

# ESTROGEN DETOXIFICATION | SUPPORT PROTOCOL<sup>‡</sup>

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## Protocol Objectives:

The health of hormone-responsive tissues requires normal production and breakdown of estrogens and androgens. This is regulated by many different enzymatic pathways, including aromatase and various detoxification systems. This protocol differentiates the specific support needs for estrogen metabolism and androgen function based on symptoms, assessment, clinical observations and lab tests.<sup>‡</sup>

Clinical Objective <sup>‡</sup>	Assessment	Select From the Following Recommendations**	Dosing
Support health of androgen-sensitive tissues	<p><b>Lab:</b> Assess estrogens (estradiol &amp; estrone or total estrogens), and/or T:E ratio, SHBG</p> <p>Patient presents with sexual complaints; possibly enlarged breast size in men or breast discomfort in women</p>	<b>EstroQuench™</b>	2-4 capsules daily with food
Support optimal detoxification of estrogens	<p><b>Lab:</b> Assess urine 2-hydroxyestrone (2-OHE1) to 16β-hydroxyestrone (16α-OHE1) ratio</p>	<b>Add:</b> <b>DIM® Enhanced</b>	<p>Women: 1-2 capsules daily</p> <p>Men: 2-4 capsules daily</p>
Support healthy androgen signaling	<p><b>Lab:</b> Assess testosterone levels Note: High estrogens may present with objective and subjective signs of low testosterone</p> <p><b>Men present with</b> sexual complaints, decreased libido, diminished orgasm, decreased muscle size, decreased stamina, decreased endurance, easily tired, perceived weakness, joint and back discomfort, fatigue, increased body fat, weight gain, mood changes, decreased motivation, irritability, difficulty focusing or thinking, easily confused, difficulty with problem solving</p> <p><b>Women present with</b> brain fog, difficulty focusing, poor memory, difficulty with problem solving, decreased endurance, decreased libido, decreased muscle size, decreased stamina, difficulty falling asleep or staying asleep, difficulty thinking, diminished orgasm, easily confused, fatigue, fearfulness, weakness, increased body fat, irritability, decreased motivation, mood changes, night sweats, restlessness, easily tired, weight gain</p>	<b>If indicated, add:</b> <b>TestoGain™</b>	2-4 capsules daily with food

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

<sup>+</sup>Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

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