

PROSTATE HEALTH

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Protocol Objective:

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	PRODUCT 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>	<p>TestoQuench™ For Men Formula: 202410</p>	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>	<p>EstroQuench™ Formula: 202060</p>	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>	<p>DIM® Enhanced Formula: 202558</p>	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>	<p>Methyl B₁₂ Plus Formula: 202273</p>	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>	<p>Wobenzym® Plus Formula: 201910</p> <p>OR</p> <p>Wobenzym® N Formula: 201213</p>	<p>2 tablets, twice daily without food</p> <p>3 tablets, twice daily without food</p>
Support healthy cell-to-cell communication	<p>Patient presents with concerns about prostate health</p>	<p>PectaSol-C® Formula: 82046</p>	1-6 capsules three times per day with water or juice

†Dr. Collins was a retained advisor to Douglas Laboratories.

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

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

Available for download at: douglaslabs.com/protocols