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 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

<table>
<thead>
<tr>
<th>Formulations</th>
<th>Functions*</th>
<th>Primary Hormone Indications</th>
<th>Daily Dose</th>
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</thead>
</table>
| Endocrine Complete™ | Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health | • 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 | • 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 | • 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 | • 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 | • 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 | • 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 | • Prostate health  
• Breast health males | 2-4 capsules |
| TestoQuench™ for Women | Decreases androgen activity to support testosterone sensitive tissues in women | • Ovarian health  
• Menopause  
• Premenstrual health  
• Breast health females | 2-4 capsules |
| ThyroMend™ | Supports natural production of thyroid hormones and supports thyroid responsive tissues | • Thyroid health  
• Weight management | 2-4 capsules |

Visit [www.douglaslabs.com](http://www.douglaslabs.com) for more detailed Hormone Specific™ Clinical Guidelines.