

ESTROGEN DETOXIFICATION

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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
Support health of androgen-sensitive tissues	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio, SHBG</p> <p>Patient presents with sexual complaints, possibly enlarged breast size in men or breast discomfort in women</p>	<p>EstroQuench™ Formula: 202060</p>	2-4 capsules daily with food
Support optimal detoxification of estrogens	<p>Lab: Assess urine 2-hydroxyestrone (2-OHE1) to 16α-hydroxyestrone (16α-OHE1) ratio</p>	<p>Add: DIM® Enhanced Formula: 202558</p>	<p>Women: 1-2 capsules daily</p> <p>Men: 2-4 capsules daily</p>
Support healthy androgen signaling	<p>Lab: Assess testosterone levels Note: High estrogens may present with objective and subjective signs of low testosterone</p> <p>Men present with sexual complaints, decreased libido, diminished orgasm, decreased muscle size, decreased stamina, decreased endurance, easily tired, perceived weakness, joint and back discomfort, fatigue, increased body fat, weight gain, mood changes, decreased motivation, irritability, difficulty focusing or thinking, easily confused, difficulty with problem solving</p> <p>Women present with brain fog, difficulty focusing, poor memory, difficulty with problem solving, decreased endurance, decreased libido, decreased muscle size, decreased stamina, difficulty falling asleep or staying asleep, difficulty thinking, diminished orgasm, easily confused, fatigue, fearfulness, weakness, increased body fat, irritability, decreased motivation, mood changes, night sweats, restlessness, easily tired, weight gain</p>	<p>If indicated, add: TestoGain™ Formula: 201397</p>	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.

Available for download at: douglaslabs.com/protocols