

# HORMONE

Developed with Dr. Jacob Teitelbaum<sup>+</sup>

TUNE-UP  
PROTOCOL<sup>‡</sup>

## Protocol Objective:

To support female and male hormonal health, and promote healthy urinary tract, thyroid and adrenal function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy estrogen hormone balance	Hot flashes (late), vaginal dryness, decreased libido Labs: FSH, LH, urine or salivary	<b>DIM® Enhanced</b> Formula: 202558	1-2 capsules daily, in divided doses
Support healthy estrogen function		<b>EstroMend™</b> Formula: 201353	2 capsules daily in the evening with food for 1-2 weeks. Dosage may then be increased to 4 capsules each evening with food for
Support premenstrual symptoms		<b>PMS Support with BioResponse DIM®</b> Formula: 202365	2 capsules daily, with meals
Support urinary health (if needed)	Wishes to support normal urinary function <sup>‡</sup>	<b>d-Mannose Powder</b> Formula: 99471	1 scoop, 3 times daily
Support prostate, testicular and urinary flow function	Fatigue, low motivation, sexual dysfunction, alterations in vessel tone, optimization of lipids, healthy insulin homeostasis Wishes to support normal urinary function <sup>‡</sup> Labs: Testosterone under 500, lipid panel, blood glucose	<b>Ultra Uni-Pros-Trol™</b> Formula: 99451	2 softgels daily, with meals
Optimize overall blood vessel endothelial function, blood glucose and blood vessel tone to maintain optimal sexual function		<b>Berberine Balance</b> Formula: 201131	1 capsule, 2-3 times daily
Support healthy adrenal function and stress management	Adrenal fatigue, generalized fatigue, difficulty recovering from physical or emotional stress Labs: ASI, blood fasting morning cortisol, DHEA	<b>Adrenplus-300</b> Formula: 7221	2 capsules daily
		<b>Licorice Root-V (Glycyrrhizin)</b> Formula: 77356	1 capsule, 1-2 times daily, with breakfast and/or lunch
		<b>DHEA 10 mg Micronized (Capsules)</b> Formula: DHEA1	1-2 capsules daily in the morning or afternoon For women: 1 capsule daily in the morning
Support overall thyroid health and wellness	Tired, cold intolerance, sluggish bowel movements	<b>Ultra Preventive® X</b> Formula: 202331	4-8 tablets daily, with meals
Support healthy thyroid function	Wishes to support muscle comfort <sup>‡</sup> Lab: Free T4, TSH and lipid panel	<b>ThyroMend™</b> Formula: 201381	2 capsules daily, with food

\*Please note that patients may not require all supplements listed.

<sup>+</sup>Dr. Jacob Teitelbaum is a retained advisor for Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

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<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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