

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

## Protocol Objectives:

To differentiate the four clusters of hormone patterns associated with menopause presentation and hormone values, and provide personalized management based on unique Menopause Types<sup>®</sup> of each woman.<sup>‡</sup>  
 (Dr. Joseph J. Collins, What's Your Menopause Type? 2000, Prima Press)

12 Menopause Types <sup>®</sup>	Normal Testosterone	Needs Testosterone Support <sup>‡</sup>	Needs Support for Androgen Balance <sup>‡</sup>
<b>Normal Estradiol &amp; Progesterone</b>	Menopause Type 1	Menopause Type 2 TestoGain™	Menopause Type 3 TestoQuench For Women™
<b>Needs Estradiol Support<sup>‡</sup></b> Normal Progesterone	Menopause Type 4 EstroMend™	Menopause Type 5 EstroMend™ TestoGain™	Menopause Type 6 EstroMend™ TestoQuench For Women™
<b>Needs Progesterone Support<sup>‡</sup></b> Normal Estradiol	Menopause Type 7 ProgestoMend™	Menopause Type 8 ProgestoMend™ TestoGain™	Menopause Type 9 ProgestoMend™ TestoQuench For Women™
<b>Needs Estradiol &amp; Progesterone Support<sup>‡</sup></b>	Menopause Type 10 EstroMend™ ProgestoMend™	Menopause Type 11 EstroMend™ ProgestoMend™ TestoGain™	Menopause Type 12 EstroMend™ ProgestoMend™ TestoQuench For Women™

Clinical Objective <sup>‡</sup>	Assessment	Select From the Following Recommendations**	Dosing
<b>Support function of estrogen</b>	<p><b>Lab:</b> Assess estrogens</p> <p>Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: breast shrinking, difficulty completing sentences, forgetfulness, emotional state, decreased libido, difficulty falling asleep or staying asleep, diminished orgasm, easily confused, fatigue, increased fluid retention, heart palpitations, hot flashes, irritability, joint discomfort, decreased motivation, mood changes, night sweats, restlessness, vaginal dryness, weight gain</p>	<b>EstroMend™</b>	2-4 capsules daily with food
<b>Support progesterone production and progesterone function</b>	<p><b>Lab:</b> Assess progesterone</p> <p>Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: generalized aches, agitation, blood sugar fluctuations, muscle cramps, fatigue, anxious feeling, heart palpitations, irritability, mental foginess, mood changes, morning fatigue, nervousness, twitches, difficulty sleeping</p>	<b>ProgestoMend™</b>	2-4 capsules daily with food
<b>Support healthy androgen signaling</b>	<p><b>Lab:</b> Assess 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>	<b>TestoGain™</b>	2-4 capsules daily with food
<b>Support health of androgen-sensitive tissues</b>	<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>	<b>TestoQuench™ For Women</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.

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/menopause-health](http://douglaslabs.com/menopause-health)



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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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