

MOOD

Developed with Dr. Jacob Teitelbaum*

Protocol Objective:

To optimize and balance the function of the stress-handling HPA axis and neurotransmitters.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Promote calmness and healthy stress support	Tension and lack of ease, regular sad or stressed feelings Suboptimal adrenal and progesterone function	Sereniten Plus Formula: 201348	1 capsule, twice daily, on an empty stomach
Support healthy mood balance	Low mood, low energy, lack of enthusiasm, regular sad or stressed feelings	QÜELL® Fish Oil Ultra DHA Formula: 200980	2 softgels daily
		Neurotransmitter Balance Formula: 202136	2 capsules daily

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

+Dr. Jacob Teitelbaum is a retained advisor for Douglas Laboratories.

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Available for download at: douglaslabs.com/protocols