

HYPOTHALAMIC-PITUITARY AXES | SUPPORT PROTOCOL[†]

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

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>

*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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