

NEURO-ENDOCRINE

Developed with Dr. Penny Kendall-Reed, N.D.*

Protocol Objective:

To differentiate between hyper and hypo adrenal states where feedback in the HPA axis has been lost, and to help support the parasympathetic nervous system. This protocol will highlight the assessment of several neuro-endocrine hormones that have been shown to modify metabolism. Additionally, it will provide recommendations for support of these various metabolic pathways.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Adrenal support for hyperadrenal states Reset lost negative feedback in the HPA loop Maintain healthy glucocorticoid levels	Orthostatic vital sign measurement Monitor glucocorticoid/cortisol levels Self-reported sleep onset, irritability, restlessness BMI	Sereniten Plus Formula: 201348	1-2 capsules, twice daily, without food
		Melatonin Prolonged Release 3 mg Formula: 83199	1 capsule, before bed
		Rest Reset™ Formula: 202401	1 capsule, 30 minutes before bed, without food
		GABA [optional] Formula: 80611	1 capsule, twice daily, without food
Adrenal support for hypoadrenal states Healthy cortisol release Adrenal fatigue support	Orthostatic vital sign measurement Monitor glucocorticoid levels Self-reported energy levels and sleep quality BMI	Sereniten Plus Formula: 201348	2 capsules, twice daily, with a gradual decrease to 1, twice daily, without food
		Melatonin 3 mg Formulas: 81322, 202274	1-3 capsules or dissolvable tablets, before bed
		AdrenoMend™ [adaptagen] Formula: 200529 OR Adrenplus-300 [glandular] Formula: 7221	2-4 capsules, in the morning, with food 1 capsule, twice daily, without food
Healthy stress response Maintain healthy cortisol and DHEA balance	Cortisol and DHEA Adrenal fatigue Post-menopausal status Monitor DHEA, estradiol, progesterone, and bioavailable testosterone	Sereniten Plus Formula: 201348	1-2 capsules, twice daily, without food
		Relora®-Plex Formula: 98739 OR GABA Formula: 80611	1 capsule, twice daily
		DHEA if indicated Formulas: 83025, DHEA1, 83050, DHEA, DHEA5, DHP	1-2 capsules daily, without food 5-50 mg as needed
Dopamine support	Self-reported food cravings Alcohol intake Behavioral health	L-Tyrosine Formula: 7549	1-2 capsules, twice daily, without food
		Brain Energy Formula: 98723	1 capsule, twice daily, without food
		Sereniten Plus Formula: 201348	1 capsule, twice daily

*Dr. Kendall-Reed is 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.

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Serotonin support	Self-reported food cravings	Sereniten Plus Formula: 201348	1 capsule, twice daily, without food
	Digestive function/abdominal comfort	Neurotransmitter Balance Formula: 202136	1 capsule, twice daily, without food
	Emotional well-being	L-Glutamine as needed Formula: 7940	1 capsule opened and swished in mouth, then swallow
Leptin support	Self-reported food cravings, postprandial satiety, post-dinner eating habits	Tri-Metabolic Control™ Formula: 202230	2 capsules, 30 minutes before meals (2-3 meals daily)
		L-Carnosine Formula: 98731	1 capsule, twice daily, without food
Insulin support	Fasting blood sugar/insulin	Tri-Metabolic Control™ Formula: 202230	2 capsules, 30 minutes before meals (2-3 meals daily)
	Self-reported sleep patterns and energy levels	Sereniten Plus Formula: 201348	1-2 capsules, twice daily, without food
	BMI	Rest Reset™ Formula: 202401	1 capsule, 30 minutes before bed, without food

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Available for download at: douglaslabs.com/protocols