

# ANDROGEN BALANCE FOR WOMEN | SUPPORT PROTOCOL<sup>‡</sup>

[ Developed by Joseph J. Collins, R.N., N.D. ]<sup>+</sup>

## Protocol Objectives:

Androgen balance is important for healthy functioning of tissues in women. Women’s thyroid health and follicular health, in addition to insulin function and glycemic control, are all dependent on proper androgen function. This protocol differentiates the specific support needs for androgen balance.<sup>‡</sup>

Clinical Objective <sup>‡</sup>	Assessment	Select From the Following Recommendations <sup>**</sup>	Dosing
Support health of androgen-sensitive tissues	<p><b>Lab:</b> Assess androgens (testosterone, androstenedione, DHEA, DHT)</p> <p>Patient presents with abdominal fat, acne, Adam’s apple, aggression, sugar craving, salt craving, deepening of voice, irregular menstrual cycles, excess facial hair, imbalanced blood glucose levels, irritability, oily skin, scalp hair thinness, difficulty sleeping/breathing</p>	<p><b>TestoQuench™ For Women</b> While TestoQuench™ For Women primarily supports endogenous anti-androgen function, it also provides mild support of endogenous estrogen and progesterone production<sup>‡</sup></p>	2-4 capsules daily with food
Support function of the Glucose-Insulin-System (GIS) and cardiometabolic health	<p><b>Lab:</b> Assess HgbA1c, glucose, insulin, lipid profile, testosterone, estradiol, estrone, androstenedione, DHEA, DHT, T/E ratio analysis</p> <p>Consider for all patients with BMI of greater than 24.9. Strongly consider for all patients with BMI of 30 or higher</p>	<p><b>GlucoQuench™</b></p>	2-4 capsules daily with food
Support progesterone production and progesterone function	<p><b>Lab:</b> Assess progesterone</p> <p>Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens</p> <p>Patient presents with generalized aches, agitation, blood sugar fluctuations, muscle cramps, fatigue, anxiousness, irritability, mental fogginess, mood changes, morning fatigue, nervousness, twitches, difficulty sleeping</p>	<p><b>If indicated, add: ProgestoMend™</b></p>	2-4 capsules daily with food
Support estrogen function	<p><b>Lab:</b> Assess estrogens</p> <p>Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens</p> <p>Patient presents with breast shrinking, difficulty completing sentences, forgetfulness, emotional, decreased libido, difficulty falling asleep or staying asleep, diminished orgasm, easily confused, fatigue, fluid retention, hot flashes, irritability, joint discomfort, decreased motivation, mood changes, night sweats, restlessness, vaginal dryness, weight gain</p>	<p><b>If indicated, add: EstroMend™</b></p>	2-4 capsules daily with food
Support immune balance	<p><b>Lab:</b> Assess CRP or cytokine levels</p> <p>Patient presents with generalized body aches and discomfort, or other signs of endogenous systemic imbalances</p>	<p><b>If indicated, add: Wobenzym® Plus or Wobenzym® N</b></p>	2 tablets, twice daily without food or 3 tablets, twice daily without food
Support thyroid health	<p><b>Lab:</b> Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness</p>	<p><b>If indicated, add: ThyroMend™</b></p>	2-4 capsules daily with food

<sup>\*\*</sup>Please note that patients may not require all supplements listed.

<sup>+</sup>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/androgen-balance](https://douglaslabs.com/androgen-balance)



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<sup>‡</sup>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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