

ANDROPAUSE | SUPPORT PROTOCOL[‡]

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

Protocol Objectives:

To differentiate the specific support needs for andropause health based on symptoms, assessment, clinical observations and lab tests.[‡]

Clinical Objective [‡]	Assessment	Select From the Following Recommendations**	Dosing
Support healthy androgen signaling	<p>Lab: Assess testosterone and/or free testosterone levels</p> <p>Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing</p>	TestoGain™	2-4 capsules daily with food
Support health of androgen-sensitive tissues	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio</p> <p>Patient presents with sexual complaints, enlarged breast size in men, prostate concerns</p>	If indicated, add: EstroQuench™	2-4 capsules daily with food
Support stress adaptation	<p>Lab: Assess cortisol or DHEA levels</p> <p>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</p>	If indicated, add: AdrenoMend™	2-4 capsules daily with food
Support thyroid health	<p>Lab: 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</p>	If indicated, add: ThyroMend™	2-4 capsules daily with food
Generalized support of HP Axes (Adrenal, Gonadal, and/or Thyroid function)	<p>Lab: Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol[‡]</p>	Endocrine Complete™ Foundational Hormone Health	4 capsules daily with food. Take in AM or AM & Noon

**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/andropause



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