

# WOMEN'S WELLNESS | SUPPORT PROTOCOL<sup>†</sup>

[ Developed by Shelena Lalji, M.D. ]<sup>††</sup>

## Protocol Objectives:

To provide essential nutrients and supplementation for healthy hair, nails and skin, and to help balance hormones, sleep, energy levels, and sexual health to build a confident, beautiful woman from the inside out.<sup>†</sup>

Clinical Objective <sup>†</sup>	Assessment	Select From the Following Recommendations <sup>**</sup>	Dosing
<b>Women's Foundational Nutrient Protocol<sup>†</sup></b>	Patient presents with poor hair, nail and skin health—dry, brittle, lack of growth, lacks luster, wrinkles, etc. Poor dietary intake of phytonutrients, vitamins, minerals, essential fatty acids  Lab: Hormone panel and nutrient deficiency testing	<b>Ultra Preventive<sup>®</sup> X</b>	4-8 tablets daily with food
		<b>Ultra Protein Green<sup>™</sup></b>	1 scoop powder daily in liquid of choice
		<b>QÜELL Fish Oil<sup>®</sup> EPA/DHA Plus D</b>	1 softgel daily
		<b>Multi-Probiotic<sup>®</sup> 40 Billion</b>	1-2 capsules daily
		<b>Cal-6+Mg.<sup>™</sup></b>	2 tablets in the evening
		<b>Ultra HNS (Hair, Nails, Skin Formula)</b>	3 capsules daily
<b>PMS Support<sup>†</sup></b>	Patient presents with irritability, mood changes, bloating, headache, fatigue	<b>PMS Support<sup>†</sup> with BioResponse DIM<sup>®</sup></b>	2 capsules daily with food
<b>Menopause Support<sup>†</sup></b>	Patient presents with hot flashes, mood changes, lack of menses	<b>Ultra MenoEase<sup>™</sup> with BioResponse DIM<sup>®</sup></b>	2 capsules daily with food
		<b>DHEA 10 mg</b>	1 capsule daily
<b>Sleep Support<sup>†</sup></b>	Patient has poor sleep patterns and difficulty falling asleep	<b>Seditol<sup>®</sup> Plus</b>	1 capsule 1 hour before bedtime
		<b>Melatonin 3 mg</b>	1 capsule 1 hour before bedtime
<b>Mood Support<sup>†</sup></b>	Patient has low mood and feelings of sadness, low motivation  May also have difficulty sleeping	<b>GABA 500 mg</b>	1 capsule at bedtime
		<b>5-HTP 50 mg</b>	1-2 capsules at night without food
<b>Energy Support<sup>†</sup></b>	Patient complains of fatigue, lack of energy, sluggishness, high stress  Measures high/low cortisol levels	<b>Corvalen<sup>®</sup> D-Ribose</b>	1 scoop powder in liquid, 1-3 times daily
		<b>AdrenoMend<sup>™</sup></b>	2 capsules daily with food
<b>Libido Support<sup>†</sup></b>	Patient has low sexual desire, motivation, or stimulation	<b>Female X Booster</b>	2-4 capsules daily
		<b>DHEA 10 mg</b>	1 capsule daily
<b>Weight Management Support<sup>†</sup></b>	Patient has difficulty with weight management and appetite control  Weight gain related to thyroid imbalance	<b>Metabolic Lean<sup>®</sup></b>	1 capsule 30 minutes before breakfast and dinner
		<b>ThyroMend<sup>™</sup></b>	2-4 capsules daily with food
<b>Digestive Support<sup>†</sup></b>	Patient presents with indigestion, irregular bowel movements, bloating, gas	<b>GI Digest</b>	1 capsule with each meal

<sup>\*\*</sup>Where multiple supplements are suggested, please note that the patient may not require all of them.

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

<sup>††</sup>Dr. Shelena Lalji has been retained as a consultant in advising Douglas Laboratories.

This protocol 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.

Available for download at [www.douglaslabs.com/womenswellnessprotocol](http://www.douglaslabs.com/womenswellnessprotocol)



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<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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