

# BREAST HEALTH

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## Protocol Objective:

For patients wishing to support breast health. This protocol is designed to support multiple aspects of hormone balance, with emphasis on estrogen detoxification and cellular health.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
<b>Support health of androgen-sensitive tissues</b>	<b>Lab:</b> Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio  Patient presents with sexual complaints, enlarged breast size in men, prostate concerns	<b>EstroQuench™</b> Formula: 202060	2-4 capsules daily with food
<b>Support optimal detoxification of estrogens</b>	<b>Lab:</b> Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens  Patient presents with complaints of breast tenderness, and/or concern about breast health	<b>DIM® Enhanced</b> Formula: 202558	2 capsules daily
<b>Support endogenous methylation processes to promote healthy estrogen metabolism</b>	<b>Lab:</b> Assess estrogen metabolites, including 2-methoxyestrogen metabolites  Patient presents with complaints of breast tenderness, and/or concern about breast health	<b>Methyl B<sub>12</sub> Plus</b> Formula: 202273	2 capsules daily
<b>Support immune balance</b>	<b>Lab:</b> Assess CRP or cytokines  Patient presents with generalized body discomfort, or other signs of endogenous systemic imbalances	<b>Wobenzym® Plus</b> Formula: 201910  OR <b>Wobenzym® N</b> Formula: 201213	2 tablets, twice daily without food  3 tablets, twice daily without food
<b>Support healthy estrogen function without hormone replacement</b>	<b>Lab:</b> Assess estrogens (estradiol & estrone or total estrogens)  Patient presents with symptoms associated with low estrogen, but chooses to avoid all forms of estrogen replacement therapy	<b>EstroMend™</b> Formula: 201353	2-4 capsules daily with food

†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.

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