

# ANTI-ANDROGEN | SUPPORT FOR WOMEN PROTOCOL<sup>†</sup>

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

## Protocol Objectives:

Endogenous anti-androgens support healthy function of tissues in women.<sup>†</sup> Women’s thyroid health and follicular health, in addition to insulin function and glycemic control, are all dependent on proper androgen function.<sup>†</sup> The presence of excessive androgens in women can cause disruptions of endogenous functions.<sup>†</sup>

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

Clinical Objective	Assessment	Recommendations	Dosing
<b>Support function of endogenous anti-androgens<sup>†</sup></b>	<p><b>Lab:</b> 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><b>TestoQuench™ for Women</b></p> <p>While TestoQuench™ for Women primarily supports endogenous anti-androgen function, it also provides mild support of endogenous estrogen and progesterone production<sup>†</sup></p>	2 to 4 capsules daily with food
<b>Support progesterone production and progesterone function<sup>†</sup></b>	<p><b>Lab:</b> 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>	<p><b>If indicated, Add: ProgestoMend™</b></p>	2 to 4 capsules daily with food
<b>Support estrogen function<sup>†</sup></b>	<p><b>Lab:</b> 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>	<p><b>If indicated, Add: EstroMend™</b></p>	2 to 4 capsules daily with food
<b>Immune support<sup>†</sup></b>	<p><b>Lab:</b> Assess CRP or cytokine levels</p> <p>Patient presents with generalized body aches and discomfort, or other signs of endogenous systemic imbalances</p>	<p><b>If indicated, Add: Wobenzym® Plus OR Wobenzym® N</b></p>	2 tablets twice daily without food OR 3 tablets twice daily without food
<b>Support thyroid health<sup>†</sup></b>	<p><b>Lab:</b> 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>	<p><b>If indicated, Add: ThyroMend™</b></p>	2 to 4 capsules daily with food

\*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.

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