

# METABOLIC HORMONE | SUPPORT PROTOCOL<sup>‡</sup>

[ Developed by Dr. Penny Kendall-Reed, N.D. ]<sup>+</sup>

## Protocol Objectives:

To help manage metabolic hormones and healthy body weight using symptom assessment, diet, and supplementation. Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise. Recommendations are made for genetic testing of metabolic SNPs (Single Nucleotide Polymorphisms) that are modifiable through nutrition and lifestyle.<sup>‡</sup>

Clinical Objective <sup>‡</sup>	Assessment	Select from the Following Recommendations <sup>*</sup>	Dosing
Support Adiponectin	Serum adiponectin Lipid profile Fasting glucose, HbA1c, and/or related metabolic testing BMI	Tri-Metabolic Control™	2 capsules, 30 minutes before meals (2-3 meals daily)
		L-Carnosine	500 mg, twice daily, 30 minutes before meals
Support Leptin Sensitivity	Serum leptin Self-reported postprandial satiety BMI	Tri-Metabolic Control™	2 capsules, 30 minutes before meals (2-3 meals daily)
		L-Carnosine	500 mg, twice daily, 30 minutes before meals
		Sereniten Plus	1-2 capsules, twice daily without food. No snacking.
Support Melanocortin 4	BMI Fasting glucose, HbA1c, and/or related metabolic testing Self-reported postprandial satiety; libido	Tri-Metabolic Control™, L-Carnosine, Sereniten Plus	Refer to dosing recommendations above
		Cal/Mag 2001	2 tablets, daily with food. No snacking, higher lean protein, low sugar.
Modulate PPAR (Peroxisome Proliferator Activated Receptor)	BMI or body composition Self-reported energy level, cognitive function	Tri-Metabolic Control™, L-Carnosine, Sereniten Plus	Refer to dosing recommendations above
		Resveratrol	1-2 capsules, twice daily, on an empty stomach
Adrenal Support for Hyperadrenal States	Orthostatic vital sign measurement Self-reported sleep quality Self reported stress, irritability BMI	Sereniten Plus	1-2 capsules, twice daily, without food
		Melatonin Prolonged Release 3 mg	1 capsule, before bed
		Rest Reset™	1 capsule, 30 minutes before bed, without food
		GABA	500 mg, twice daily, without food (optional)
Adrenal Support for Hypoadrenal States	Orthostatic vital sign measurement Cortisol Self-reported sleep quality BMI	Sereniten Plus	2 capsules, twice daily, with a gradual decrease to 1 twice daily, without food
		Adrenplus-300 or AdrenoMend™	1-2 capsules daily 2-4 capsules daily
		Melatonin	6-9 mg before bed
		Sereniten Plus	1-2 capsules, twice daily, (1 daily as maintenance)
Healthy Stress Response	Cortisol DHEA Estradiol Progesterone Bioavailable testosterone	Relora®-Plex or GABA	1 capsule, twice daily 500-1,000 mg daily, without food

\*Please note that patients may not require all supplements listed.

<sup>+</sup>Dr. Penny Kendall-Reed is a retained consultant for Douglas Laboratories.

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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