>Panax ginseng</i> (root, standardized to 3% ginsenosides), <i>Coleus forskohlii</i> (root, standardized to 1% forskohlin)		
Sensoril® Ashwagandha Extract	125 mg	250 mg
(Withania somnifera, root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides)		

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica

SENSORIL® ashwagandha extract is protected under U.S. Patent No. 7,318,938 and is a registered trademark of Natreon, Inc.

^{*}Dr. Joseph J. Collins was a retained advisor to Atrium Professional Brands.

Formula	Size
200529	120 Vegetarian Capsules



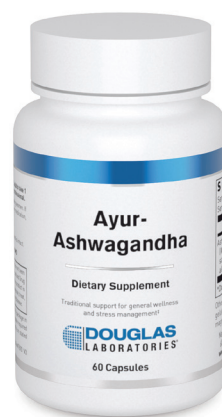
Ayur-Ashwagandha Traditional support for general wellness and stress management[‡]

Ayur-Ashwagandha supplies 300 mg of ashwagandha standardized in each capsule.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	
Ashwagandha Root Extract	300 mg
(Withania somnifera) (standardized to 7% Withanolides, 1% Alkaloids, and 0.25% withaferine-A)	
Other ingredients: Microcrystalline cellulose, gelatin (capsule), vegetable stearate and magnesium silicate	
Formula	Size
7670	60 Capsules



DHEA 10 mg Micronized (Vegetarian Capsules) Hormone support[‡]

DHEA 10 mg capsules contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practice (GMP) standards.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule
Servings Per Container 100

Amount Per Serving	
DHEA (dehydroepiandrosterone, micronized)	10 mg
Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule)	
CAUTION ATHLETES: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.	
Formula	Size
DHEA1	100 Vegetarian Capsules



DHEA 25 mg Micronized (Dissolvable Tablets) Hormone support[‡]

DHEA 25 mg dissolvable tablets contain the high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets can be dissolved in mouth and swallowed or swallowed whole.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Tablet

Amount Per Serving	
DHEA (dehydroepiandrosterone, micronized)	25 mg
Other ingredients: Mannitol, microcrystalline cellulose, vegetable stearate and silica	
CAUTION ATHLETES: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.	
Formula	Size
83050	60 Tablets 120 Tablets



DHEA Plus Hormone support[‡]

DHEA Plus vegetarian capsules contain 25 mg each of high purity dehydroepiandrosterone (DHEA) and pregnenolone. Both are produced under strict Good Manufacturing Practices (GMP) standards.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule
Servings Per Container 100



Amount Per Serving	
DHEA (dehydroepiandrosterone)	25 mg
Pregnenolone	25 mg
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and ascorbyl palmitate	
CAUTION ATHLETES: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.	
Formula	Size
DHP	100 Vegetarian Capsules

DHEA 50 mg Micronized (Vegetarian Capsules) Hormone support[‡]

DHEA capsules contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practice (GMP) standards.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule
Servings Per Container 100

Amount Per Serving	
DHEA (dehydroepiandrosterone, micronized)	50 mg
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and ascorbyl palmitate	
CAUTION ATHLETES: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.	
Formula	Size
DHEA5	100 Vegetarian Capsules



For a full listing of our Hormone Support Products[‡], visit douglaslabs.com/hormone

HORMONE SUPPORT PRODUCTS[‡]

DIM[®] Enhanced With Curcumin, Green Tea and Wasabia

*Supports hormone metabolism,
cellular health and detoxification[‡]*

DIM[®] Enhanced is a microencapsulated form of diindolylmethane with curcumin, green tea and wasabia, designed to support healthy estrogen hormone balance and immune health. BioResponse DIM[®] is a patented, absorption-enhancing formulation to ensure proper assimilation by the body.[‡]

SUGGESTED USAGE: 1, 1-2 TIMES DAILY

Serving Size 1 Vegetarian Capsule

Amount Per Serving	
Green Tea Extract (<i>Camellia sinensis</i> , leaf, standardized to 98% polyphenols and 45% EGCG)	200 mg
BioResponse DIM [®] Diindolylmethane Complex (complex of starch, diindolylmethane, vitamin E (as tocopherols), phosphatidylcholine (from sunflower) and silica, standardized to contain 25% diindolylmethane)	125 mg
Meriva [®] Curcumin Phytosome (<i>Curcuma longa</i> extract, rhizome, sunflower phospholipid complex)	125 mg
<i>Wasabia japonica</i> (rhizome, containing at least 600 mcg of isothiocyanates as allyl ITC, 3-butenyl ITC and 4-pentyl ITC)	50 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, vegetable stearate and dicalcium phosphate

BioResponse DIM[®] is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

Meriva[®] is a registered trademark of Indena S.p.A, Milano.

Formula	Size
202558	30 Vegetarian Capsules 60 Vegetarian Capsules



Pregnenolone (25 mg)

Hormone support[‡]

Pregnenolone 25 mg contains high purity pregnenolone. Scored tablets can be dissolved in mouth and swallowed or swallowed whole.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Dissolvable Tablet
Servings Per Container 60

Amount Per Serving	
Pregnenolone	25 mg
Other ingredients: Mannitol, cellulose, silica and vegetable stearate and silica	

Formula	Size
83088	60 Dissolvable Tablets



Pregnenolone (5 mg)

Hormone support[‡]

Scored tablet containing 5 mg of pregnenolone for hormonal support. Tablets can be dissolved in mouth and swallowed or swallowed whole.[‡]

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Dissolvable Tablet
Servings Per Container 100

Amount Per Serving	
Pregnenolone	5 mg
Other ingredients: Mannitol, cellulose, silica and vegetable stearate	

Formula	Size
83057	100 Dissolvable Tablets



ProgestoMend[™] Hormone Specific[™] Formulation

*Healthy progesterone production
and function[‡]*

[Developed by the late Joseph J. Collins,
R.N., N.D.][‡]

ProgestoMend[™] is a Hormone Specific[™] Formulation that is designed to maintain the health of progesterone-producing glands and support the healthy function of progesterone-responsive tissues.[‡]

SUGGESTED USAGE: 2-4 DAILY

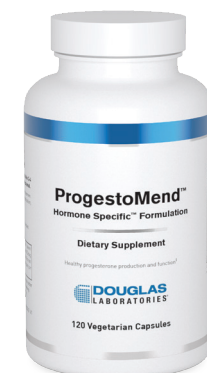
Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving		
A Phytocrine [™] Proprietary Blend	1,440 mg	2,880 mg
<i>Paonia lactiflora</i> root Extract (standardized to 10% paeoniflorin), <i>Ligusticum wallichii</i> root Extract, <i>Rehmannia glutinosa</i> Root Extract, <i>Bupleurum falcatum</i> Root Extract, Passion Flower (<i>Passiflora incarnata</i> , aerial part, standardized to 3.5% vitexin), Wild Yam Root Extract (<i>Dioscorea oppositifolia</i>), <i>Coleus forskohlii</i> Root Extract (standardized to 10% forskolin), <i>Vitex agnus-castus</i> berry Extract (Chasteberry, standardized to 0.5% agnuside)		

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica

[‡]Dr. Joseph J. Collins was a retained advisor to Atrium Professional Brands

Formula	Size
202742	120 Vegetarian Capsules



Saw Palmetto Max-V

*Traditional support for healthy
prostate function[‡]*

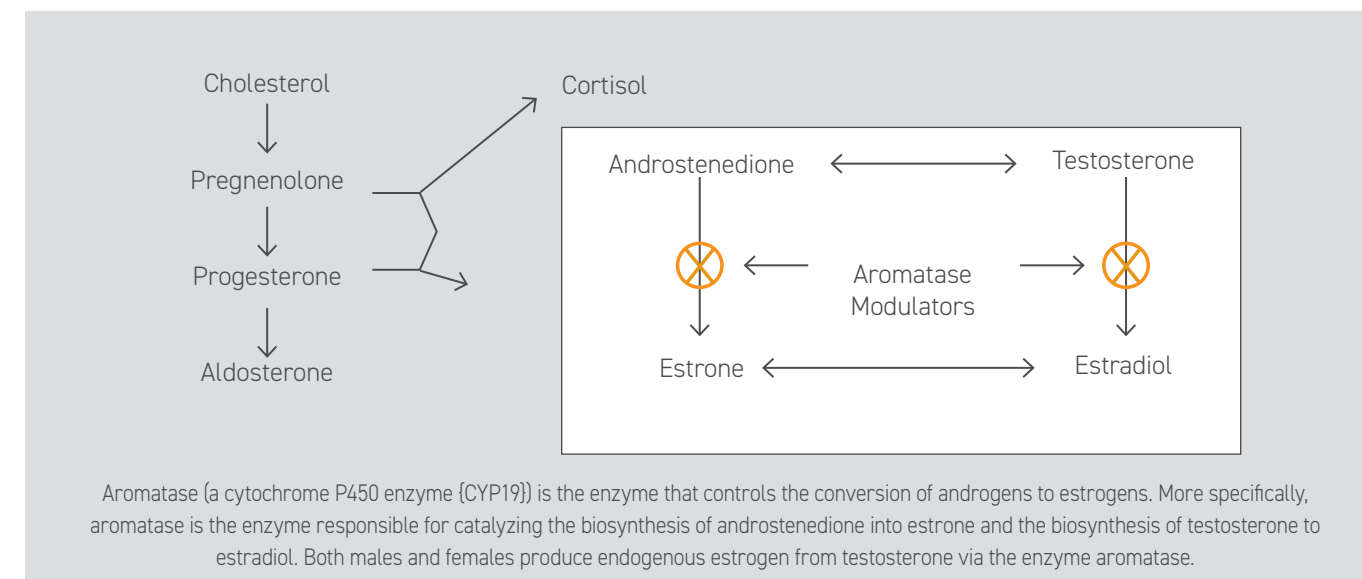
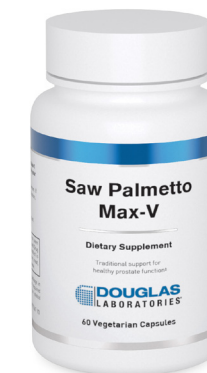
Saw Palmetto Max-V provides 160 mg of standardized saw palmetto in each vegetarian capsule for prostate support.[‡]

SUGGESTED USAGE: 1, TWICE DAILY

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount Per Serving	
Saw Palmetto Herbal Extract (<i>Serenoa repens</i> , berry, standardized to provide 35% fatty acids)	160 mg
Saw Palmetto (<i>Serenoa repens</i> , fruit, non-standardized)	100 mg
Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica and microcrystalline cellulose	

Formula	Size
77367	60 Vegetarian Capsules



HORMONE SUPPORT PRODUCTS[‡]

TestoGain Hormone Specific™ Formulation

Healthy testosterone production and function[‡]

[Developed by the late Joseph J. Collins, R.N., N.D.][†]

TestoGain™ is a Hormone Specific™ Formulation of adaptogens and phytochemicals that support androgen signaling through a variety of mechanisms. This formula is designed to help to support the health of testosterone-producing glands and testosterone-responsive tissues.[‡]

SUGGESTED USAGE: 2-4 DAILY

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving		
A Phytocrine™ Proprietary Blend	1,310 mg	2,620 mg
Horny Goat Weed Extract (<i>Epimedium brevicornum</i> , stem and leaf, standardized to 10% icariin), Velvet Bean Extract (<i>Mucuna pruriens</i> , seed, standardized to 15% L-dopa), Gokhru Extract (<i>Tribulus terrestris</i> , fruit, standardized to 45% saponins), Maca (<i>Lepidium meyenii</i> , root), Damiana (<i>Turnera diffusa</i> , leaf), Muira Puama (<i>Ptychopetalum olacoides</i> , bark), <i>Eleutherococcus senticosus</i> Root Extract (standardized to 0.8% eleutherosides), Tongkat Ali Extract (<i>Eurycoma longifolia</i> , root), <i>Panax ginseng</i> Root Extract (standardized to 3% ginsenosides), Ashwagandha Extract (<i>Withania somnifera</i> , root, standardized to 7% withanolides, 1% alkaloids, and 0.25% withaferine-A)		

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate and silica

[†]Dr. Joseph Collins was a retained advisor to Atrium Professional Brands

Formula	Size
201397	120 Vegetarian Capsules



TestoQuench™ For Women Hormone Specific™ Formulation

Support for healthy testosterone balance in women[‡]

[Developed by the late Joseph J. Collins, R.N., N.D.][†]

TestoQuench™ for Women is a Hormone Specific™ Formulation of botanicals that help to moderate androgen activity. This combination is designed to support the healthy function of testosterone-sensitive tissues in women.[‡]

SUGGESTED USAGE: 2-4 DAILY

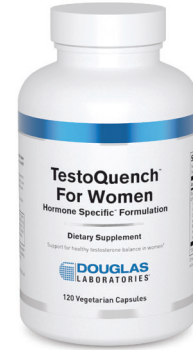
Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving		
A Phytocrine™ Proprietary Blend	1,440 mg	2,880 mg
Paeonia root extract (<i>Paeonia lactiflora</i> , standardized to 10% paeoniflorin), Fenugreek seed (<i>Trigonella foenum-graecum</i>), Saw Palmetto berry extract (<i>Serenoa repens</i> , standardized to 25% fatty acids), Fennel seed (<i>Foeniculum vulgare</i>), <i>Pygeum africanum</i> extract (bark, standardized to 2.5% sterols), Holy Basil (<i>Ocimum sanctum</i> , leaves), Nettle leaf extract (<i>Urtica dioica</i> , standardized to 1% silica), <i>Vitex-agnus castus</i> (berry, standardized to 0.5% agnuside)		

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica

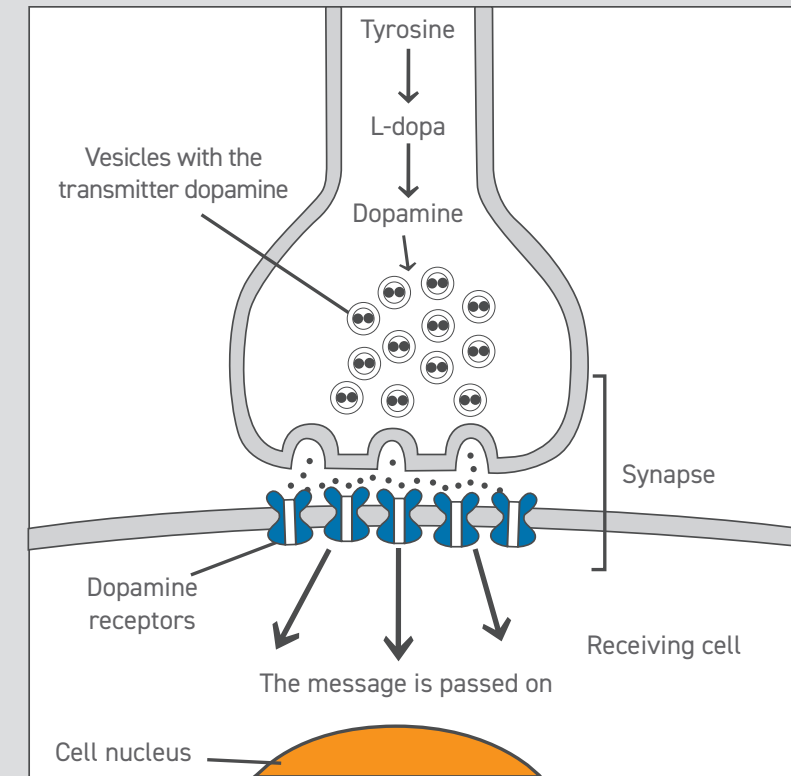
[†]Dr. Joseph Collins was a retained advisor to Atrium Professional Brands

Formula	Size
201352	120 Vegetarian Capsules



Dopamine and norepinephrine are partially responsible for sexual excitement. Velvet bean (*Mucuna pruriens*) seeds are the best-known naturally occurring source of L-dopa and have been used in traditional Ayurvedic medicine to support healthy sexual function.[‡]

Preliminary findings show that daily Maca root (*Lepidium meyenii*) consumption may support mood and sexual function in postmenopausal women, independent of estrogenic and androgenic activity. *Ptychopetalum olacoides* support the function of dopamine D(1) receptors in the hypothalamus.[‡]



HORMONE SUPPORT PRODUCTS[‡]

ThyroMend™ Hormone Specific™ Formulation

Support for healthy
thyroid function[‡]

[Developed by the late Joseph J. Collins,
R.N., N.D.]^{*}

ThyroMend™ is a Hormone Specific™
Formulation of iodine-containing seaweed
and herbs that support thyroid function. This
formulation is designed to maintain the health of thyroid hormone-
producing tissues and support the healthy function of tissues that
respond to thyroid hormones.[‡]

SUGGESTED USAGE: 2 DAILY

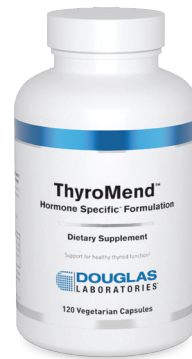
Serving Size 2 Vegetarian Capsules
Servings Per Container 60

Amount Per Serving	
Iodine (from <i>Ascophyllum nodosum</i>)	270 mcg
A Phytocrine™ Proprietary Blend	1,300 mg
<i>Ascophyllum nodosum</i> entire plant, Standardized Guggulipid (<i>Commiphora mukul</i> , gum resin, 2.5% guggulsterones), Standardized Bacopa (<i>Bacopa monnieri</i> , aerial parts, 20% bacosides), Standardized Ashwagandha (<i>Withania somnifera</i> , root, 5% withanolides), Standardized Hops (<i>Humulus lupulus</i> , flower, 5% alpha bitter acid), <i>Coleus forskohlii</i> (root, standardized to 10% forskolin), Sage (<i>Salvia officinalis</i> , leaf), & Standardized Rosemary extract (<i>Rosmarinus officinalis</i> , leaves, 6% carnosic acid)	

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate and silica

^{*}Dr. Joseph Collins was a retained advisor to Atrium Professional Brands

Formula	Size
202703	120 Vegetarian Capsules



Ultra I-3-C Support for healthy estrogen balance[‡]

Ultra I-3-C supplies indole-3-carbinol (I-3-C) in
a proprietary blend of cruciferous vegetables
for estrogen balance.[‡]

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount Per Serving	
Indole-3-Carbinol	200 mg
Proprietary Blend	100 mg
Standardized Broccoli Extract (sprouts), Cauliflower (head) and Brussel Sprout (<i>Brassica oleracea gemmifera</i>)	

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose and vegetable stearate

Warning: Not to be taken inf pregnant

Formula	Size
201209	60 Vegetarian Capsules



Uro-Pro® Support for healthy prostate function[‡]

Uro-Pro® is a comprehensive combination
of vitamins, minerals, amino acids, herbals
and other nutrients, carefully formulated and
specifically designed to support the healthy
function of the prostate gland during the
normal aging of men.[‡]

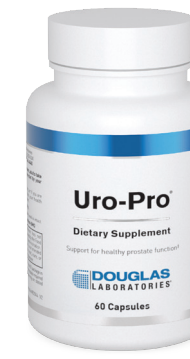
SUGGESTED USAGE: 1 DAILY WITH MEAL

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	
Vitamin A (as vitamin A acetate)	750 mcg
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg
Vitamin B ₆ (as pyridoxine HCl/pyridoxal-5-phosphate)	25 mg
Zinc (as zinc picolinate/oxide complex)	15 mg
Saw Palmetto (<i>Serenoa repens</i> , fruit, standardized extract)	160 mg
Pygeum (<i>Pygeum africanum</i> , bark, standardized extract)	50 mg
Pumpkin Seed Powder	100 mg
Glycine	50 mg
L-Alanine	50 mg
L-Glutamic Acid	50 mg
Grape Seed Extract	10 mg

Other ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate and silica

Formula	Size
82044	60 Capsules



EASY ORDERING

Placing orders is easy, whether you choose
to do so **online** at douglaslabs.com,
or by **contacting customer service**.

Customer service contact information:

800.245.4440

888.245.4440

customerservice@douglaslabs.com

You can speak to a customer service
representative Monday–Friday:
8:30 a.m.–7:00 p.m. ET.

An automated answering service is available
for after-hours ordering.

ADRENAL HEALTH & STRESS ADAPTATION

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations and lab tests. Patients seeking adrenal support may also present with the need to support testosterone and/or thyroid function.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [*]	DOSING
Generalized support of HP Axes (HPA, PHT, HPG) (Adrenal, Gonadal, and/or Thyroid function)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Ultra Preventive III Formula: 202660	1 capsule daily
Support stress adaptation	Lab: Assess cortisol and DHEA levels Patient presents with adrenal fatigue, takes longer to recover from routine stress such as a full day of work or recreational activity; difficulty recovering from physical or emotional stress	Add: AdrenoMend™ Formula: 200529	2-4 capsules daily, with food
Support healthy cortisol levels	Lab: Cortisol assessment and/or disruption of normal circadian rhythm Patient presents feeling stressed and poor sleep	If indicated, add: Sereniten Plus Formula: 201348	1 or 2 capsules twice daily, without food
Support immune balance	Lab: Evaluate CRP or cytokine levels Patient presents with generalized musculoskeletal discomfort or other signs of endogenous systemic imbalances	If indicated, add: Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily, without food 3 tablets, twice daily, without food
Support healthy androgen signaling	Lab: Assess testosterone and/or free testosterone levels	If indicated, add: TestoGain™ Formula: 201397	2-4 capsules daily, with food
Support thyroid health	Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels	If indicated, add: ThyroMend™ 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.

ANDROGEN BALANCE FOR WOMEN

Androgen balance is important for healthy functioning of tissues in women. Women's thyroid health and follicular health, in addition to insulin function and glycemic control, are all dependent on proper androgen function. This protocol differentiates the specific support needs for androgen balance.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [*]	DOSING
Support health of androgen-sensitive tissues	Lab: Assess androgens (testosterone, androstenedione, DHEA, DHT)	TestoQuench™ For Women Formula: 201352	2-4 capsules daily with food
Support progesterone production and progesterone function	Lab: Assess progesterone Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens	If indicated, add: ProgestoMend™ Formula: 202742	2-4 capsules daily with food
Support estrogen function	Lab: Assess estrogens Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens	If indicated, add: EstroMend™ Formula: 201353	2-4 capsules daily with food
Support immune balance	Lab: Assess CRP or cytokine levels Patient presents with generalized body aches and discomfort, or other signs of endogenous systemic imbalances	If indicated, add: Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily without food 3 tablets, twice daily without food
Support thyroid health	Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels	If indicated, add: ThyroMend™ Formula: 202703	2 capsules daily with food

Available for download at: douglaslabs.com/protocols

[‡]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.

BREAST HEALTH

For patients wishing to support breast health. This protocol is designed to support multiple aspects of hormone balance, with emphasis on estrogen detoxification and cellular health.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support health of androgen-sensitive tissues	Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio	EstroQuench™ Formula: 202060	2-4 capsules daily with food
Support optimal detoxification of estrogens	Lab: Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens	DIM® Enhanced Formula: 202558	2 capsules daily
Support endogenous methylation processes to promote healthy estrogen metabolism	Lab: Assess estrogen metabolites, including 2-methoxyestrogen metabolites	Methyl B₁₂ Plus Formula: 202273	2 capsules daily
Support immune balance	Lab: Assess CRP or cytokines Patient presents with generalized body discomfort, or other signs of endogenous systemic imbalances	Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily without food 3 tablets, twice daily without food
Support healthy estrogen function without hormone replacement	Lab: Assess estrogens (estradiol & estrone or total estrogens)	EstroMend™ Formula: 201353	2-4 capsules daily with food

*Please note that patients may not require all supplements listed.
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ESTROGEN DETOXIFICATION

For patients wishing to support breast health. This protocol is designed to support multiple aspects of hormone balance, with emphasis on estrogen detoxification and cellular health.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support health of androgen-sensitive tissues	Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio, SHBG	EstroQuench™ Formula: 202060	2-4 capsules daily with food
Support optimal detoxification of estrogens	Lab: Assess urine 2-hydroxyestrone (2-OHE1) to 16α-hydroxyestrone (16α-OHE1) ratio	Add: DIM® Enhanced Formula: 202558	Women: 1-2 capsules daily Men: 2-4 capsules daily
Support healthy androgen signaling	Lab: Assess testosterone levels Note: High estrogens may present with objective and subjective signs of low testosterone	If indicated, add: TestoGain™ Formula: 201397	2-4 capsules daily with food

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[‡]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.

HYPOTHALAMIC-PITUITARY AXES

The three Hypothalamic-Pituitary Axes are the Hypothalamic-Pituitary-Adrenal Axis (HPA), the Hypothalamic-Pituitary-Gonadal Axis (HPG), and the Hypothalamic-Pituitary-Thyroid Axis (HPT). This protocol differentiates the specific support needs for each of these axes based on symptoms, assessment, clinical observations and lab tests.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Generalized support of HPA, HPT, and HPG (Adrenal, Gonadal, and/or Thyroid function)	Lab: Assess adrenal, testosterone, and thyroid hormones Patient presents with symptoms as listed below for each HP axis indication	Ultra Preventive III Formula: 202660	1 capsule daily
Additional support for Hypothalamic-Pituitary-Adrenal Axis (HPA) Also refer to the Adrenal Health & Stress Adaptation Support Protocol	Lab: Assess cortisol and DHEA levels Patient presents with adrenal fatigue, takes longer to recover from routine stress such as a full day of work or recreational activity; difficulty recovering from physical or emotional stress	Add: AdrenoMend™ Formula: 200529	2-4 capsules daily with food
Additional support for Hypothalamic-Pituitary-Gonadal Axis (HPG) Also refer to the Adrenal Health & Stress Adaptation Support Protocol	Lab: Assess testosterone and/or free testosterone level	Add: TestoGain™ Formula: 201397	2-4 capsules daily with food
Additional support for Hypothalamic-Pituitary-Thyroid Axis (HPT) Also refer to the Adrenal Health & Stress Adaptation Support Protocol	Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels	If indicated, add: ThyroMend™ Formula: 202703	2 capsules daily with food

MENOPAUSE HEALTH

To differentiate the four clusters of hormone patterns associated with menopause presentation and hormone values, and provide personalized management based on unique Menopause Types[®] of each woman.[‡]

12 MENOPAUSE TYPES [®]	NORMAL TESTOSTERONE	TESTOSTERONE SUPPORT [‡]	SUPPORT FOR ANDROGEN BALANCE [‡]
Normal Estradiol & Progesterone	Menopause Type 1	Menopause Type 2 TestoGain™	Menopause Type 3 TestoQuench™ For Women
Estradiol Support [‡] Normal Progesterone	Menopause Type 4	Menopause Type 5 TestoGain™	Menopause Type 6 TestoQuench™ For Women
Progesterone Support [‡] Normal Estradiol	Menopause Type 7 ProgestoMend™	Menopause Type 8 ProgestoMend™ TestoGain™	Menopause Type 9 ProgestoMend™ TestoQuench™ For Women
Estradiol & Progesterone Support [‡]	Menopause Type 10 ProgestoMend™	Menopause Type 11 ProgestoMend™ TestoGain™	Menopause Type 12 ProgestoMend™ TestoQuench™ For Women

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support function of estrogen	Lab: Assess estrogens Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens	EstroMend™ Formula: 201353	2-4 capsules daily with food
Support progesterone production and progesterone function	Lab: Assess progesterone Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens	ProgestoMend™ Formula: 202742	2-4 capsules daily with food
Support healthy androgen signaling	Lab: Assess testosterone levels	TestoGain™ Formula: 201397	2-4 capsules daily with food
Support health of androgen-sensitive tissues	Lab: Assess androgens (testosterone, androstenedione, DHEA, DHT)	TestoQuench™ For Women Formula: 201352	2-4 capsules daily with food

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[‡]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.

OPTIMAL THYROID

To recognize the specific needs of the thyroid, including immune function, as well as concurrent adrenal and gut influence. The thyroid affects almost every system of our body and requires personalized evaluation to support overall wellness.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support optimal thyroid function	Lab: TSH, Free T4, Free T3, Total T3, Reverse T3, selenium RBC, iron studies, urinary iodine level	Ultra-Preventive® 2 Daily Formula: 202775	2 tablets daily
		If indicated, add: ThyroMend™ Formula: 202703	2 capsules daily
		Timed Release Iron Formula: 7962	2 tablets daily
		Ubiquinol-QH Formula: 201899	1 capsule daily
Support immunerelated thyroid health	Lab: thyroid peroxidase antibodies (anti-TPO), thyroglobulin antibodies (TgAb) Consider additional testing for intestinal permeability (mannitol/lactulose test) or intestinal microbe balance Evaluate for clinical symptoms of digestive imbalance such as abdominal bloating after meals [Elimination meal plan—avoid gluten, soy and dairy]	Vitamin D 125 mcg (5,000 IU) Formula: 200562 OR K₂-D₃ with Astaxanthin Formula: 202114	1 tablet daily 1 capsule daily
		Wobenzym® PS Formula: 202273	2 tablets, twice daily
		If indicated, add: Multi-Probiotic® 15 Billion Formula: 202516	1 capsule daily
		Betaine Plus® Formula: 202759	1 scoop or 6 capsules daily
		Sereniten Plus Formula: 201348	1 capsule, twice daily without food
Support thyroid and adrenal health	Lab: Four point salivary cortisol, serum DHEA, pregnenolone Evaluate for fatigue and stress beyond thyroid function	If indicated, add: AdrenoMend™ Formula: 200529	2 capsules, twice daily
		DHEA 5-25 mg Formulas: Various OR DHEA Plus Formula: DHP	1 tablet or capsule daily
		Sereniten Plus Formula: 201348	1 capsule, twice daily without food

*Please note that patients may not require all supplements listed.
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PREMENSTRUAL HEALTH

To differentiate and recognize the Premenstrual Hormone Patterns that allow clinicians to provide highly personalized hormone healthcare.[‡]

PREMENSTRUAL HORMONE [‡]	NORMAL TESTOSTERONE	TESTOSTERONE SUPPORT [‡]	SUPPORT FOR ANDROGEN BALANCE [‡]
Normal Estrogen & Progesterone		TestoGain™	TestoQuench™ For Women
Estrogen Support		TestoGain™	TestoQuench™ For Women
Support for Estrogen Metabolism		TestoGain™	TestoQuench™ For Women™
Progesterone Support	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench™ For Women
Estrogen and Progesterone Support	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench™ For Women

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support progesterone production and function	Lab: Assess progesterone levels	ProgestoMend™ Formula: 202742	2-4 capsules daily, throughout entire month
Support healthy androgen signaling	Lab: Assess testosterone levels	TestoGain™ Formula: 201397	2-4 capsules daily, throughout entire month
Support function of estrogen	Lab: Assess estrogen levels	EstroMend™ Formula: 201353	2-4 capsules daily, throughout entire month
Support health of androgen-sensitive tissues	Lab: Assess androgen levels	TestoQuench™ For Women Formula: 201352	2-4 capsules daily, throughout entire month
Maintain healthy prostaglandin balance	Patient presents with occasional premenstrual cramping	Ultra G.L.A. Formula: 7046	1 softgel daily
Support immune balance	Patient presents with symptoms of imbalanced cytokine levels and generalized body discomfort This is typically present in any combination of premenstrual symptom patterns	Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily without food 3 tablets, twice daily without food

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PROSTATE HEALTH

For patients expressing interest in supporting prostate health. This protocol helps to identify the need to support androgen metabolism, estrogen metabolism and/or endogenous cellular processes that maintain homeostasis.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy androgen metabolism	Lab: Assess androgens (testosterone & dihydrotestosterone)	TestoQuench™ For Men Formula: 202410	2-4 capsules daily
Support androgen and estrogen balance	Lab: Assess estrogens (estradiol & estrone or total estrogens)	EstroQuench™ Formula: 202060	2-4 capsules daily with food
Support optimal detoxification of estrogens	Lab: Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens	DIM® Enhanced Formula: 202558	2 capsules daily
Support endogenous methylation processes to promote healthy estrogen metabolism	Lab: Assess estrogen metabolites, including 2-methoxyestrogen metabolites	Methyl B₁₂ Plus Formula: 202273	2 lozenges daily
Support immune balance	Lab: Assess CRP, cytokines or other markers of inflammation Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances	Wobenzym® Plus Formula: 201910	2 tablets, twice daily without food
		OR Wobenzym® N Formula: 201213	3 tablets, twice daily without food

THYROID HEALTH

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support thyroid health	Lab: Assess T3, T4, free T3, free T4, Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels, TSH, serum iodine	ThyroMend™ Formula: 202703	2 capsules daily with food
Support immune balance	Lab: Assess anti-TG musculoskeletal Mild musculoskeletal aches and discomfort	If indicated, add: Wobenzym® Plus Formula: 201910	2 tablets, twice daily without food
Support thyroid cell health	Lab: Assess anti-TPO antibodies	If indicated, add: Seleno-Methionine Formula: 202578	1 capsule daily
Support healthy estrogen metabolism	Lab: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio	If indicated, add: EstroQuench™ Formula: 202060	2-4 capsules daily with food
Support stress adaptation	Lab: Assess cortisol or DHEA levels Patient presents with adrenal fatigue, takes longer to recover from routine stress such as a full day of work or recreational activity; difficulty recovering from physical or emotional stress	If indicated, add: AdrenoMend™ Formula: 200529	2-4 capsules daily with food
Generalized support of HP Axes & glycemic support (Adrenal, Gonadal, and/or Thyroid function)	Lab: Assess full hormone panel Refer to Hypothalamic-Pituitary Axes Support Protocol [‡]	Ultra Preventive III Formula: 202660	1 capsule daily

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