

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

Protocol Objectives:

The three Hypothalamic-Pituitary Axes are the Hypothalamic-Pituitary-Adrenal Axis (HPA), the Hypothalamic-Pituitary-Gonadal Axis (HPG), and the Hypothalamic-Pituitary-Thyroid Axis (HPT). This protocol differentiates the specific support needs for each of these axes based on symptoms, assessment, clinical observations and lab tests.[‡]

Clinical Objective [‡]	Assessment	Select From the Following Recommendations ^{**}	Dosing
Generalized support of HPA, HPT, and HPG (Adrenal, Gonadal, and/or Thyroid function)	Lab: Assess adrenal, testosterone, and thyroid hormones Patient presents with symptoms as listed below for each HP axes indication	Endocrine Complete™ Foundational Hormone Health [‡]	4 capsules daily with food
Additional support for Hypothalamic-Pituitary-Adrenal Axis (HPA) Also refer to the Adrenal Health protocol	Lab: Assess cortisol or 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
Additional support for Hypothalamic-Pituitary-Gonadal Axis (HPG) Also refer to the Andropause Health Protocol	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, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing	Add: TestoGain™	2-4 capsules daily with food
Additional support for Hypothalamic-Pituitary-Thyroid Axis (HPT) Also refer to the Thyroid Health protocol	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	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/hp-axes



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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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