

[Developed by Dr. Jacob Teitelbaum]⁺

Protocol Objective:

To optimize and balance the function of the stress-handling HPA axis and neurotransmitters.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations [‡]	Dosing
Promote calmness and healthy stress support	Tension and lack of ease, regular sad or stressed feelings Suboptimal adrenal and progesterone function	Sereniten Plus	1 capsule, twice daily, on an empty stomach
Support healthy mood	Low mood and regular sad feelings	QÜELL® Fish Oil Ultra DHA	2 softgels daily
Promote calmness and healthy mood balance	Low mood, low energy, lack of enthusiasm, regular sad or stressed feelings	Neurotransmitter Balance [‡]	2 capsules daily

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

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

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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



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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.