

[Developed by Dr. Jacob Teitelbaum]⁺

Protocol Objective:

To support female and male hormonal health and promote healthy urinary tract, thyroid and adrenal function.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations ⁺	Dosing
Support healthy estrogen hormone balance	Hot flashes (late), vaginal dryness, decreased libido Labs: FSH, LH, urine or salivary	DIM[®] Enhanced	1-2 capsules daily, in divided doses
Support healthy estrogen function		EstroMend™	2 capsules daily in the evening with food for 1-2 weeks. The dose may then be increased to 4 capsules each evening with food for 2-4 months. After 2-4 months, dosage may be lowered back down to 2 capsules each evening with food and may continue with that dosage as needed.
Support premenstrual symptoms		PMS Support[‡] BioResponse DIM[®]	2 capsules daily, with meals
Support urinary health (if needed)	Wishes to support normal urinary function [‡]	d-Mannose Powder	1 scoop, 3 times daily
Support prostate, testicular and urinary flow function	Fatigue, low motivation, sexual dysfunction, alterations in vessel tone, optimization of lipids, healthy insulin homeostasis	Ultra Uni-Pros-Trol™	2 softgels daily, with meals
Optimize overall blood vessel endothelial function, blood glucose and blood vessel tone to maintain optimal sexual function	Wishes to support normal urinary function [‡] Labs: Testosterone under 500, lipid panel, blood glucose	Berberine Balance	1 capsule, 2-3 times daily
Support healthy adrenal function and stress management	Adrenal fatigue, generalized fatigue, difficulty recovering from physical or emotional stress Labs: ASI, blood fasting morning cortisol, DHEA	Adrenplus-300	2 capsules daily
		Licorice Root-V (Glycyrrhizin)	1 capsule, 1-2 times daily, with breakfast and/or lunch
		DHEA 10 mg Micronized (Capsules)	1-2 capsules daily in the morning or afternoon. 1 capsule daily in the morning for women.
Support overall thyroid health and wellness	Tired, cold intolerance, sluggish bowel movements	Ultra Preventive[®] X	4-8 tablets daily, with meals
Support healthy thyroid function	Wishes to support muscle comfort [‡] Lab: Free T4, TSH and lipid panel	ThyroMend™	2 capsules daily, with food, for 1-2 weeks. The dose may then be increased to 4 capsules daily, with food, for 2-4 months.

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

+Dr. Teitelbaum is a retained consultant for Douglas Laboratories.

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Available for download at douglaslabs.com/tu-protocol-hormone



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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.

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