

# ANDROPAUSE

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## Protocol Objective:

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

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
<b>Support healthy androgen signaling</b>	<p><b>Lab:</b> 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><b>TestoGain™</b> Formula: 201397</p>	2-4 capsules daily with food
<b>Support health of androgen-sensitive tissues</b>	<p><b>Lab:</b> Assess estrogens (estradiol &amp; estrone or total estrogens), and/or T:E ratio</p> <p>Patient presents with sexual complaints, enlarged breast size in men, prostate concerns</p>	<p><b>EstroQuench™</b> Formula: 202060</p>	2-4 capsules daily with food
<b>Support stress adaptation</b>	<p><b>Lab:</b> Assess cortisol and 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>If indicated, add: <b>AdrenoMend™</b> Formula: 200529</p>	2-4 capsules daily with food
<b>Support thyroid health</b>	<p><b>Lab:</b> 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>If indicated, add: <b>ThyroMend™</b> Formula: 201381</p>	2 capsules daily with food
<b>Generalized support of HP Axes</b> (Adrenal, Gonadal, and/or Thyroid function)	<p><b>Lab:</b> Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol‡</p>	<p><b>Endocrine Complete™</b> Formula: 202133</p>	4 capsules daily with food Take in AM or AM & Noon

†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](https://douglaslabs.com/protocols)