

PREMENSTRUAL HEALTH | SUPPORT PROTOCOL[‡]

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

Protocol Objectives:

To differentiate and recognize the Premenstrual Hormone Patterns that allow clinicians to provide highly personalized hormone healthcare.[‡]

Premenstrual Hormone Patterns	Normal Testosterone	Needs Testosterone Support [‡]	Needs Support for Androgen Balance [‡]
Normal Estrogen & Progesterone		TestoGain™	TestoQuench For Women™
Needs Estrogen Support [‡]	EstroMend™	EstroMend™ TestoGain™	EstroMend™ TestoQuench For Women™
Needs Support for Estrogen Metabolism [‡]	EstroQuench™	EstroQuench™ TestoGain™	EstroQuench™ TestoQuench For Women™
Needs Progesterone Support [‡]	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench For Women™
Needs Estrogen and Progesterone Support [‡]	EstroMend™ ProgestoMend™	EstroMend™ ProgestoMend™ TestoGain™	EstroMend™ ProgestoMend™ TestoQuench For Women™

Clinical Objective [‡]	Assessment	Select From the Following Recommendations**	Dosing
Generalized support of HP Axes (HPA, PHT, HPG)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Endocrine Complete™ Foundational Hormone Health [‡]	4 capsules daily with food
Support progesterone production and function	Lab: Assess progesterone levels Patient presents with tension, feeling out of control, palpitations, cramps, back discomfort, hostility	ProgestoMend™	2-4 capsules daily, throughout entire month
Support healthy androgen signaling	Lab: Assess testosterone levels Patient presents with low blood sugar, fainting spells or lightheadedness, palpitations, headaches, increased appetite, craving sweets and/or salt	TestoGain™	2-4 capsules daily, throughout entire month
Support function of estrogen	Lab: Assess estrogen levels Patient presents with sad mood, feelings of hopelessness, feelings of apathy, difficulty concentrating, excessive sleepiness or inability to sleep, decreased coordination, clumsiness, confusion, forgetfulness	EstroMend™	2-4 capsules daily, throughout entire month
Support health of androgen-sensitive tissues	Lab: Assess androgen levels Patient presents with anger, irritability, interpersonal conflicts, abdominal bloating, breast congestion, breast tenderness, water retention, acne or oily skin, swelling of the face, hands or ankles, weight gain	TestoQuench™ For Women	2-4 capsules daily, throughout entire month
Support breast tissue health	Patient presents with cyclical breast tenderness	Ultra G.L.A.	1 softgel daily
		Tri-En-All 400	1-2 softgels daily
Support immune balance	Patient presents with symptoms of imbalanced cytokine levels and generalized body discomfort This is typically present in any combination of premenstrual symptom patterns	Wobenzym® Plus or Wobenzym® N	2 tablets, twice daily without food or 3 tablets, twice daily without 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/premenstrual



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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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