



GUIDE TO
**BALANCING HORMONES
& HEALTHY AGING⁺**



PUSHING POTENTIAL.

HORMONE HEALTH

Our hormones enable us to adapt to the demands and stressors of life, but hormone levels 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. Maintaining healthy and appropriately balanced hormones supports healthy aging and 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 levels.†

HORMONE | HORMONE SPECIFIC™

HORMONE | DETOXIFICATION

HORMONE | FEMALE SPECIALTIES

HORMONE | MALE SPECIALTIES

HORMONE | DHEA/PREGNENOLONE/MELATONIN

HORMONE | CLINICAL PROTOCOLS

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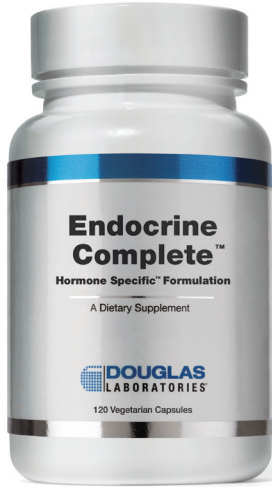


CLINICAL ADVISOR:

Joseph J. Collins, R.N., N.D.

Dr. Joseph J. Collins is the president and co-founder of Your Hormones, Inc. and has been directly involved in advancing the practice of supporting natural hormone health since 1993. He has extensive experience using herbal adaptogens to support and balance hormone function. Dr. Collins' Hormone Specific™ guidelines and educational webinars can be found at www.douglaslabs.com.†

HORMONE SPECIFIC™



Endocrine Complete™ is a comprehensive combination of vitamins, minerals, nutrients and phytotherapeutic compounds specifically formulated to provide complete support of endogenous hormone production by the endocrine system.† Endocrine Complete™ includes a wide variety of herbs that act as hormonogenic agents,

a subclass of phytocrine™ activities that maintain endocrine gland health.† As a Hormone Specific™ Multi-Nutrient, this formulation can be used as a foundation of hormone health with any of the Hormone Specific™ Formulations manufactured by Douglas Labs, and formulated by Dr. Joseph J. Collins.†

[Formulated by Joseph J. Collins, R.N., N.D.]

Endocrine Complete™

Formula	Size
202133	120 Vegetarian Capsules

Suggested Usage: 4 Daily

View the **Hypothalamic-Pituitary Axes Support Protocol†** on pg. 15

SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A5,000 IU (as 80% beta carotene/20% Vitamin A Palmitate)	100%
Vitamin C (as Ascorbic Acid) 500 mg	833%
Vitamin D-3 (as Cholecalciferol) 1,000 IU	250%
Vitamin E 100 IU (as d-alpha tocopheryl succinate plus mixed tocopherols)	333%
Vitamin K-2 (as Menaquinone-7).....40 mcg	50%
Thiamine (as Thiamine HCl).....25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate)10 mg	588%
Niacin/Niacinamide30 mg	150%
Vitamin B-6 (as Pyridoxal-5-phosphate).....20 mg	1,000%
Folate (as L-Methylfolate, Metafolin®)400 mcg	100%
Vitamin B-12 (as Methylcobalamin)250 mcg	4,667%
Biotin300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)25 mg	250%
Calcium (as Calcium Citrate Malate).....50 mg	5%
Iodine (from Kelp)150 mcg	100%
Magnesium (as Magnesium Citrate)50 mg	13%
Zinc (as Zinc Monomethionine, Opti-Zinc®).....15 mg	100%
Selenium (as L-Selenomethionine).....100 mcg	143%
Copper (as Copper Amino Acid Chelate) 0.25 mg	13%

Manganese (as Manganese Amino Acid Chelate)	2 mg	100%
Chromium (as Chromium Amino Acid Chelate).....	120 mcg	100%
Molybdenum (as Molybdenum Amino Acid Chelate)	100 mcg	133%
Inositol	25 mg	*
Boron (as Boron Citrate)	2 mg	*
Benfotiamine	25 mg	*
Proprietary Blend	500 mg	*

Bupleurum falcatum root Extract, *Rehmannia glutinosa* root Extract, *Rhodiola rosea* root Extract (standardized to 3% rosavins), *Ashwagandha* root and leaf Extract (*Withania somnifera*, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides), *Coleus forskohlii* Extract (root, standardized to 10% forskolin), *Gymnema sylvestre* Extract (leaf, standardized to 25% gymnemic acids), *Panax ginseng* Extract (root, standardized to 3% ginsenosides).

*Daily Value not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany
Opti-Zinc® is a trademark of InterHealth N.I.

[Formulated by Joseph J. Collins, R.N., N.D.]

EstroMend™

Formula	Size
201353	120 Vegetarian Capsules

Suggested Usage: 2–4 Daily

View the **Menopause Health Support Protocol†** on pg. 16

EstroMend™ is a Hormone Specific™ Formulation of herbs that supports healthy estrogen receptor function and healthy metabolism of estrogens or functional mimetics of estrogen.† This soy-free combination is designed to support healthy estrogen function in bone, heart, brain, breasts, vagina and other estrogen sensitive tissues.†

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
Proprietary Blend	1,390 mg *	2,780 mg *
Pueraria root Extract (Pueraria montana, Pueraria lobata, standardized to 40% isoflavones), Red Clover Extract (Trifolium pratense, stem, leaves, and flowers, standardized to 8% biocannins), Bacopa Extract (Bacopa monnieri, aerial parts, standardized to 20% bacosides), Gotu Kola Extract (Centella asiatica, leaf, standardized to 10% asiaticosides), Hops Extract (Humulus lupulus, strobiles, standardized to 5% alpha bitter acids), Dong Quai root Extract (Angelica sinensis, standardized to 1% ligustilides), Schizandra fruit Extract (Schizandra chinensis, standardized to 9% schisandrins), Sage leaf (Salvia officinalis).		
Black Cohosh Extract.....	50 mg *	100 mg *
(Cimicifuga racemosa, root and stem) (standardized to 8% triterpene glycosides)		

*Daily Value not established.

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

[Formulated by Joseph J. Collins, R.N., N.D.]

EstroQuench™

Formula	Size
202060	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

View the **Aromatase Inhibition Support Protocol**† on pg. 14

EstroQuench™ is a Hormone Specific™ Formulation of ingredients that have documented anti-aromatase activity as well as androgenic adaptogens, which support the function of endogenous aromatase inhibitors.† Collectively, these herbs promote minimal production and function of estrogens, while promoting testosterone function and sexual function in both genders.† This formulation is designed to quench excessive production of estrogens and their aberrant activity, and support androgen function by maintaining the health of androgen-producing glands.†

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV	%DV
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Proprietary Blend	1,150 mg *	2,300 mg *
Maca root Extract (Lepidium meyenii), Damiana leaf Extract (Turnera diffusa), Hesperidin (Citrus sinensis), Agaricus mushroom mycelia Extract (Agaricus bisporus), Brassaiopsis glomerulata leaf Extract, Eurycoma longifolia root Extract, Mangosteen fruit Extract (Garcinia mangostana), Pomegranate Hull Extract (Punica granatum L. standardized to 70% Ellagic Acid), Naringenin (Citrus grandis L., fruit), Chrysin Bioperine®		
	2.5 mg *	5 mg *
(black pepper fruit extract/Piper nigrum)		

*Daily Value not established
Other ingredients: Cellulose and silica.

[Formulated by Joseph J. Collins, R.N., N.D.]

ProgestoMend™

Formula	Size
201388	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

View the **Premenstrual Health Support Protocol**† on pg. 17

ProgestoMend™ is a Hormone Specific™ Formulation of phytoprogesterones, progestogenic adaptogens and functional mimetics of progesterone, ProgestoMend is designed to maintain the health of progesterone-producing glands and support the healthy function of progesterone-responsive tissues.†

SUPPLEMENT FACTS

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

Amount Per Serving	%DV	%DV
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Proprietary Blend	1,440 mg *	2,880 mg *
Paeonia lactiflora root Extract (standardized to 10% paeoniflorin), Ligusticum wallichii root Extract, Rehmannia glutinosa root Extract, Bupleurum chinensis root Extract, Passion flower (Passiflora incarnata, standardized to 3.5% vitexin), Wild Yam root Extract (Dioscorea villosa, standardized to 10% diosgenin), Cramp bark (Viburnum opulus), Coleus forskohlii root Extract (standardized to 10% forskolin), Vitex agnus-castus berry Extract (Chasteberry, standardized to 0.5% agnuside and 0.4% aucubin)		

*Daily Value not established.

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

[Formulated by Joseph J. Collins, R.N., N.D.]

TestoGain™

Formula	Size
201397	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

View the **Andropause Support Protocol**† on pg. 12

TestoGain™ is a Hormone Specific™ Formulation of phytoandrogens, androgenic adaptogens, androgen agonists and androgen mimetics designed to help promote testosterone production and function by maintaining the health of testosterone-producing glands in both men and women and by supporting the healthy functions of testosterone-responsive tissues.†

SUPPLEMENT FACTS

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

Amount Per Serving	%DV	%DV
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Proprietary Blend	1,310 mg *	2,620 mg *
Horny Goat Weed Extract (Epimedium sagittatum, aerial parts, standardized to 10% icariin), Velvet bean Extract (Mucuna pruriens, seed, standardized to 15% l-dopa), Gokhru fruit Extract (Tribulus terrestris, standardized to 45% saponins), Maca root (Lepidium meyenii), Damiana leaf (Turnera diffusa), Muira Puama bark (Ptychopetalum olacoides), Eleutherococcus senticosus root Extract (standardized to 0.8% eleutherosides), Tongkat Ali 100:1 Extract (Eurycoma longifolia, root bark), Panax ginseng root Extract (standardized to 3% ginsenosides), Ashwagandha root Extract (Withania somnifera, standardized to 8% withanolides, 1% alkaloids, and 1% withaferine-A).		

*Daily Value not established.

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

[Formulated by Joseph J. Collins, R.N., N.D.]

TestoQuench™ For Men

Formula	Size
201351	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

TestoQuench™ for Men is a Hormone Specific™ Formulation containing herbal anti-androgens and androgen antagonists to help regulate testosterone levels.† TestoQuench for Men features a combination of herbs is designed to support the healthy function of the prostate and other testosterone-sensitive tissues in men.†

SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 60
Serving Size 4 Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
Proprietary Blend.....	1,440 mg*	2,880 mg *
Saw Palmetto berry Extract (Serenoa repens, standardized to 25% fatty acids), Pygeum africanum (bark, standardized to 2.5% sterols), Piper cubeba (fruit), Stinging Nettle leaf Extract (Urtica dioica, standardized to 1% silica), Holy Basil (Ocimum sanctum, leaf), Magnolia officinalis bark Extract (standardized to 5% honokiol).		

*Daily Value not established.

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

[Formulated by Joseph J. Collins, R.N., N.D.]

TestoQuench™ For Women

Formula	Size
201352	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

View the **Anti-Androgen Support Protocol**† on pg. 13

TestoQuench™ for Women is a Hormone Specific™ Formulation of anti-androgens and androgen antagonists to help regulate testosterone levels.† This combination is designed to support the healthy function of skin, hair, heart, breasts, vagina and other testosterone-sensitive tissues in women.†

SUPPLEMENT FACTS

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

Amount Per Serving	%DV	%DV
Herbal Proprietary Blend.....	1,440 mg*	2,880 mg *
Paeonia root Extract (Paeonia lactiflora, standardized to 10% paeoniflorin), Fenugreek seed (Trigonella foenum-graecum), Saw Palmetto berry Extract (Serenoa repens, standardized to 25% fatty acids), Fennel seed (Foeniculum vulgare), Pygeum africanum Extract (bark, standardized to 2.5% sterols), Holy Basil (Ocimum sanctum, leaf), Nettle leaf Extract (Urtica dioica, standardized to 1% silica), Vitex-agnus castus (Chastetree berry, standardized to 0.5% agnuside and 0.4% aucubin)		

*Daily Value not established.

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

HORMONE SPECIFIC™ | **ADRENAL HEALTH**

[Formulated by Joseph J. Collins, R.N., N.D.]

AdrenoMend™

Formula	Size
200529	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

View the **Adrenal Health Support Protocol**† on pg. 11

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 various homeostasis regulatory systems that work with the adrenal glands to maintain physiological function during both acute and chronic stress.†

SUPPLEMENT FACTS

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

Amount Per Serving	%DV	%DV
A Phytocrine™ Proprietary Blend.....	955 mg *	1,910 mg *
Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: Schisandra chinensis (fruit, standardized to 2% schisandrins), Bacopa monnieri (aerial parts, standardized to 20% bacosides), Rhodiola rosea (root, standardized to 5% rosavins and 1% salidosides), Eleutherococcus senticosus (root, standardized to 0.8% eleutherosides), Magnolia officinalis (bark, standardized to 5% honokiol), Rehmannia glutinosa (root), Bupleurum falcatum (root), Panax ginseng (root, standardized to 3% ginsenosides), Coleus forskohlii (root, standardized to 1% forskolin)		
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)		

*Daily Value not established.

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

Sensoril® is protected under US Patent 6,713,092 and is a trademark of Natreon, Inc.

Visit douglaslabs.com for

ADDITIONAL ADRENAL HEALTH PRODUCTS:

Name	Formula
Adrenplus-300.....	7221-60X
Adrenplus-300.....	7221-120X
Ora-Adren 80.....	7220-100X
Xtra-Cell® CF Support.....	99457-24X

HORMONE SPECIFIC™ | **THYROID HEALTH**

[Formulated by Joseph J. Collins, R.N., N.D.]

ThyroMend™

Formula	Size
201381	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

View the **Thyroid Health Support Protocol†** on pg. 18

ThyroMend™ is a Hormone Specific™ Formulation of iodine-containing seaweeds, herbs with phytothyroidogenic properties and phytothyroid- receptor agonists. 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.†

SUPPLEMENT FACTS

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

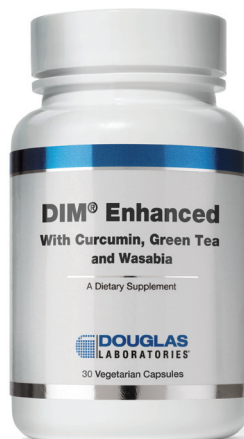
Amount Per Serving	%DV	%DV
Iodine (from seaweed blend)	200 mcg 133%	400 mcg 267%

Proprietary Blend..... 1,300 mg *2,600 mg *
 Seaweed Blend (Ascophyllum nodosum & Fucus vesiculosus, entire plant),
 Standardized Guggulipid (Commiphora mukul, gum resin, 2.5% guggulsterones),
 Standardized Bacopa (Bacopa monnieri, aerial parts, 20% bacosides),
 Standardized Ashwagandha (Withania somnifera, root, 1.5% withanolides & 1% alkaloids),
 Standardized Hops (Humulus lupulus aerial parts, 5% alpha bitter acid),
 Coleus forskohlii (root, standardized to 10% forskolin), Sage (Salvia officinalis, leaf),
 & Standardized Rosemary extract (Rosmarinus officinalis, aerial parts, 6% carnosic acid)

*Daily Value not established.

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

HORMONE
 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.† Microencapsulated DIM by BioResponse® is a patented, absorption-enhancing formulation to ensure proper assimilation by the body.

DIM® Enhanced
w/ Curcumin, Green Tea and Wasabia

Formula	Size
201208	30 Vegetarian Capsules 60 Vegetarian Capsules

Suggested Usage: 1, one to two times daily

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Green Tea Extract (leaf)..... 200 mg	*
(standardized to 95% polyphenols and 45% EGCG)	
BioResponse DIM® diindolylmethane complex	125 mg *
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy] and silica), (standardized to contain 25% diindolylmethane)	
MERIVA® Curcumin Phytosome..... 125 mg	*
(Curcuma longa extract, rhizome)/Phosphatidylcholine (soy) complex)	
Sawa™ Wasabia japonica (rhizome).....50 mg	*
(Containing at least 600 mcg of isothiocyanates as allyl ITC, 3-butenyl ITC and 4-pentyl ITC)	

*Daily Value not established

Other Ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.



MERIVA is a registered trademark of Indena S.p.A, Milano.

Sawa™ is a trademark of New Zealand Wasabi, Ltd.

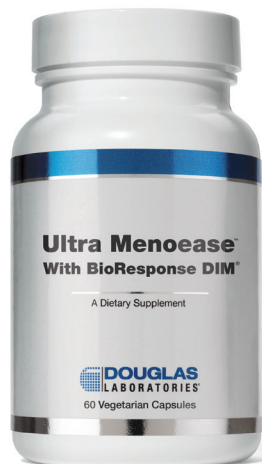
BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder. CO. U.S. Patent 6,086,915.

Visit douglaslabs.com for

ADDITIONAL
 DETOXIFICATION PRODUCTS:

Name	Formula
Calcium D-Glucarate.....	CDG
Ultra I-3-C.....	201209-60X

FEMALE SPECIALTIES



Ultra Menoease™ is a supplement specially formulated with pure genistein, microencapsulated BioResponse DIM®, botanicals, and nutrients for support of normal menopausal symptoms and healthy estrogen levels in women.†

[Formulated by Shelena Lalji, M.D.]

Ultra Menoease™ w/BioResponse DIM®

Formula	Size
201938	60 Vegetarian Capsules
Suggested Usage: 2 Daily	

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3.....	1,000 IU 250%
Magnesium (as amino acid chelate)	100 mg 25%
Proprietary Blend.....	300 mg *
Red Clover flower Extract(Trifolium pratense)(standardized to 8% biocannin),	
Black Cohosh root Extract (Cimicifuga racemosa)(standardized to 8% triterpene	
glycosides), Chrysin	
BioResponse DIM® diindolylmethane complex	75 mg *
(complex of starch, diindolylmethane,d-alpha tocopheryl succinate,	
phosphatidylcholine [soy] and silica), (standardized to contain	
25% diindolylmethane)	
geniVida® Genistein.....	30 mg *

*Daily Value not established.

Other ingredients: Pectin, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

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

Visit douglaslabs.com for

ADDITIONAL FEMALE SPECIALTIES:

Name	Formula
Agnus Castus-V	77301-60X
Isoflavone-250 with Genistein	83044-60X

[Formulated by Shelena Lalji, M.D.]

PMS Support† w/ BioResponse DIM®

Formula	Size
201715	60 Vegetarian Capsules
Suggested Usage: 2 Daily	

PMS Support† offers a combination of specific nutrients, including BioResponse DIM®, chaste berry extract, magnesium and B vitamins, specially formulated for support of premenstrual symptoms in women.† BioResponse DIM®, a bioavailable form of diindolylmethane, and chaste berry extract provide support for normal prolactin levels, hormone balance and healthy reproductive function in women.†

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3	1,000 IU 250%
Thiamine (as Thiamine HCl).....	25 mg 1,667%
Riboflavin (as Riboflavin-5-phosphate)	25 mg 1,471%
Vitamin B-6 (as Pyridoxal-5-phosphate).....	25 mg 1,250%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Iron (as Ferronyl®)	18 mg 100%
Magnesium (as Magnesium amino acid chelate)	200 mg 50%
BioResponse DIM® diindolylmethane complex	100 mg *
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate,	
phosphatidylcholine [soy] and silica), (standardized to contain 25%	
diindolylmethane)	
Chaste Berry Extract.....	100 mg *
(Vitex agnus-castus, fruit) (standardized to 0.5% Agnusidean 0.4% Aucubin)	

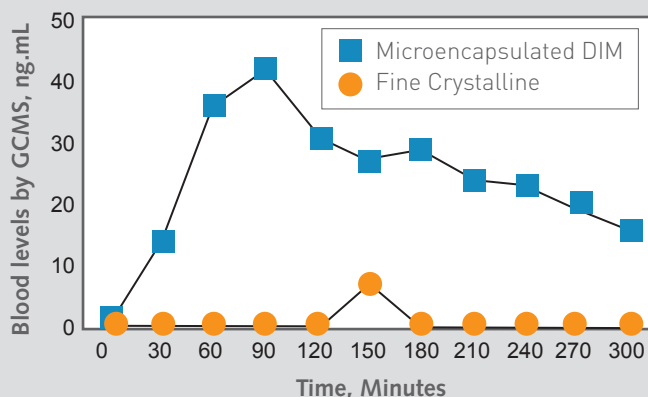
*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

DIM Absorption in Humans

1 mg/Kg, Average of Three Patients



Jacobs, I.C., and Zeligs, Controlled Release Society, 27:1324, 2000.

MALE SPECIALTIES



Ultra Uni-Pros-Trol™ provides a wide range of nutrients to support prostate health, including a supercritical CO₂ extract of saw palmetto, as well as lycopene, standardized pygeum, and nettle extracts.† Additionally, Ultra Uni-Pros-Trol provides ingredients such as lutein that are not typically found in male health formulas.

Ultra Uni-Pros-Trol™

Formula	Size
99451	60 Softgels

Suggested Usage: 2 Daily with food

SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Vitamin E (as d-alpha tocopherol)..... 10 IU	33%
with mixed tocopherols providing a minimum of:	
d-gamma-tocopherol..... 90 mg	
d-delta plus d-beta tocopherols..... 35 mg	
Zinc (Zinc gluconate)..... 10 mg	67%
Selenium (from Se-methyl-L-selenocysteine)..... 200 mcg	286%
Standardized Saw Palmetto extract (fruit)..... 320 mg	*
(Supercritical CO ₂ extract, 85-95% fatty acids, 0.2% sterols)	
Plant Sterols (from soy)..... 150 mg	*
Standardized Nettle Extract (root) (1% sterols)..... 120 mg	*
Pumpkin Seed Oil (cold pressed)..... 100 mg	*
Standardized Pygeum extract (bark) (13% total sterols)..... 50 mg	*
L-Glycine..... 25 mg	*
L-Alanine..... 25 mg	*
L-Glutamic Acid..... 25 mg	*
Lycopene (from Lyc-O-Mato®)..... 15 mg	*
Lutein..... 5 mg	*

*Daily Value not established.

Other ingredients: Gelatin (capsule), glycerin, water and caramel color.

Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Industries, LTD.

Visit douglaslabs.com for

ADDITIONAL MALE SPECIALTIES:

Name	Formula
Lycopene.....	LYC
Male X Booster.....	99248-60X
Nettles Max-V.....	77359-60X
Pecta-Sol®.....	82046-90X
Pecta-Sol®.....	82046-270X
Saw Palmetto Max-V.....	77367-60X
Uro-Pro® (For Men ONLY).....	82044-60X

DHEA/PREGNENOLONE/ MELATONIN



DHEA 5 mg dissolvable tablets contain the highest purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets dissolve in mouth.

DHEA (5 mg)

Formula	Size
83025	100 Tablets

Suggested Usage: 1/2 to 1 Daily

SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone).....5 mg	*

*Daily Value not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

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.

Visit douglaslabs.com for

ADDITIONAL DHEA/PREGNENOLONE/MELATONIN:

Name	Formula
DHEA (10 mg).....	DHEA1
DHEA (25 mg).....	83050-60X
DHEA (25 mg).....	83050-120X
DHEA (25 mg).....	DHEA
DHEA (50 mg).....	DHEA5
DHEA Plus.....	DHP
Pregnenolone (25 mg).....	83088-60X
Pregnenolone (5 mg).....	83057-100X
Controlled-Release Melatonin.....	MEL-CR
Melatonin (3 mg).....	81322-60X
Melatonin (1 mg).....	MEL-S
Melatonin (3 mg).....	MEL
Melatonin Prolonged Release.....	83199-60X
Melatonin Prolonged Release.....	83199-180X

HORMONE SPECIFIC™ FORMULATIONS | SELECTION GUIDE

[Developed by Joseph J. Collins, R.N., N.D.]*

Hormone Specific™ Formulations provided by Douglas Laboratories® and formulated by Joseph J. Collins, R.N., N.D., were created to support the optimal function of specific hormones through the use of hormone-specific adaptogens, functional mimetics, and agonists or antagonists that contain phytocrines™ 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.†

<i>Hormone Specific™ Formulations</i>	<i>Functions†</i>	<i>Primary Hormone Indications†</i>	<i>Daily Dose</i> <i>(see label for dosing protocol)</i>
Endocrine Complete™	Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health	<ul style="list-style-type: none"> • Foundational hormone health for men and women • Complements all Hormone Specific™ formulations 	4 capsules
AdrenoMend™	Supports healthy function of the adrenal glands and other homeostasis regulatory systems for acute or chronic stress	<ul style="list-style-type: none"> • Adrenal fatigue • HPA axis balance • Homeostasis support • Weight management 	2-4 capsules in morning
EstroMend™	Supports healthy estrogen receptor function, estrogen metabolism, and estrogen sensitive tissues	<ul style="list-style-type: none"> • Menopause • Premenstrual health • Sexual health • Reproductive health in women 	2-4 capsules in evening
EstroQuench™	Provides anti-aromatase activity to decrease production of estrogens, and supports the function of endogenous aromatase inhibitors	<ul style="list-style-type: none"> • Andropause • Estrogen detoxification • Breast health • Endometrial health • Uterine fibrous tissue health • Prostate health 	2-4 capsules
ProgestoMend™	Supports the natural production of progesterone and receptor agonist activity, and progesterone sensitive tissues	<ul style="list-style-type: none"> • Premenstrual health • Menopause • Reproductive health in women • Ovarian health • Uterine fibrous tissue health 	2-4 capsules
TestoGain™	Promotes the production of testosterone and other androgens, acting as a functional agonist of testosterone	<ul style="list-style-type: none"> • Andropause • Sexual health • Reproductive health in men • Menopause • Premenstrual health 	2-4 capsules
TestoQuench™ for Men	Decreases androgen activity to support testosterone sensitive tissues in men	<ul style="list-style-type: none"> • Prostate health • Breast health males 	2-4 capsules
TestoQuench™ for Women	Decreases androgen activity to support testosterone sensitive tissues in women	<ul style="list-style-type: none"> • Ovarian health • Menopause • Premenstrual health • Breast health females 	2-4 capsules
ThyroMend™	Supports natural production of thyroid hormones and supports thyroid responsive tissues	<ul style="list-style-type: none"> • Thyroid health • Weight management 	2-4 capsules

Visit www.douglaslabs.com for more detailed Hormone Specific™ Clinical Guidelines

Protocol Objectives:

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations, and lab tests. “Adrenal fatigue” can also present with the need to support testosterone and/or thyroid function.†

Clinical Objective	Assessment	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	Endocrine Complete™ Foundational Hormone Health	4 capsules daily with food
Support stress adaptation†	Lab: Assess cortisol and DHEA levels Patient presents with adrenal fatigue, generalized fatigue, or multiple system 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™	2 to 4 capsules daily with food
Support healthy cortisol levels†	Lab: Cortisol assessment and/or disruption of normal circadian rhythm Patient presents with feeling stressed, poor sleep, tired and fatigued, abdominal weight gain	If indicated, Add: Sereniten Plus	1 or 2 capsules twice daily without food
Immune support†	Lab: Evaluate CRP or cytokine levels Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances	If indicated, Add: Wobenzym® Plus OR Wobenzym® N	2 tablets twice daily without food OR 3 tablets twice daily without food
Support testosterone production and testosterone function†	Lab: Assess testosterone and/or free testosterone levels Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing	If indicated, Add: TestoGain™	2 to 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 Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness	If indicated, Add: ThyroMend™	2 to 4 capsules daily with food

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[Developed by Joseph J. Collins, R.N., N.D.]*

Protocol Objectives:

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

Clinical Objective	Assessment	Recommendations	Dosing
Support testosterone production and testosterone function[†]	<p>Lab: Assess testosterone and/or free testosterone levels</p> <p>Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing</p>	TestoGain™	2 to 4 capsules daily with food
Support function of endogenous anti-estrogens[†]	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio</p> <p>Patient presents with sexual complaints, enlarged breast size in men, prostate concerns</p>	If indicated, Add: EstroQuench™	2 to 4 capsules daily with food
Support stress adaptation[†]	<p>Lab: Assess cortisol or DHEA levels</p> <p>Patient presents with adrenal fatigue, generalized fatigue, or multiple system 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</p>	If indicated, Add: AdrenoMend™	2 to 4 capsules daily with food
Support thyroid health[†]	<p>Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation</p>	If indicated, Add: ThyroMend™	2 to 4 capsules daily with food
Generalized support of HP Axes[†] (Adrenal, Gonadal, and/or Thyroid function [†])	<p>Lab: Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol</p>	Endocrine Complete™ Foundational Hormone Health	4 capsules daily with food. Take in AM or AM & NOON

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Protocol Objectives:

Endogenous anti-androgens support healthy function 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.[†] The presence of excessive androgens in women can cause disruptions of endogenous functions.[†]

This protocol differentiates the specific support needs for anti-androgen health based on symptoms, assessment, clinical observations and lab tests.[†]

Clinical Objective	Assessment	Recommendations	Dosing
Support function of endogenous anti-androgens[†]	<p>Lab: Assess androgens (testosterone, androstenedione, DHEA, DHT)</p> <p>Patient presents with abdominal fat, acne, Adams apple, aggression, sugar craving, salt craving, deepening of voice, irregular menstrual cycles, excess facial hair, imbalanced blood glucose levels, irritability, oily skin, scalp hair thinness, difficulty sleeping/breathing</p>	<p>TestoQuench™ for Women</p> <p>While TestoQuench™ for Women primarily supports endogenous anti-androgen function, it also provides mild support of endogenous estrogen and progesterone production[†]</p>	2 to 4 capsules daily with food
Support progesterone production and progesterone function[†]	<p>Lab: Assess progesterone</p> <p>Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: Generalized aches, agitation, blood sugar fluctuations, muscle cramps, fatigue, anxious feeling, heart palpitations, irritability, mental fogginess, mood changes, morning fatigue, nervousness, twitches, difficulty sleeping</p>	If indicated, Add: ProgestoMend™	2 to 4 capsules daily with food
Support estrogen function[†]	<p>Lab: Assess estrogens</p> <p>Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: Breast shrinking, difficulty completing sentences, forgetfulness, emotional, decreased libido, difficulty falling to sleep or staying asleep, diminished orgasm, easily confused, fatigue, fluid retention, heart palpitations, hot flashes, irritability, joint discomfort, decreased motivation, mood changes, night sweats, restlessness, vaginal dryness, weight gain</p>	If indicated, Add: EstroMend™	2 to 4 capsules daily with food
Immune support[†]	<p>Lab: Assess CRP or cytokine levels</p> <p>Patient presents with generalized body aches and discomfort, or other signs of endogenous systemic imbalances</p>	If indicated, Add: Wobenzym® Plus OR Wobenzym® N	2 tablets twice daily without food OR 3 tablets twice daily without food
Support thyroid health[†]	<p>Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness</p>	If indicated, Add: ThyroMend™	2 to 4 capsules daily with food

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AROMATASE INHIBITION | SUPPORT PROTOCOL[†]

[Developed by Joseph J. Collins, R.N., N.D.]*

Protocol Objectives:

Aromatase is a key enzyme in the biosynthesis of estrogens, regulated in the body through endogenous aromatase inhibitors. Promoting the metabolic breakdown of estrogens can be an approach to addressing excessive estrogen production or poor estrogen clearance.[†] Low testosterone may also present with excessive estrogen.

This protocol differentiates the specific support needs for endogenous aromatase inhibition and aromatase health based on symptoms, assessment, clinical observations and lab tests.[†]

Clinical Objective	Assessment	Recommendations	Dosing
Support function of endogenous anti-estrogens [†]	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio, SHBG</p> <p>Patient presents with sexual complaints; possibly enlarged breast size in men or breast discomfort in women</p>	EstroQuench™	2 to 4 capsules daily with food
Support optimal detoxification of estrogens [†]	<p>Lab: Assess urine 2-hydroxyestrone (2-OHE1) to 16β-hydroxyestrone (16α-OHE1) ratio</p> <p>Note: An imbalanced 2-OHE1:16α-OHE1 ratio can play a role in prostate and breast health[†]</p>	Add: DIM® Enhanced	<p>Women: 1 to 2 capsules daily</p> <p>Men: 2 to 4 capsules daily</p>
Support testosterone production and testosterone function [†]	<p>Lab: Assess testosterone levels</p> <p>Note: High estrogens may present with objective and subjective signs of low testosterone</p> <p>Men present with sexual complaints, decreased libido, diminished orgasm, decreased muscle size, decreased stamina, decreased endurance, easily tired, perceived weakness, joint and back discomfort, fatigue, increased body fat, weight gain, mood changes, decreased motivation, irritability, difficulty focusing or thinking, easily confused, difficulty with problem solving</p> <p>Women present with brain fog, difficulty focusing, poor memory, difficulty with problem solving, decreased endurance, decreased libido, decreased muscle size, decreased stamina, difficulty falling asleep or staying asleep, difficulty thinking, diminished orgasm, easily confused, fatigue, fearful, weaker, increased body fat, irritable, decreased motivation, mood changes, night sweats, restlessness, easily tired, weight gain</p>	If indicated, Add: TestoGain™	2 to 4 capsules daily with food

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Protocol Objectives:

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	Recommendations	Dosing
<p>Generalized support of HPA, HPT, and HPG[†]</p> <p>(Adrenal, Gonadal, and/or Thyroid function[†])</p>	<p>Lab: Assess adrenal, testosterone, and thyroid hormones</p> <p>Patient presents with symptoms as listed below for each HP axes indication</p>	<p>Endocrine Complete™ Foundational Hormone Health</p>	<p>4 capsules daily with food</p>
<p>Additional support for Hypothalamic-Pituitary-Adrenal Axis[†] (HPA)</p> <p>Also see Adrenal Health protocol</p>	<p>Lab: Assess Cortisol or DHEA levels</p> <p>Patient presents with adrenal fatigue, generalized fatigue, or multiple system 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</p>	<p>Add: AdrenoMend™</p>	<p>2 to 4 capsules daily with food</p>
<p>Additional support for Hypothalamic-Pituitary-Gonadal Axis[†] (HPG)</p> <p>Also see Andropause Health Protocol</p>	<p>Lab: Assess testosterone and/or free testosterone levels</p> <p>Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing</p>	<p>Add: TestoGain™</p>	<p>2 to 4 capsules daily with food</p>
<p>Additional support for Hypothalamic-Pituitary-Thyroid Axis[†] (HPT)</p> <p>Also see Thyroid Health protocol</p>	<p>Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation</p>	<p>Add: ThyroMend™</p>	<p>2 to 4 capsules daily with food</p>

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MENOPAUSE HEALTH | SUPPORT PROTOCOL[†]

[Developed by Joseph J. Collins, R.N., N.D.]*

Protocol Objectives:

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.[†] (Dr. Joseph J. Collins, What's Your Menopause Type? 2000, Prima Press)

12 Menopause Types [®]	Normal Testosterone	Needs Testosterone Support [†]	Needs Anti-androgen Support [†]
Normal Estradiol & Progesterone	Menopause Type 1	Menopause Type 2 TestoGain™	Menopause Type 3 TestoQuench for Women™
Needs Estradiol Support [†] Normal Progesterone	Menopause Type 4 EstroMend™	Menopause Type 5 EstroMend™ TestoGain™	Menopause Type 6 EstroMend™ TestoQuench for Women™
Needs Progesterone Support [†] Normal Estradiol	Menopause Type 7 ProgestoMend™	Menopause Type 8 ProgestoMend™ TestoGain™	Menopause Type 9 ProgestoMend™ TestoQuench for Women™
Needs Estradiol & Progesterone Support [†]	Menopause Type 10 EstroMend™ ProgestoMend™	Menopause Type 11 EstroMend™ ProgestoMend™ TestoGain™	Menopause Type 12 EstroMend™ ProgestoMend™ TestoQuench for Women™

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Clinical Objective	Assessment	Recommendations	Dosing
Support function of estrogen [†]	<p>Lab: Assess estrogens</p> <p>Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: breast shrinking, difficulty completing sentences, forgetfulness, emotional state, decreased libido, difficulty falling asleep or staying asleep, diminished orgasm, easily confused, fatigue, increased fluid retention, heart palpitations, hot flashes, irritability, joint discomfort, decreased motivation, mood changes, night sweats, restlessness, vaginal dryness, weight gain</p>	EstroMend™	2 to 4 capsules daily with food
Support progesterone production and progesterone function [†]	<p>Lab: Assess progesterone</p> <p>Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: Generalized aches, agitation, blood sugar fluctuations, muscle cramps, fatigue, anxious feeling, heart palpitations, irritability, mental fogginess, mood changes, morning fatigue, nervousness, twitches, difficulty sleeping</p>	ProgestoMend™	2 to 4 capsules daily with food
Support testosterone production and testosterone function [†]	<p>Lab: Assess testosterone levels</p> <p>Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing</p>	TestoGain™	2 to 4 capsules daily with food
Support function of endogenous anti-androgens [†]	<p>Lab: Assess androgens (testosterone, androstenedione, DHEA, DHT)</p> <p>Patient presents with abdominal fat, acne, Adams apple, aggression, sugar craving, salt craving, deepening of voice, irregular menstrual cycles, excess facial hair, imbalanced blood glucose levels, irritability, oily skin, scalp hair thinness, difficulty sleeping/breathing</p>	TestoQuench™ for Women	2 to 4 capsules daily with food

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[Developed by Joseph J. Collins, R.N., N.D.]*

Protocol Objectives:

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

Premenstrual Hormone Patterns	Normal Testosterone	Needs Testosterone Support [†]	Needs Anti-androgen Support [†]
Normal Estrogen & Progesterone		TestoGain™	TestoQuench for Women™
Needs Estrogen Support [†]	EstroMend™	EstroMend™ TestoGain™	EstroMend™ TestoQuench for Women™
Needs Anti-Estrogen Support [†]	EstroQuench™	EstroQuench™ TestoGain™	EstroQuench™ TestoQuench for Women™
Needs Progesterone Support [†]	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench for Women™
Needs Estrogen and Progesterone Support [†]	EstroMend™ ProgestoMend™	EstroMend™ ProgestoMend™ TestoGain™	EstroMend™ ProgestoMend™ TestoQuench for Women™

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Clinical Objective	Assessment	Recommendations	Dosing
Generalized support of HP Axes [†] (HPA, PHT, HPG)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Endocrine Complete™ Foundational Hormone Health	4 capsules daily with food
Support progesterone production and function [†]	Lab: Assess Progesterone levels Patient presents with tension, feeling out of control, palpitations, cramps, back discomfort, hostility	ProgestoMend™	2 to 4 capsules daily, throughout entire month
Support testosterone production and function [†]	Lab: Assess Testosterone levels Patient presents with low blood sugar, fainting spells or lightheadedness, palpitations, headaches, increased appetite, craving sweets and/or salt	TestoGain™	2 to 4 capsules daily, throughout entire month
Support function of estrogen [†]	Lab: Assess Estrogen levels Patient presents with sad mood, feelings of hopelessness, feelings of apathy, difficulty concentrating, excessive sleepiness or unable to sleep, decreased coordination, clumsiness, confusion, forgetfulness	EstroMend™	2 to 4 capsules daily, throughout entire month
Support function of endogenous anti-androgens [†]	Lab: Assess Androgen levels Patient presents with anger, irritability, interpersonal conflicts, abdominal bloating, breast congestion, breast tenderness, water retention, acne or oily skin, swelling face, hands or ankles, weight gain	TestoQuench™ for Women	2 to 4 capsules daily, throughout entire month
Support breast tissue health [†]	Patient presents with cyclical breast tenderness	Ultra G.L.A. Tri-En-All 400	1 softgel daily 1 -2 softgels daily
Immune support [†]	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 or Wobenzym® N	2 tablets twice daily without food 3 tablets twice daily without food

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THYROID HEALTH | SUPPORT PROTOCOL[†]

[Developed by Joseph J. Collins, R.N., N.D.]*

Protocol Objectives:

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests. Thyroid hypersensitivity to estrogens and/or generalized, multi-system fatigue may also occur with suboptimal thyroid function.[†]

Clinical Objective	Assessment	Recommendations	Dosing
Support thyroid health[†]	Labs: Assess T3, T4 and/or Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness	ThyroMend™	2 to 4 capsules daily with food
Support of thyroid-immune health[†]	Lab: Assess anti-TG antibodies Patient presents with mild generalized aches and whole body discomfort	If indicated, Add: Wobenzym® Plus	2 tablets twice daily without food
Support thyroid cell health[†]	Lab: Assess anti-TPO antibodies	If indicated, Add: Seleno-Methionine 200 mcg	1 capsule daily
Support function of endogenous anti-estrogens, thereby helping decrease the production of estrogens[†]	Labs: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio Women present with breast discomfort and men present with increased breast size	If indicated, Add: EstroQuench™	2 to 4 capsules daily with food
Support stress adaptation[†]	Lab: Assess Cortisol or DHEA levels Patient presents with adrenal fatigue, generalized fatigue, or multiple system 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™	2 to 4 capsules daily with food
Generalized support of HP Axes[†] (Adrenal, Gonadal, and/or Thyroid function) & glycemic support[†]	Lab: Assess full hormone panel Refer to Hypothalamic-Pituitary Axes Support Protocol	Endocrine Complete™ for Foundational Hormone Health	4 capsules daily with food. Take in AM or AM & NOON

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