



GUIDE TO
**HORMONE SUPPORT
FOR HEALTHY AGING[‡]**

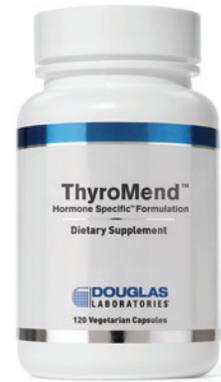


PUSHING POTENTIAL.

[‡]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.

Douglas Laboratories® researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements, and provides customized practice support. For more than 60 years, we have been innovating and designing products to meet the needs of healthcare professionals, and we continue to push the potential of both clinical practices and patients to perform at their personal best, today and in the future.‡

Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products.



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Our hormones enable us to adapt to the demands and stressors of life, but hormone levels often diminish as a consequence of normal aging. Our brain, bones, heart, skin and muscles all depend on healthy levels of sex hormones, thyroid hormones and adrenal hormones to function properly. Male and female hormones, thyroid hormones, and adrenal hormones work in synergy to support our mood, motivation and drive. Maintaining healthy and appropriately balanced hormones supports healthy aging and quality of life, and helps make an active lifestyle easier to maintain. Healthy hormone levels also support healthy sexual function, body weight, sleep and blood sugar levels.‡

 Denotes professional label-eligible formula

CLINICAL ADVISORS:



**Joseph J. Collins,
R.N., N.D.+**

Dr. Joseph J. Collins is the president and co-founder of Your Hormones, Inc. and has been directly involved

in advancing the practice of supporting natural hormone health since 1993. He has extensive experience using herbal adaptogens to support and balance hormone function. Dr. Collins' Hormone Specific™ clinical guidelines can be found at douglaslabs.com.

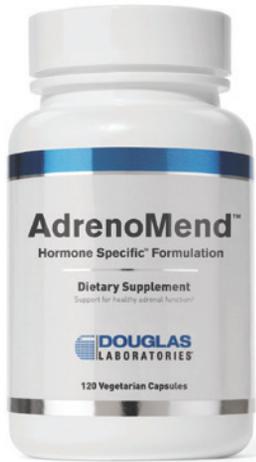


Angela Mazza, D.O.+

Dr. Mazza is double board-certified in endocrinology, diabetes & metabolism and in internal medicine, and currently practices in the Central Florida area. She completed her fellowship in Anti-Aging

Metabolic Medicine and practices integrative endocrinology on a daily basis. She sees medicine not as a "one size fits all" but requiring an individualized approach through patient education and lifestyle management. She has a significant background in both basic and clinical research, and has been principal investigator on multiple large-scale therapy and device trials.

HORMONE SPECIFIC™



AdrenoMend™ is a Hormone Specific™ Formulation of 10 highly valued herbal extracts with adaptogenic properties designed to support healthy, balanced adrenal gland function. This formulation is designed to promote optimal function of the adrenal glands and related regulatory systems.‡

[Formulated by Joseph J. Collins, R.N., N.D.]*

AdrenoMend™

| Formula | Size |
|---------|-------------------------|
| 200529 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Adrenal Health & Stress Adaptation Support Protocol**† on pg. 16

SUPPLEMENT FACTS

| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--------------------|-----|-----|
|--------------------|-----|-----|

| | | |
|---|------------|------------|
| A Phytocrine™ Proprietary Blend | 1,020 mg * | 2,040 mg * |
| Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: <i>Schisandra chinensis</i> (fruit, standardized to 2% schisandrins), <i>Bacopa monnieri</i> (aerial parts, standardized to 20% bacosides), <i>Rhodiola rosea</i> (root, standardized to 3% rosavins and 2% salidroside), <i>Eleutherococcus senticosus</i> (root, standardized to 0.8% eleutherosides), <i>Magnolia officinalis</i> (bark, standardized to 5% honokiol), <i>Rehmannia glutinosa</i> (root), <i>Bupleurum falcatum</i> (root), <i>Panax ginseng</i> (root, standardized to 3% ginsenosides), <i>Coleus forskohlii</i> (root, standardized to 1% forskolin) | | |
| Sensoril® Ashwagandha Extract | 125 mg * | 250 mg * |
| [<i>Withania somnifera</i> , root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides] | | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica.

Sensoril® ashwagandha extract is protected under US Patent 7,318,938 and is a trademark of Natreon, Inc.

[Formulated by Joseph J. Collins, R.N., N.D.]*

Endocrine Complete™

| Formula | Size |
|---------|-------------------------|
| 202133 | 120 Vegetarian Capsules |

Suggested Usage: 4 daily

View the **Hypothalamic-Pituitary Axes Support Protocol**† on pg. 21

Endocrine Complete™ is a comprehensive combination of vitamins, minerals, nutrients and phytotherapeutic compounds specifically formulated to provide complete support of endogenous hormone production by the endocrine system. Endocrine Complete™ includes a wide variety of herbs that act as hormonogenic agents, a subclass of Phytocrine™ activities that maintain endocrine gland health.‡

SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

| Amount Per Serving | %DV |
|--------------------|-----|
|--------------------|-----|

| | | |
|--|----------|--------|
| Vitamin A (as 80% beta carotene/ 20% Vitamin A Palmitate) | 5,000 IU | 100% |
| Vitamin C (as Ascorbic Acid) | 500 mg | 833% |
| Vitamin D ₃ (as Cholecalciferol) | 1,000 IU | 250% |
| Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols) | 100 IU | 333% |
| Vitamin K ₂ (as Menaquinone-7) | 40 mcg | 50% |
| Thiamine (as Thiamine HCl) | 25 mg | 1,667% |
| Riboflavin (as Riboflavin-5-phosphate) | 10 mg | 588% |
| Niacin/Niacinamide | 30 mg | 150% |
| Vitamin B ₆ (as Pyridoxal-5-phosphate) | 20 mg | 1,000% |
| Folate (as L-Methylfolate, Metafolin®) | 400 mcg | 100% |
| Vitamin B ₁₂ (as Methylcobalamin) | 250 mcg | 4,667% |
| Biotin | 300 mcg | 100% |
| Pantothenic Acid (as Calcium Pantothenate) | 25 mg | 250% |
| Calcium (as Calcium Citrate Malate) | 50 mg | 5% |
| Iodine (from Kelp) | 150 mcg | 100% |
| Magnesium (as Magnesium Citrate) | 50 mg | 13% |
| Zinc (as Zinc Monomethionine, OptiZinc®) | 15 mg | 100% |
| Selenium (as L-Selenomethionine) | 100 mcg | 143% |
| Copper (as Copper Amino Acid Chelate) | 0.25 mg | 13% |
| Manganese (as Manganese Amino Acid Chelate) | 2 mg | 100% |
| Chromium (as Chromium Amino Acid Chelate) | 120 mcg | 100% |
| Molybdenum (as Molybdenum Amino Acid Chelate) | 100 mcg | 133% |
| Inositol | 25 mg | * |
| Boron (as Boron Citrate) | 2 mg | * |
| Benfotiamine | 25 mg | * |
| A Phytocrine™ Proprietary Blend | 500 mg | * |

Bupleurum falcatum root extract, *Rehmannia glutinosa* root extract, *Rhodiola rosea* root Extract (standardized to 3% rosavins), Ashwagandha root and leaf extract (*Withania somnifera*, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides), *Coleus forskohlii* extract (root, standardized to 10% forskolin), *Gymnema sylvestre* extract (leaf, standardized to 25% gymnemic acids), *Panax ginseng* extract (root, standardized to 3% ginsenosides).

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

OptiZinc® is a trademark of InterHealth N.I.

*Our medical consultants are retained advisors to Douglas Laboratories.

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[Formulated by Joseph J. Collins, R.N., N.D.]*

EstroQuench™

| Formula | Size |
|---------|-------------------------|
| 202060 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Estrogen Detoxification Support Protocol**† on pg. 20

EstroQuench™ is a Hormone Specific™ Formulation of ingredients that can support normal enzymatic function including aromatase, as indicated by preclinical studies, as well as adaptogenic activity. Collectively, these herbs help to maintain the healthy metabolism of estrogens.‡

SUPPLEMENT FACTS

| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |
| Amount Per Serving | %DV | %DV |

| | | |
|--|------------|------------|
| A Phytocrine™ Proprietary Blend | 1,150 mg * | 2,300 mg * |
| Maca root extract (<i>Lepidium meyenii</i>), Damiana leaf extract (<i>Turnera diffusa</i>), Hesperidin (<i>Citrus sinensis</i>), Agaricus mushroom mycelia extract (<i>Agaricus blazei</i> , mushroom), <i>Brassaiopsis glomerulata</i> leaf extract, <i>Eurycoma longifolia</i> root extract, Mangosteen fruit extract (<i>Garcinia mangostana</i>), Pomegranate Hull extract (<i>Punica granatum</i> L., fruit), Chrysin | | |
| BioPerine® | 2.5 mg * | 5 mg * |
| (<i>Piper nigrum</i> , black pepper fruit extract) | | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

BioPerine® is a trademark of Sabinsa.

[Formulated by Joseph J. Collins, R.N., N.D.]*

EstroMend™

| Formula | Size |
|---------|-------------------------|
| 201353 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Menopause Health Support Protocol**† on pg. 22

EstroMend™ is a Hormone Specific™ Formulation of herbs that supports healthy estrogen receptor function and healthy metabolism of estrogens or functional mimetics of estrogen. This soy-free combination is designed to support healthy estrogen function in estrogen-sensitive tissues.‡

SUPPLEMENT FACTS

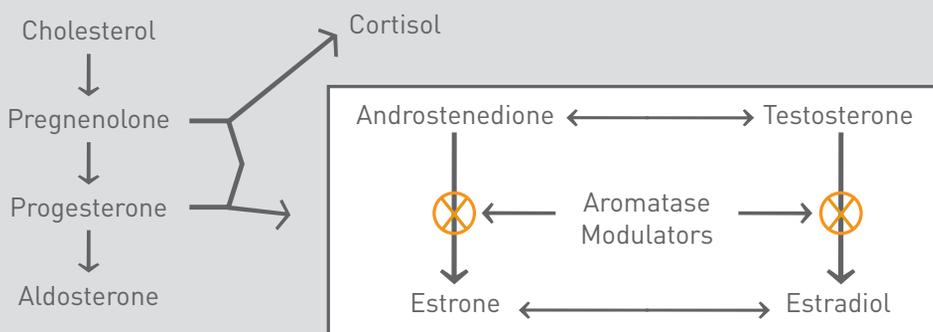
| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |
| Amount Per Serving | %DV | %DV |

| | | |
|--|------------|------------|
| A Phytocrine™ Proprietary Blend | 1,390 mg * | 2,780 mg * |
| Pueraria root extract (<i>Pueraria montana</i> , <i>Pueraria lobata</i> , standardized to 40% isoflavones), Red Clover extract (<i>Trifolium pratense</i> , stem, leaves, and flowers, standardized to 8% biocannins), Bacopa extract (<i>Bacopa monnieri</i> , aerial parts, standardized to 20% bacosides), Gotu Kola extract (<i>Centella asiatica</i> , leaf, standardized to 10% asiaticosides), Hops extract (<i>Humulus lupulus</i> , strobiles, standardized to 5% alpha bitter acids), Dong Quai root extract (<i>Angelica sinensis</i> , standardized to 1% ligustilides), Schizandra fruit extract (<i>Schizandra chinensis</i> , standardized to 9% schisandrins), Sage leaf (<i>Salvia officinalis</i>). | | |
| Black Cohosh Extract | 50 mg * | 100 mg * |
| (<i>Cimicifuga racemosa</i> , root and stem, standardized to 8% triterpene glycosides) | | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

What is Aromatase?



Aromatase (a cytochrome P450 enzyme {CYP19}) is the enzyme that controls the conversion of androgens to estrogens. More specifically, aromatase is the enzyme responsible for catalyzing the biosynthesis of androstenedione into estrone, and the biosynthesis of testosterone to estradiol. Both males and females produce endogenous estrogen from testosterone via the enzyme aromatase.

[Formulated by Joseph J. Collins, R.N., N.D.][†]

GlucoQuench™

| Formula | Size |
|---------|--------------|
| 202298 | 120 Capsules |

Suggested Usage: 2-4 daily

View the **Adrenal Health & Stress Adaptation Support Protocol**[‡] on pg. 16

GlucoQuench™ is a Hormone Specific™ Formulation containing botanical ingredients, adaptogens, and phytotherapeutic extracts to help maintain the Glucose-Insulin-System (GIS), promote healthy glucose metabolism, and support hormone function.[‡]

SUPPLEMENT FACTS

| Serving Size | 2 Capsules | 4 Capsules |
|------------------------|------------|------------|
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--|-------|----------|
| <i>Gymnema sylvestre</i>200 mg * | | 400 mg * |
| (leaf extract, standardized to 25% gymnemic acids) | | |
| <i>Rehmannia glutinosa</i> extract (root).....200 mg * | | 400 mg * |
| Berberine HCL.....125 mg * | | 250 mg * |
| (from <i>Berberis aristata</i> extract, root) | | |
| <i>Eleutherococcus senticosus</i>100 mg * | | 200 mg * |
| (root, standardized to 0.8% eleutherosides) | | |
| Cinnamon bark extract.....62.5 mg * | | 125 mg * |
| (<i>Cinnamomum cassia</i>) | | |
| <i>Lagerstroemia speciosa</i>28 mg * | | 56 mg * |
| (banaba leaf extract) | | |
| (standardized to 18% corosolic acid) | | |
| A Phytocrine™ Proprietary Blend196 mg * | | 392 mg * |
| <i>Panax ginseng</i> extract (root, standardized to 3% ginsenosides) | | |
| <i>Withania somnifera</i> (Ashwagandha root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides), | | |
| <i>Rhodiola rosea</i> root extract (standardized to 3% rosavins and 2% salidroside) | | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, ascorbyl palmitate, silica.

[Formulated by Joseph J. Collins, R.N., N.D.][†]

ProgestoMend™

| Formula | Size |
|---------|-------------------------|
| 201388 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Premenstrual Health Support Protocol**[‡] on pg. 23

ProgestoMend™ is a Hormone Specific™ Formulation designed to maintain the health of progesterone-producing glands and support the healthy function of progesterone-responsive tissues.[‡]

SUPPLEMENT FACTS

| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--|-------|------------|
| A Phytocrine™ Proprietary Blend1,440 mg * | | 2,880 mg * |
| <i>Paeonia lactiflora</i> root extract (standardized to 10% paeoniflorin), <i>Ligusticum wallichii</i> root extract, <i>Rehmannia glutinosa</i> root extract, <i>Bupleurum chinensis</i> root extract, Passion flower (<i>Passiflora incarnata</i> , standardized to 3.5% vitexin), Wild Yam root extract (<i>Dioscorea oppositifolia</i> , standardized to 10% diosgenin), Cramp bark (<i>Viburnum opulus</i>), <i>Coleus forskohlii</i> root extract (standardized to 10% forskolin), <i>Vitex agnus-castus</i> berry extract (Chasteberry, standardized to 0.5% agnuside) | | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate and silica.

[†]Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

[‡]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.

[Formulated by Joseph J. Collins, R.N., N.D.][†]

TestoGain™

| Formula | Size |
|---------|-------------------------|
| 201397 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Andropause Support Protocol**[‡] on pg. 18

TestoGain™ is a Hormone Specific™ Formulation of adaptogens and phytochemicals that support androgen signaling through a variety of mechanisms. This formula is designed to help to support the health of testosterone-producing glands and testosterone-responsive tissues.[‡]

SUPPLEMENT FACTS

| | | |
|------------------------|-----------------------|-----------------------|
| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--------------------|-----|-----|
|--------------------|-----|-----|

A Phytocrine™ Proprietary Blend1,310 mg * 2,620 mg *
 Horny Goat Weed extract (*Epimedium sagittatum*, aerial parts, standardized to 10% icariin), Velvet bean extract (*Mucuna pruriens*, seed, standardized to 15% L-dopa), Gokhru fruit extract (*Tribulus terrestris*, standardized to 45% saponins), Maca root (*Lepidium meyenii*), Damiana leaf (*Turnera diffusa*), Muira Puama bark (*Ptychopetalum olacoides*), *Eleutherococcus senticosus* root extract (standardized to 0.8% eleutherosides), Tongkat Ali 100:1 extract (*Eurycoma longifolia*, root bark), *Panax ginseng* root extract (standardized to 3% ginsenosides), Ashwagandha root extract (*Withania somnifera*, standardized to 7% withanolides, 1% alkaloids, and 0.25% withaferine-A).

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate and silica.

[Formulated by Joseph J. Collins, R.N., N.D.][†]

TestoQuench™ For Men

| Formula | Size |
|---------|-------------------------|
| 202410 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Prostate Health Support Protocol**[‡] on pg. 24

TestoQuench™ for Men is a Hormone Specific™ Formulation containing botanicals to help maintain healthy androgen metabolism. TestoQuench™ for Men features a combination of herbs designed to support the healthy function of the prostate and other testosterone-sensitive tissues in men.[‡]

SUPPLEMENT FACTS

| | | |
|------------------------|-----------------------|-----------------------|
| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--------------------|-----|-----|
|--------------------|-----|-----|

A Phytocrine™ Proprietary Blend1,440 mg * 2,880 mg *
 Saw Palmetto berry extract (*Serenoa repens*) (standardized to 25% fatty acids), *Magnolia officinalis* bark extract (standardized to 5% honokiol), Stinging Nettle leaf extract (*Urtica dioica*) (standardized to 1% Silica), Holy Basil (*Ocimum sanctum*, leaf), *Pygeum africanum* bark extract (standardized to 2.5% sterols).
 BioPerine® 10 mg *20 mg *
 (black pepper fruit extract/*Piper nigrum*)

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), silica and hydroxypropyl cellulose.

BioPerine® is a registered trademark of Sabinsa Corporation.

[Formulated by Joseph J. Collins, R.N., N.D.]*

TestoQuench™ For Women

| Formula | Size |
|---------|-------------------------|
| 201352 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Androgen Balance for Women Support Protocol**† on pg. 17

TestoQuench™ for Women is a Hormone Specific™ Formulation of botanicals that help to moderate androgen activity. This combination is designed to support the healthy function of testosterone-sensitive tissues in women.‡

SUPPLEMENT FACTS

| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--------------------|-----|-----|
|--------------------|-----|-----|

| | | |
|---|------------|------------|
| A Phytocrine™ Proprietary Blend | 1,440 mg * | 2,880 mg * |
| Paeonia root extract (<i>Paeonia lactiflora</i> , standardized to 10% paeoniflorin), Fenugreek seed (<i>Trigonella foenum-graecum</i>), Saw Palmetto berry extract (<i>Serenoa repens</i> , standardized to 25% fatty acids), Fennel seed (<i>Foeniculum vulgare</i>), <i>Pygeum africanum</i> extract (bark, standardized to 2.5% sterols), Holy Basil (<i>Ocimum sanctum</i> , leaf), Nettle leaf extract (<i>Urtica dioica</i> , standardized to 1% silica), <i>Vitex-agnus castus</i> (Chastetree berry, standardized to 0.5% agnuside) | | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

[Formulated by Joseph J. Collins, R.N., N.D.]*

ThyroMend™

| Formula | Size |
|---------|-------------------------|
| 201381 | 120 Vegetarian Capsules |

Suggested Usage: 2-4 daily

View the **Thyroid Health Support Protocol**† on pg. 25

ThyroMend™ is a Hormone Specific™ Formulation of iodine-containing seaweeds and herbs that support thyroid function. This formulation is designed to maintain the health of thyroid hormone-producing tissues and support the healthy function of tissues that respond to thyroid hormones.‡

SUPPLEMENT FACTS

| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |

| Amount Per Serving | %DV | %DV |
|--------------------|-----|-----|
|--------------------|-----|-----|

| | | |
|--|--------------|--------------|
| Iodine (from seaweed blend) | 200 mcg 133% | 400 mcg 267% |
| A Phytocrine™ Proprietary Blend | 1,300 mg * | 2,600 mg * |
| Seaweed Blend (<i>Ascophyllum nodosum</i> & <i>Fucus vesiculosus</i> , entire plant), Standardized Guggulipid (<i>Commiphora mukul</i> , gum resin, 2.5% guggulsterones), Standardized Bacopa (<i>Bacopa monnieri</i> , aerial parts, 20% bacosides), Standardized Ashwagandha (<i>Withania somnifera</i> , root, 1.5% withanolides & 1% alkaloids), Standardized Hops (<i>Humulus lupulus</i> aerial parts, 5% alpha bitter acid), <i>Coleus forskohlii</i> (root, standardized to 10% forskolin), Sage (<i>Salvia officinalis</i> , leaf), & Standardized Rosemary extract (<i>Rosmarinus officinalis</i> , aerial parts, 6% carnosic acid) | | |

*Daily Value (DV) not established.

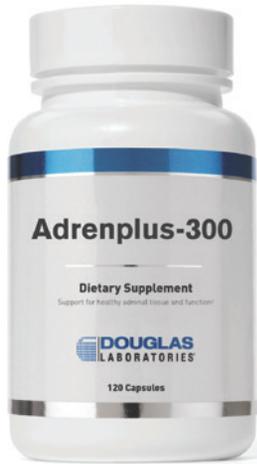
Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica.



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ADRENAL HEALTH



Adrenplus-300 is a blend of vitamins, minerals and bovine adrenal glandular concentrate designed to support adrenal tissue.‡

Adrenplus-300

| Formula | Size |
|---------|--------------|
| 7221 | 60 Capsules |
| | 120 Capsules |

Suggested Usage: 2 daily

SUPPLEMENT FACTS PL

Serving Size 2 Capsules

| Amount Per Serving | %DV |
|---|----------------|
| Vitamin A (as Vitamin A Acetate)..... | 1,500 mcg 167% |
| Vitamin C (Ascorbic Acid)..... | 300 mg 333% |
| Thiamine..... | .3 mg 250% |
| Riboflavin..... | 1.5 mg 115% |
| Vitamin B ₆ (as Pyridoxine HCl)..... | .50 mg 2,941% |
| Pantothenic Acid (as d-Calcium Pantothenate)..... | .60 mg 1,200% |
| Zinc (from Zinc Aspartate Complex)..... | 15 mg 136% |
| Adrenal (bovine whole gland concentrate)..... | 300 mg * |
| Spleen (bovine whole gland concentrate)..... | .50 mg * |

*Daily Value (DV) not established.

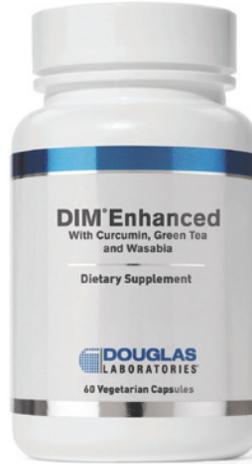
Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

Note: Bovine glands are included as a desiccated and de-fatted freeze-dried powder from Argentina, and contain both the medulla and cortex.

Visit douglaslabs.com/hormone for
ADDITIONAL ADRENAL HEALTH
FORMULAS:

| Name | Formula |
|-----------------------|---------|
| Ayur-Ashwagandha..... | 7670 |
| Ora-Adren 80..... | 7220 |

DETOXIFICATION



DIM® Enhanced is a microencapsulated form of diindolylmethane with curcumin, green tea and wasabia, designed to support healthy estrogen hormone balance and immune health. Microencapsulated DIM by BioResponse® is a patented, absorption-enhancing formulation to ensure proper assimilation by the body.‡

DIM® Enhanced With Curcumin, Green Tea and Wasabia

| Formula | Size |
|---------|------------------------|
| 202364 | 60 Vegetarian Capsules |
| | 30 Vegetarian Capsules |

Suggested Usage: 1, one to two times daily

View the [Estrogen Detoxification Support Protocol](#)† on pg. 20

SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule

| Amount Per Serving | %DV |
|---|----------|
| Green tea extract (<i>Camellia sinensis</i> , leaf)..... | 200 mg * |
| (standardized to 95% polyphenols and 45% EGCG) | |
| BioResponse DIM® diindolylmethane complex..... | 125 mg * |
| (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica, (standardized to contain 25% diindolylmethane) | |
| Meriva® curcumin phytosome..... | 125 mg * |
| (<i>Curcuma longa</i> extract, rhizome) phosphatidylcholine (soy) complex) | |
| Wasabia japonica (rhizome)..... | .50 mg * |
| (containing at least 600 mcg of isothiocyanates as allyl ITC, 3-butenyl ITC and 4-pentyl ITC) | |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate and silica.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

Meriva® is a registered trademark of Indena S.p.A, Milano.

Sawa™ is a trademark of New Zealand Wasabi, Ltd.

Visit douglaslabs.com/hormone for
ADDITIONAL DETOXIFICATION FORMULAS:

| Name | Formula |
|---------------------------|---------|
| Calcium D-Glucarate™..... | CDG |
| Ultra I-3-C..... | 201209 |

DHEA/PREGNENOLONE



DHEA 5 mg dissolvable tablets contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMPs). Tablets dissolve in mouth.

DHEA 5 mg Micronized (Tablets)

| Formula | Size |
|---------|-------------|
| 83025 | 100 Tablets |

Suggested Usage: ½ to 1 daily

SUPPLEMENT FACTS

Serving Size 1 Bisected Tablet • Servings Per Container 100

| Amount Per Serving | %DV |
|--|-----|
| DHEA (Dehydroepiandrosterone) 5 mg | * |

*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

Pregnenolone (25 mg)

| Formula | Size |
|---------|------------|
| 83088 | 60 Tablets |

Suggested Usage: ½ to 1 daily

Pregnenolone 25 mg contains high purity pregnenolone and is produced under strict Good Manufacturing Practices (GMP) standards. Tablets can be dissolved in mouth and swallowed or swallowed whole.

SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet • Servings Per Container 60

| Amount Per Serving | %DV |
|--------------------------|-----|
| Pregnenolone 25 mg | * |

*Daily Value (DV) not established.

Other ingredients: Cellulose, mannitol, stearic acid, vegetable stearate and silica.

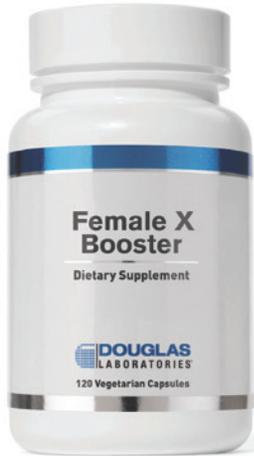
Visit douglaslabs.com/hormone for

ADDITIONAL DHEA/PREGNENOLONE FORMULAS:

| Name | Formula |
|-------------------------------------|---------|
| DHEA (10 mg) Capsules | DHEA1 |
| DHEA (25 mg) Tablets | 83050 |
| DHEA (25 mg) Capsules | DHEA |
| DHEA (50 mg) Capsules | DHEA5 |
| DHEA Plus | DHP |
| Pregnenolone (5 mg) | 83057 |
| Isoflavone-250 with Genistein | 83044 |

*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.

FEMALE SPECIALTIES



Female X Booster supports many of the physiological mechanisms involved in maintaining female sexual health. These include the support of general vascular function, healthy stress responses, and overall well-being. Black cohosh (*Cimicifuga racemosa*) supports physical and sexual drive in post-menopausal women, as indicated by the “sexuality domain” of clinical reporting scales used in studies. Panax Ginseng may have mild estrogenic

effects on reproductive tissues in addition to its ability to moderate the effects of stress on the nervous system, a function that is shared by other adaptogens in this formula, such as *Eleutherococcus senticosus* (Siberian Ginseng) and Ashwagandha (*Withania somnifera*). Muira Puama (*Ptychopetalum olacoides*) is a traditionally used Brazilian adaptogen to support arousal.†

[Formulated by Shelena Lalji, M.D. & Joseph J. Collins, R.N., N.D.]*

Female X Booster

Formula **Size**
202275 120 Vegetarian Capsules

Suggested Usage: 2-4 daily

SUPPLEMENT FACTS PL

| Serving Size | 2 Vegetarian Capsules | 4 Vegetarian Capsules |
|------------------------|-----------------------|-----------------------|
| Servings Per Container | 60 | 30 |
| Amount Per Serving | %DV | %DV |

| | | |
|---|----------|------------|
| Proprietary Blend | 674 mg * | 1,348 mg * |
| Maca root (<i>Lepidium meyenii</i>), Dong Quai root extract (<i>Angelica sinensis</i>) (standardized to 1% ligustilides), Muira Puama bark (<i>Ptychopetalum olacoides</i>), Velvet bean seed extract (<i>Mucuna pruriens</i>) (standardized to 15% L-dopa), Hops flower extract (<i>Humulus lupulus</i>) (standardized to 5% flavones), Horny Goat Weed extract (<i>Epimedium brevicornum</i> , aerial parts) (standardized to 10% icariin), Gokhru fruit extract (<i>Tribulus terrestris</i>) (standardized to 45% saponins), <i>Eleutherococcus senticosus</i> root extract (standardized to 0.8% eleutherosides), Panax ginseng root extract (standardized to 3% ginsenosides), Ashwagandha root and leaf extract (<i>Withania somnifera</i>) (standardized to 10% withanolide glycoside conjugates and 32% oligosaccharides), Black Cohosh root extract (<i>Cimicifuga racemosa</i>) (standardized to 0.8% triterpene glycosides) | | |
| L-Arginine..... | 250 mg * | 500 mg * |
| L-Citrulline..... | 230 mg * | 460 mg * |

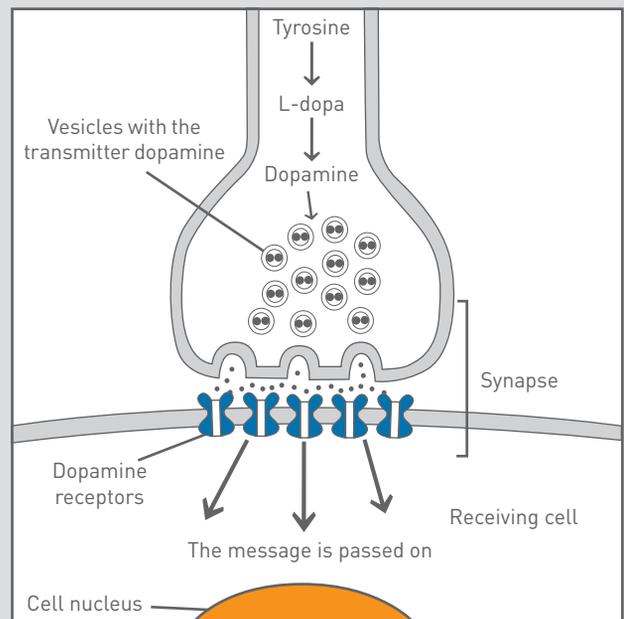
*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate and silica.

Supports Central Dopaminergic Functions

Dopamine and norepinephrine are partially responsible for sexual excitement. Velvet bean (*Mucuna pruriens*) seeds are the best-known naturally occurring source of L-dopa and have been used in traditional Ayurvedic medicine to support healthy sexual function.†

Preliminary findings show that daily Maca root (*Lepidium meyenii*) consumption may support mood and sexual function in postmenopausal women, independent of estrogenic and androgenic activity. Ptychopetalum olacoides support the function of dopamine D(1) receptors in the hypothalamus.†



[Formulated by Shelena Lalji, M.D.]*

PMS Support[‡]
With BioResponse DIM[®]

| Formula | Size |
|---------|------------------------|
| 202365 | 60 Vegetarian Capsules |

Suggested Usage: 2 daily

PMS Support[‡], a soy-free formula offers a combination of specific nutrients, including BioResponse DIM[®], chaste berry extract, magnesium and B vitamins, specially formulated for support of premenstrual symptoms in women. BioResponse DIM[®], a bioavailable form of diindolylmethane, and chaste berry extract provide support for normal prolactin levels, hormone balance and healthy reproductive function in women.[‡]

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

| Amount Per Serving | %DV |
|--|---------------|
| Vitamin D ₃ | 1,000 IU 250% |
| Thiamine (as Thiamine HCl)..... | .25 mg 1,667% |
| Riboflavin (as Riboflavin-5-phosphate)..... | .25 mg 1,471% |
| Vitamin B ₆ (as Pyridoxal-5-phosphate)..... | .25 mg 1,250% |
| Folate (as L-methylfolate, Metafolin [®])..... | 400 mcg 100% |
| Iron (as Iron Carbonyl)..... | 18 mg 100% |
| Magnesium (as Magnesium amino acid chelate)..... | 200 mg 50% |
| BioResponse DIM [®] Diindolylmethane complex..... | 100 mg * |
| (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica), (standardized to contain 25% diindolylmethane) | |
| Chaste Berry Extract..... | 100 mg * |
| [<i>Vitex agnus-castus</i> , fruit](standardized to 0.5% Agnuside) | |

*Daily Value (DV) not established.

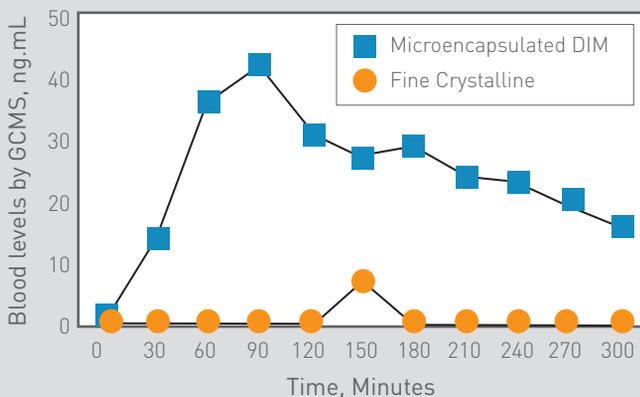
Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate, and silica.

Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

BioResponse DIM[®] is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

DIM Absorption in Humans

1 mg/Kg, Average of Three Patients



Jacobs, I.C., and Zelig, Controlled Release Society, 27:1324, 2000.

[Formulated by Shelena Lalji, M.D.]*

Ultra Menoease[™]
With BioResponse DIM[®]

| Formula | Size |
|---------|------------------------|
| 202366 | 60 Vegetarian Capsules |

Suggested Usage: 2 daily

Ultra Menoease[™], a soy-free formula is a supplement specially formulated with pure genistein, microencapsulated BioResponse DIM[®], botanicals and nutrients for support of normal menopausal symptoms and healthy estrogen levels in women.[‡]

SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

| Amount Per Serving | %DV |
|--|---------------|
| Vitamin D ₃ | 1,000 IU 250% |
| Magnesium (as amino acid chelate)..... | 100 mg 25% |
| Proprietary Blend..... | 300 mg * |
| Red Clover flower extract (<i>Trifolium pratense</i>) (standardized to 8% biocannin), Black Cohosh root extract (<i>Cimicifuga racemosa</i>) (standardized to 8% triterpene glycosides), Chrysin | |
| BioResponse DIM [®] Diindolylmethane complex..... | 75 mg * |
| (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica), (standardized to contain 25% diindolylmethane) | |
| geniVida [®] Genistein..... | 30 mg * |

*Daily Value (DV) not established.

Other ingredients: Pectin, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

geniVida[®] is a trademark of DSM

BioResponse DIM[®] is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

Visit douglaslabs.com/hormone for
ADDITIONAL
FEMALE SPECIALTY FORMULAS:

| Name | Formula |
|------------------------------------|---------|
| Agnus Castus-V..... | 77301 |
| Isoflavone-250 with Genistein..... | 83044 |

*Our medical consultants are retained advisors to Douglas Laboratories.

[‡]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.

MALE SPECIALTIES



Ultra Uni-Pros-Trol™ provides a wide range of nutrients to support prostate health, including a supercritical CO₂ extract of saw palmetto, as well as lycopene, standardized pygeum, and nettle extracts. Additionally, Ultra Uni-Pros-Trol™ provides ingredients such as lutein that are not typically found in male health formulas.‡

Ultra Uni-Pros-Trol™

| Formula | Size |
|---------|-------------|
| 99451 | 60 Softgels |

Suggested Usage: 2 daily with food

SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

| Amount Per Serving | %DV |
|---|------|
| Vitamin E (as d-alpha tocopherol).....10 IU | 33% |
| with mixed tocopherols providing a minimum of: | |
| d-gamma-tocopherol.....90 mg | |
| d-delta plus d-beta tocopherols.....35 mg | |
| Zinc (Zinc gluconate) 10 mg | 67% |
| Selenium (from Se-methyl-L-selenocysteine) 200 mcg | 286% |
| Standardized Saw Palmetto extract (fruit).....320 mg | * |
| (Supercritical CO ₂ extract, 85-95% fatty acids, 0.2% sterols) | |
| Plant Sterols (from soy)..... 150 mg | * |
| Standardized Nettle extract (root) (1% sterols).....120 mg | * |
| Pumpkin Seed Oil (cold pressed).....100 mg | * |
| Standardized Pygeum extract (bark) (13% total sterols).....50 mg | * |
| L-Glycine.....25 mg | * |
| L-Alanine.....25 mg | * |
| L-Glutamic Acid.....25 mg | * |
| Lycopene (from Lyc-O-Mato®)..... 15 mg | * |
| Lutein.....5 mg | * |

*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), glycerin, water and caramel color.

Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Industries, LTD.

Saw Palmetto Max-V

| Formula | Size |
|---------|------------------------|
| 77367 | 60 Vegetarian Capsules |

Suggested Usage: 1 capsule, twice daily

Saw Palmetto Max-V provides 160 mg of standardized saw palmetto in each vegetarian capsule for prostate support.‡

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

| Amount Per Serving | %DV |
|---|-----|
| Saw Palmetto Herbal Extract (berry) (<i>Serenoa repens</i>)160 mg | * |
| Standardized to provide 35% fatty acids | |
| Saw Palmetto (berry) (<i>Serenoa repens</i>)100 mg | * |
| (non-standardized) | |

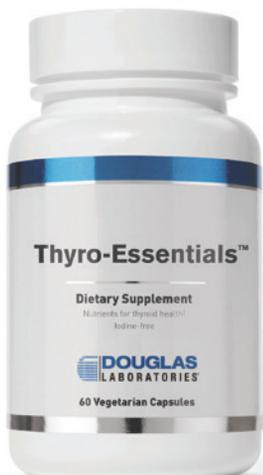
*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica and microcrystalline cellulose.

Visit douglaslabs.com/hormone for
**ADDITIONAL MALE SPECIALTY
FORMULAS:**

| Name | Formula |
|------------------------------|---------|
| Lycopene..... | LYC |
| Male X Booster..... | 99248 |
| Nettles Max-V..... | 77359 |
| Pecta-Sol®..... | 82046 |
| Uro-Pro® (For Men ONLY)..... | 82044 |

THYROID HEALTH



Thyro-Essentials™ is an iodine-free combination of vitamins, minerals and herbs that provides essential nutrients required for optimal thyroid gland function.‡

[Formulated by Angela Mazza, D.O.][†]

Thyro-Essentials™

● **new product**

Formula

202425

Size

60 Vegetarian Capsules

Suggested Usage: 2 daily

View the **Optimal Thyroid Support Protocol**[†] on pg. 14

SUPPLEMENT FACTS (PL)

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

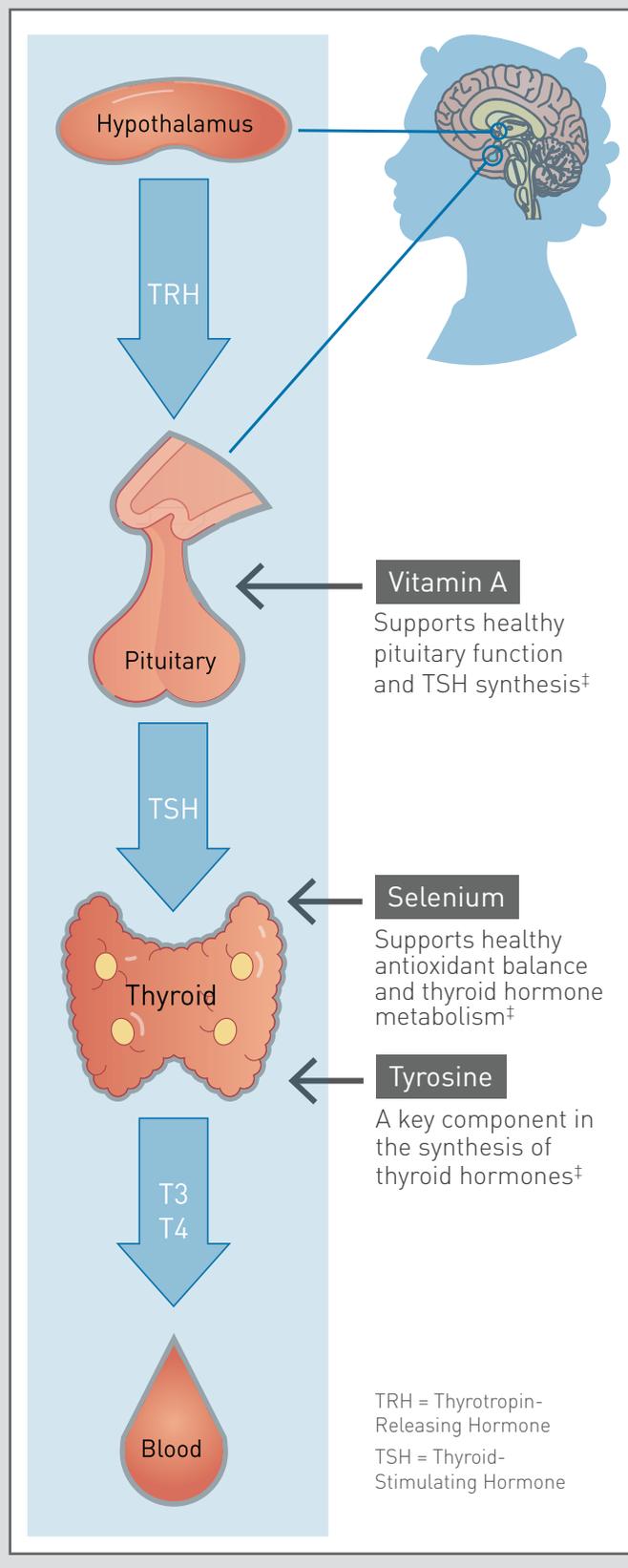
| Amount Per Serving | %DV |
|---|------------------------|
| Vitamin A (as retinyl palmitate) | 750 mcg 83% |
| Vitamin D ₃ (as cholecalciferol) | 25 mcg (1,000 IU) 125% |
| Riboflavin (as riboflavin-5-phosphate) | 10 mg 769% |
| Vitamin B ₁₂ (as methylcobalamin and hydroxycobalamin) | 250 mcg 10,417% |
| Magnesium (as magnesium amino acid chelate) | 100 mg 24% |
| Zinc (as OptiZinc® monomethionine) | 25 mg 227% |
| Selenium (as selenomethionine) | 200 mcg 364% |
| Manganese (as bisglycinate chelate) | 2 mg 87% |
| Ashwaghandha Root Extract | 250 mg * |
| (Withania somnifera, standardized to 5% withanolides) | |
| L-Tyrosine | 250 mg * |

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, sunflower lecithin.

OptiZinc® is a trademark of InterHealth N.I.

Key Nutrients in Thyroid Hormone Synthesis



TRH = Thyrotropin-Releasing Hormone
TSH = Thyroid-Stimulating Hormone

[†]Dr. Angela Mazza is a retained advisor to Douglas Laboratories.

[‡]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.

[Developed by Dr. Angela Mazza, D.O.][‡]

Protocol Objectives:

To recognize the specific needs of the thyroid, including immune function, as well as concurrent adrenal and gut influence. The thyroid affects almost every system of our body and requires personalized evaluation to support overall wellness.[‡]

| Clinical Objective [‡] | Assessment | Select From the Following Recommendations ^{**} | Dosing |
|---------------------------------------|--|--|--|
| Support optimal thyroid function | Lab: TSH, Free T4, Free T3, Total T3, Reverse T3, selenium RBC, iron studies, urinary iodine level Evaluate clinical symptoms for fatigue, dry skin, slower thinking, constipation, cold intolerance, weight fluctuations | Thyro-Essentials™ | 2 capsules daily |
| | | Ultra-Preventive® 2 Daily | 2 tablets daily |
| | | If indicated, add: Kelifé™ Iodine or ThyroMend™ | 1 tablet daily 2-4 capsules daily |
| | | Timed Release Iron | 2 tablets daily |
| | | Ubiquinol-QH | 1 capsule daily |
| Support immune related thyroid health | Lab: thyroid peroxidase antibodies (anti-TPO), thyroglobulin antibodies (TgAb) Consider additional testing for intestinal permeability (mannitol/lactulose test) or intestinal microbe balance Evaluate for clinical symptoms of digestive imbalance such as abdominal bloating after meals [Elimination meal plan—avoid gluten, soy and dairy] | Thyro-Essentials™ | 2 capsules daily |
| | | Vitamin D 5,000 IU or K2-D3 with Astaxanthin | 1 tablet daily or 1 capsule daily |
| | | Wobenzym® PS | 2 tablets, twice daily |
| | | If indicated, add: Multi-Probiotic® 15 Billion | 1 capsule daily |
| | | Intestamine® (powder or capsules) | 1 scoop or 6 capsules daily |
| Support thyroid and adrenal health | Lab: Four point salivary cortisol, serum DHEA, pregnenolone Evaluate for fatigue and stress beyond thyroid function | If indicated, add: AdrenoMend™ or Adrenplus-300 | 2 capsules, twice daily or 1 capsule daily |
| | | DHEA 5-25 mg or DHEA Plus | 1 tablet or capsule daily |
| | | Sereniten Plus | 1 capsule, twice daily without food |

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/thyroid-mazza

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

Hormone Specific™ Formulations, provided by Douglas Laboratories® and formulated by Dr. Joseph J. Collins, R.N., N.D., were created to support the optimal function of specific hormones through the use of hormone-specific adaptogens and functional modulators of hormone actions that contain Phytocrine™ properties. These formulations may be used as part of a hormone health program with dietary and nutrient support. In addition, these formulations may be used by clinicians as adjuvants to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.†

| Hormone Specific™ Formulations | Functions‡ | Primary Hormone Indications‡ | Daily Dose (see label for dosing protocol) |
|--------------------------------|--|---|---|
| AdrenoMend™ | Supports healthy function of the adrenal glands and related regulatory systems that respond to stress | <ul style="list-style-type: none"> • Adrenal support • HPA axis balance • Homeostasis support | 2-4 capsules in morning |
| Endocrine Complete™ | Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health | <ul style="list-style-type: none"> • Foundational hormone health for men and women • Complements all Hormone Specific™ Formulations | 4 capsules |
| EstroMend™ | Supports healthy estrogen receptor function, estrogen metabolism, and estrogen-sensitive tissues | <ul style="list-style-type: none"> • Menopause | 2-4 capsules in evening |
| EstroQuench™ | Supports healthy metabolism of estrogens Moderates estrogen activity at the cellular level | <ul style="list-style-type: none"> • Hormonal health in women and men | 2-4 capsules |
| GlucoQuench™ | Supports the Glucose-Insulin-System (GIS) and cardiometabolic health by supporting healthy blood glucose, blood lipids, and insulin function | <ul style="list-style-type: none"> • Glucose homeostasis • Insulin function | 2-4 capsules |
| ProgestoMend™ | Supports the production and function of progesterone at the cellular level | <ul style="list-style-type: none"> • Hormonal health in women | 2-4 capsules |
| TestoGain™ | Supports the production of testosterone and other androgens | <ul style="list-style-type: none"> • Hormonal health in women and men | 2-4 capsules |
| TestoQuench™ for Men | Moderates androgen activity to support testosterone-sensitive tissues | <ul style="list-style-type: none"> • Prostate health | 2-4 capsules |
| TestoQuench™ for Women | Moderates androgen activity to support testosterone-sensitive tissues in women | <ul style="list-style-type: none"> • Ovarian health • Premenstrual health | 2-4 capsules |
| ThyroMend™ | Supports natural production of thyroid hormones and supports thyroid-responsive tissues | <ul style="list-style-type: none"> • Thyroid health | 2-4 capsules |

Visit douglaslabs.com/hormone for more detailed Hormone Specific™ Clinical Guidelines

**Please note that patients may not require all supplements listed.
 †Our medical consultants are retained advisors to Douglas Laboratories.

‡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.

ADRENAL HEALTH & STRESS ADAPTATION | SUPPORT PROTOCOL‡

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

Protocol Objectives:

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations, and lab tests. Patients seeking adrenal support may also present with the need to support testosterone and/or thyroid function.‡

| Clinical Objective‡ | Assessment | Select From the Following Recommendations** | Dosing |
|--|--|--|--|
| Generalized support of HP Axes (HPA, PHT, HPG) (Adrenal, Gonadal, and/or Thyroid function) | Lab: Tests reveal adrenal and/or multiple system suboptimal response | Endocrine Complete™ Foundational Hormone Health‡ | 4 capsules daily with food |
| Support stress adaptation | Lab: Assess cortisol and 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 |
| Support function of the Glucose-Insulin-System (GIS) and cardiometabolic health | Lab: Assess HgbA1c, glucose, insulin, lipid profile Consider for all patients with BMI of greater than 24.9. Strongly consider for all patients with BMI of 30 or higher | GlucoQuench™ | 2-4 capsules daily with food |
| Support healthy cortisol levels | Lab: Cortisol assessment and/or disruption of normal circadian rhythm Patient presents with feeling stressed, poor sleep, tired and fatigued, abdominal weight gain | If indicated, add: Sereniten Plus | 1 or 2 capsules twice daily without food |
| Support immune balance | Lab: Evaluate CRP or cytokine levels Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances | If indicated, add: Wobenzym® Plus or Wobenzym® N | 2 tablets, twice daily without food or 3 tablets, twice daily without food |
| Support healthy androgen signaling | 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, perceived weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing | If indicated, add: TestoGain™ | 2-4 capsules daily with food |
| Support thyroid health | 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, feelings of sadness | If indicated, add: ThyroMend™ | 2-4 capsules daily with food |

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/adrenal-stress

Protocol Objectives:

Androgen balance is important for healthy functioning of tissues in women. Women's thyroid health and follicular health, in addition to insulin function and glycemic control, are all dependent on proper androgen function. This protocol differentiates the specific support needs for androgen balance.[‡]

| Clinical Objective [‡] | Assessment | Select From the Following Recommendations** | Dosing |
|--|---|---|--|
| Support health of androgen-sensitive tissues | <p>Lab: 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> | <p>TestoQuench™ For Women</p> <p>While TestoQuench™ For Women primarily supports endogenous anti-androgen function, it also provides mild support of endogenous estrogen and progesterone production[‡]</p> | 2-4 capsules daily with food |
| Support function of the Glucose-Insulin-System (GIS) and cardiometabolic health | <p>Lab: Assess HgbA1c, glucose, insulin, lipid profile, testosterone, estradiol, estrone, androstenedione, DHEA, DHT, T/E ratio analysis</p> <p>Consider for all patients with BMI of greater than 24.9. Strongly consider for all patients with BMI of 30 or higher</p> | <p>GlucoQuench™</p> | 2-4 capsules daily with food |
| Support progesterone production and progesterone function | <p>Lab: Assess progesterone</p> <p>Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens</p> <p>Patient presents with generalized aches, agitation, blood sugar fluctuations, muscle cramps, fatigue, anxiousness, irritability, mental fogginess, mood changes, morning fatigue, nervousness, twitches, difficulty sleeping</p> | <p>If indicated, add: ProgestoMend™</p> | 2-4 capsules daily with food |
| Support estrogen function | <p>Lab: Assess estrogens</p> <p>Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens</p> <p>Patient presents with breast shrinking, difficulty completing sentences, forgetfulness, emotional, decreased libido, difficulty falling asleep or staying asleep, diminished orgasm, easily confused, fatigue, fluid retention, hot flashes, irritability, joint discomfort, decreased motivation, mood changes, night sweats, restlessness, vaginal dryness, weight gain</p> | <p>If indicated, add: EstroMend™</p> | 2-4 capsules daily with food |
| Support immune balance | <p>Lab: Assess CRP or cytokine levels</p> <p>Patient presents with generalized body aches and discomfort, or other signs of endogenous systemic imbalances</p> | <p>If indicated, add: Wobenzym® Plus or Wobenzym® N</p> | 2 tablets, twice daily without food or 3 tablets, twice daily without food |
| Support thyroid health | <p>Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness</p> | <p>If indicated, add: ThyroMend™</p> | 2-4 capsules daily with food |

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/androgen-balance

**Please note that patients may not require all supplements listed.
⁺Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

[‡]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.

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

Protocol Objectives:

To differentiate the specific support needs for andropause health based on symptoms, assessment, clinical observations and lab tests.‡

| Clinical Objective‡ | Assessment | Select From the Following Recommendations** | Dosing |
|--|---|---|--|
| Support healthy androgen signaling | <p>Lab: Assess testosterone and/or free 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> | TestoGain™ | 2-4 capsules daily with food |
| Support health of androgen-sensitive tissues | <p>Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio</p> <p>Patient presents with sexual complaints, enlarged breast size in men, prostate concerns</p> | If indicated, add: EstroQuench™ | 2-4 capsules daily with food |
| Support stress adaptation | <p>Lab: Assess cortisol or DHEA levels</p> <p>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</p> | If indicated, add: AdrenoMend™ | 2-4 capsules daily with food |
| Support thyroid health | <p>Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation</p> | If indicated, add: ThyroMend™ | 2-4 capsules daily with food |
| Generalized support of HP Axes (Adrenal, Gonadal, and/or Thyroid function) | <p>Lab: Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol‡</p> | Endocrine Complete™ Foundational Hormone Health | 4 capsules daily with food. Take in AM or AM & Noon |

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/andropause

Protocol Objectives:

For patients wishing to support breast health. This protocol is designed to support multiple aspects of hormone balance, with emphasis on estrogen detoxification and cellular health.[‡]

| Clinical Objective[‡] | Assessment | Select From the Following Recommendations** | Dosing |
|--|---|--|--|
| Support androgen and estrogen balance | <p>Lab: Assess estrogens (estradiol & estrone or total estrogens)</p> <p>Patient presents with complaints of breast tenderness, and/or concern about breast health</p> | EstroQuench™ | 2-4 capsules daily with food |
| Support optimal detoxification of estrogens | <p>Lab: Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens</p> <p>Patient presents with complaints of breast tenderness, and/or concern about breast health</p> | DIM® Enhanced | 2 capsules daily |
| Support endogenous methylation processes to promote healthy estrogen metabolism | <p>Lab: Assess estrogen metabolites, including 2-methoxyestrogen metabolites</p> <p>Patient presents with complaints of breast tenderness, and/or concern about breast health</p> | Methyl B12 Plus | 2 capsules daily |
| Support immune balance | <p>Lab: Assess CRP, cytokines</p> <p>Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances</p> | Wobenzym® Plus or Wobenzym® N | 2 tablets, twice daily without food or 3 tablets, twice daily without food |
| Support healthy estrogen function without hormone replacement | <p>Lab: Assess estrogens (estradiol & estrone or total estrogens)</p> <p>Patient presents with symptoms associated with low estrogen, but chooses to avoid all forms of estrogen replacement therapy</p> | EstroMend™ | 2-4 capsules daily with food |

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Available for download at douglaslabs.com/breast-health

**Please note that patients may not require all supplements listed.
⁺Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

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ESTROGEN DETOXIFICATION | SUPPORT PROTOCOL‡

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

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.‡

| Clinical Objective‡ | Assessment | Select From the Following Recommendations** | Dosing |
|---|---|---|---|
| Support health of androgen-sensitive tissues | <p>Lab: Assess estrogens (estradiol & 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> | EstroQuench™ | 2-4 capsules daily with food |
| Support optimal detoxification of estrogens | <p>Lab: Assess urine 2-hydroxyestrone (2-OHE1) to 16β-hydroxyestrone (16α-OHE1) ratio</p> | Add: DIM® Enhanced | <p>Women: 1-2 capsules daily</p> <p>Men: 2-4 capsules daily</p> |
| Support healthy androgen signaling | <p>Lab: Assess testosterone levels Note: High estrogens may present with objective and subjective signs of low testosterone</p> <p>Men present with 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>Women present with 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> | If indicated, add: TestoGain™ | 2-4 capsules daily with food |

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Available for download at douglaslabs.com/estrogen-detox

[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 |
|--|---|---|-------------------------------------|
| <p>Generalized support of HPA, HPT, and HPG</p> <p>(Adrenal, Gonadal, and/or Thyroid function)</p> | <p>Lab: Assess adrenal, testosterone, and thyroid hormones</p> <p>Patient presents with symptoms as listed below for each HP axes indication</p> | <p>Endocrine Complete™ Foundational Hormone Health[‡]</p> | <p>4 capsules daily with food</p> |
| <p>Additional support for Hypothalamic-Pituitary-Adrenal Axis (HPA)</p> <p>Also refer to the Adrenal Health protocol</p> | <p>Lab: Assess cortisol or DHEA levels</p> <p>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</p> | <p>Add: AdrenoMend™</p> | <p>2-4 capsules daily with food</p> |
| <p>Additional support for Hypothalamic-Pituitary-Gonadal Axis (HPG)</p> <p>Also refer to the Andropause Health Protocol</p> | <p>Lab: Assess testosterone and/or free 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> | <p>Add: TestoGain™</p> | <p>2-4 capsules daily with food</p> |
| <p>Additional support for Hypothalamic-Pituitary-Thyroid Axis (HPT)</p> <p>Also refer to the Thyroid Health protocol</p> | <p>Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation</p> | <p>Add: ThyroMend™</p> | <p>2-4 capsules daily with food</p> |

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Available for download at douglaslabs.com/hp-axes

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MENOPAUSE HEALTH | SUPPORT PROTOCOL[‡]

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

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[®] of each woman.[‡] (Dr. Joseph J. Collins, What's Your Menopause Type? 2000, Prima Press)

| 12 Menopause Types [®] | Normal Testosterone | Needs Testosterone Support [‡] | Needs Support for Androgen Balance [‡] |
|---|--|--|--|
| Normal Estradiol & Progesterone | Menopause Type 1 | Menopause Type 2 TestoGain™ | Menopause Type 3 TestoQuench For Women™ |
| Needs Estradiol Support[‡] Normal Progesterone | Menopause Type 4 EstroMend™ | Menopause Type 5 EstroMend™ TestoGain™ | Menopause Type 6 EstroMend™ TestoQuench For Women™ |
| Needs Progesterone Support[‡] Normal Estradiol | Menopause Type 7 ProgestoMend™ | Menopause Type 8 ProgestoMend™ TestoGain™ | Menopause Type 9 ProgestoMend™ TestoQuench For Women™ |
| Needs Estradiol & Progesterone Support[‡] | Menopause Type 10 EstroMend™ ProgestoMend™ | Menopause Type 11 EstroMend™ ProgestoMend™ TestoGain™ | Menopause Type 12 EstroMend™ ProgestoMend™ TestoQuench For Women™ |

| Clinical Objective [‡] | Assessment | Select From the Following Recommendations ^{**} | Dosing |
|--|---|---|------------------------------|
| Support function of estrogen | <p>Lab: 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> | EstroMend™ | 2-4 capsules daily with food |
| Support progesterone production and progesterone function | <p>Lab: 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> | ProgestoMend™ | 2-4 capsules daily with food |
| Support healthy androgen signaling | <p>Lab: 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> | TestoGain™ | 2-4 capsules daily with food |
| Support health of androgen-sensitive tissues | <p>Lab: 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> | TestoQuench™ For Women | 2-4 capsules daily with food |

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Available for download at douglaslabs.com/menopause-health

[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 |

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Available for download at douglaslabs.com/premenstrual

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PROSTATE HEALTH | SUPPORT PROTOCOL‡

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

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.‡

| Clinical Objective‡ | Assessment | Select From the Following Recommendations** | Dosing |
|---|--|---|--|
| Support healthy androgen metabolism | <p>Lab: Assess androgens (testosterone & dihydrotestosterone)</p> <p>Patient presents with complaints of prostate tenderness, congestion, or discomfort or difficulty starting urine flow, and/or expresses concern about prostate health</p> | TestoQuench™ For Men | 2-4 capsules daily |
| Support androgen and estrogen balance | <p>Lab: Assess estrogens (estradiol & estrone or total estrogens)</p> <p>Patient presents with complaints of prostate tenderness, congestion, or discomfort or difficulty starting urine flow, and/or expresses concern about prostate health</p> <p>Patient presents with increased breast tissue size</p> | EstroQuench™ | 2-4 capsules daily with food |
| Support optimal detoxification of estrogens | <p>Lab: Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens</p> <p>Patient presents with complaints of prostate tenderness, congestion, or discomfort and/or expresses concern about prostate health</p> | DIM® Enhanced | 2 capsules daily |
| Support endogenous methylation processes to promote healthy estrogen metabolism | <p>Lab: Assess estrogen metabolites, including 2-methoxyestrogen metabolites</p> <p>Patient presents with complaints of prostate tenderness, congestion, or discomfort and/or expresses concern about prostate health</p> | Methyl B12 Plus | 2 lozenges daily |
| Support immune balance | <p>Lab: Assess CRP, cytokines or other markers of inflammation</p> <p>Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances</p> | Wobenzym® Plus or Wobenzym® N | 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 | Pecta-Sol® | 1-6 capsules three times per day with water or juice |

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Available for download at douglaslabs.com/prostate-health

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

Protocol Objectives:

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests.[‡]

| Clinical Objective [‡] | Assessment | Select From the Following Recommendations** | Dosing |
|---|---|--|---|
| Support thyroid health | <p>Lab: Assess T3, T4, free T3, free T4, Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels, TSH, serum iodine</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness</p> | ThyroMend™ | 2-4 capsules daily with food |
| Support immune balance | <p>Lab: Assess anti-TG antibodies</p> <p>Patient presents with mild generalized aches and whole body discomfort</p> | If indicated, add: Wobenzym® Plus | 2 tablets twice daily without food |
| Support thyroid cell health | <p>Lab: Assess anti-TPO antibodies</p> | If indicated, add: Seleno-Methionine | 1 capsule daily |
| Support healthy estrogen metabolism | <p>Lab: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio</p> <p>Women present with breast discomfort and men present with increased breast size</p> | If indicated, add: EstroQuench™ | 2-4 capsules daily with food |
| Support stress adaptation | <p>Lab: Assess cortisol or DHEA levels</p> <p>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</p> | If indicated, add: AdrenoMend™ | 2-4 capsules daily with food |
| Generalized support of HP Axes (Adrenal, Gonadal, and/or Thyroid function) & glycemic support | <p>Lab: Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol[†]</p> | Endocrine Complete™ Foundational Hormone Health [†] | 4 capsules daily with food. Take in AM or noon |

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Available for download at douglaslabs.com/thyroid-collins

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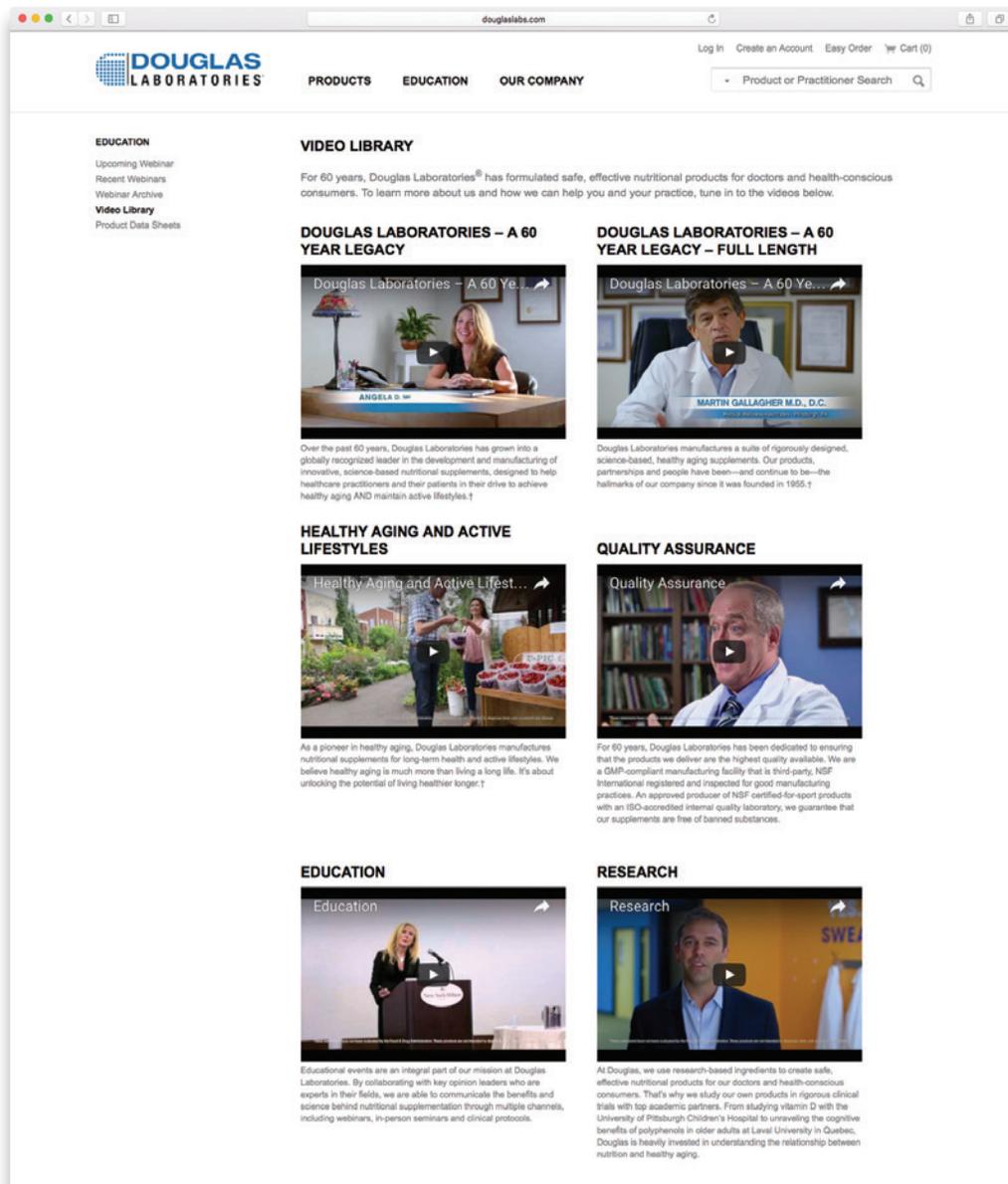
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EDUCATION

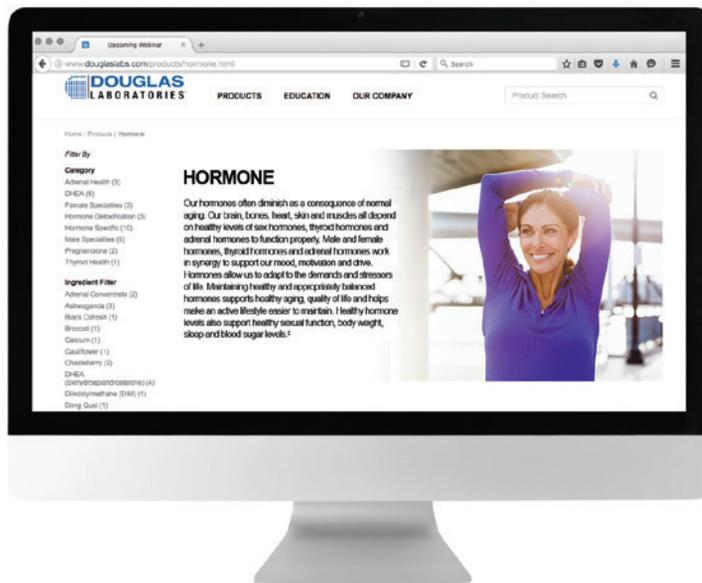
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