

# PROSTATE HEALTH | SUPPORT PROTOCOL<sup>‡</sup>

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

## Protocol Objectives:

For patients expressing interest in supporting prostate health. This protocol helps to identify the need to support androgen metabolism, estrogen metabolism and/or endogenous cellular processes that maintain homeostasis.<sup>‡</sup>

Clinical Objective <sup>‡</sup>	Assessment	Select From the Following Recommendations <sup>**</sup>	Dosing
Support healthy androgen metabolism	<b>Lab:</b> Assess androgens (testosterone & dihydrotestosterone)  Patient presents with complaints of prostate tenderness, congestion, or discomfort or difficulty starting urine flow, and/or expresses concern about prostate health	<b>TestoQuench™ For Men</b>	2-4 capsules daily
Support androgen and estrogen balance	<b>Lab:</b> Assess estrogens (estradiol & estrone or total estrogens)  Patient presents with complaints of prostate tenderness, congestion, or discomfort or difficulty starting urine flow, and/or expresses concern about prostate health  Patient presents with increased breast tissue size	<b>EstroQuench™</b>	2-4 capsules daily with food
Support optimal detoxification of estrogens	<b>Lab:</b> Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens  Patient presents with complaints of prostate tenderness, congestion, or discomfort and/or expresses concern about prostate health	<b>DIM® Enhanced</b>	2 capsules daily
Support endogenous methylation processes to promote healthy estrogen metabolism	<b>Lab:</b> Assess estrogen metabolites, including 2-methoxyestrogen metabolites  Patient presents with complaints of prostate tenderness, congestion, or discomfort and/or expresses concern about prostate health	<b>Methyl B12 Plus</b>	2 lozenges daily
Support immune balance	<b>Lab:</b> Assess CRP, cytokines or other markers of inflammation  Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances	<b>Wobenzym® Plus</b> or <b>Wobenzym® N</b>	2 tablets, twice daily without food or 3 tablets, twice daily without food
Support healthy cell-to-cell communication	Patient presents with concerns about prostate health	<b>Pecta-Sol®</b>	1-6 capsules three times per day with water or juice

<sup>\*\*</sup>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.

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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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