

[Developed by Dr. Penny Kendall-Reed, N.D.]⁺

Protocol Objectives:

To differentiate between hyper and hypo adrenal states where feedback in the HPA axis has been lost, and to help support the parasympathetic nervous system. This protocol will highlight the assessment of several neuro-endocrine hormones that have been shown to modify metabolism. Additionally, it will provide recommendations for support of these various metabolic pathways.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations [‡]	Dosing
Adrenal Support for Hyperadrenal States Reset Lost Negative Feedback in the HPA Loop Maintain Healthy Glucocorticoid Levels	Orthostatic vital sign measurement Monitor glucocorticoid/cortisol levels Self-reported sleep onset, irritability, restlessness BMI	Sereniten Plus Melatonin Prolonged Release 3 mg Rest Reset™ GABA 500 mg (optional)	1-2 capsules, twice daily, without food 1 capsule, before bed 1 capsule, 30 minutes before bed, without food 1 capsule, twice daily, without food
Adrenal Support for Hypoadrenal States Healthy Cortisol Release Adrenal Fatigue Support	Orthostatic vital sign measurement Monitor glucocorticoid levels Self-reported energy levels and sleep quality BMI	Sereniten Plus Melatonin 3mg AdrenoMend™ (herbal adaptagen) OR Adrenplus-300 (glandular)	2 capsules, twice daily, with a gradual decrease to 1, twice daily, without food 1-3 capsules or dissolvable tablets, before bed 2-4 capsules, in the morning, with food 1 capsule, twice daily, without food
Healthy Stress Response Maintain Healthy Cortisol and DHEA Balance	Cortisol and DHEA Adrenal fatigue Post menopausal status Monitor DHEA, estradiol, progesterone, and bioavailable testosterone	Sereniten Plus Relora®-Plex OR GABA 500 mg DHEA if indicated	1-2 capsules, twice daily, without food 1 capsule, twice daily 1-2 capsules daily, without food 5-50 mg as needed
Dopamine Support	Self-reported food cravings Alcohol intake Behavioral health	L-tyrosine 500 mg Brain Energy Sereniten plus	1-2 capsules, twice daily, without food 1 capsule, twice daily, without food 1 capsule, twice daily
Serotonin Support	Self-reported food cravings Digestive function/abdominal comfort Emotional well-being	Sereniten plus Neurotransmitter Balance[‡] caution taking with anti-depressants L-glutamine 500 mg as needed	1 capsule, twice daily, without food 1 capsule, twice daily, without food 1 capsule opened and swished in mouth, then swallow
Leptin Support	Self-reported food cravings, postprandial satiety, post-dinner eating habits	Tri-Metabolic Control™ L-Carnosine 500 mg	2 capsules, 30 minutes before meals (2-3 meals daily) 1 capsule, twice daily, without food
Insulin Support	Fasting blood sugar/insulin Self-reported sleep patterns and energy levels BMI	Tri-Metabolic Control™ Sereniten Plus Rest Reset™	2 capsules, 30 minutes before meals (2-3 meals daily) 1-2 capsules, twice daily, without food 1 capsule, 30 minutes before bed, without food

⁺Please note that patients may not require all supplements listed.

[‡]Dr. Penny Kendall-Reed is a retained consultant for Douglas Laboratories.

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Available for download at douglaslabs.com/neuroendocrinesupportprotocol

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[‡]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.