

ADRENAL HEALTH & STRESS ADAPTATION | SUPPORT PROTOCOL[‡]

[Developed by Joseph J. Collins, R.N., N.D.]⁺

Protocol Objectives:

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations, and lab tests. Patients seeking adrenal support may also present with the need to support testosterone and/or thyroid function.[‡]

Clinical Objective [‡]	Assessment	Select From the Following Recommendations ^{**}	Dosing
Generalized support of HP Axes (HPA, PHT, HPG) (Adrenal, Gonadal, and/or Thyroid function)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Endocrine Complete™ Foundational Hormone Health [‡]	4 capsules daily with food
Support stress adaptation	Lab: Assess cortisol and DHEA levels Patient presents with adrenal fatigue, generalized fatigue, or multiple system fatigue; takes longer to recover from routine stress such as a full day of work or recreational activity; difficulty recovering from physical or emotional stress	Add: AdrenoMend™	2-4 capsules daily with food
Support function of the Glucose-Insulin-System (GIS) and cardiometabolic health	Lab: Assess HgbA1c, glucose, insulin, lipid profile Consider for all patients with BMI of greater than 24.9. Strongly consider for all patients with BMI of 30 or higher	GlucoQuench™	2-4 capsules daily with food
Support healthy cortisol levels	Lab: Cortisol assessment and/or disruption of normal circadian rhythm Patient presents with feeling stressed, poor sleep, tired and fatigued, abdominal weight gain	If indicated, add: Sereniten Plus	1 or 2 capsules twice daily without food
Support immune balance	Lab: Evaluate CRP or cytokine levels Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances	If indicated, add: Wobenzym® Plus or Wobenzym® N	2 tablets, twice daily without food or 3 tablets, twice daily without food
Support healthy androgen signaling	Lab: Assess testosterone and/or free testosterone levels Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, perceived weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing	If indicated, add: TestoGain™	2-4 capsules daily with food
Support thyroid health	Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness	If indicated, add: ThyroMend™	2-4 capsules daily with food

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

⁺Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Consult your physician for any health problems.

Available for download at douglaslabs.com/adrenal-stress



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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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