

ANDROPAUSE | SUPPORT PROTOCOL[†]

[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

*Dr. Collins has been retained as a medical consultant in advising Douglas Laboratories. He is compensated for this service.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Visit www.douglaslabs.com/hormone.html for more details.