

# HYPOTHALAMIC-PITUITARY AXES

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## Protocol Objective:

The three Hypothalamic-Pituitary Axes are the Hypothalamic-Pituitary-Adrenal Axis (HPA), the Hypothalamic-Pituitary-Gonadal Axis (HPG), and the Hypothalamic-Pituitary-Thyroid Axis (HPT). This protocol differentiates the specific support needs for each of these axes based on symptoms, assessment, clinical observations and lab tests.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
<p><b>Generalized support of HPA, HPT, and HPG</b></p> <p>(Adrenal, Gonadal, and/or Thyroid function)</p>	<p><b>Lab:</b> Assess adrenal, testosterone, and thyroid hormones</p> <p>Patient presents with symptoms as listed below for each HP axis indication</p>	<p><b>Endocrine Complete™</b> Formula: 202133</p>	4 capsules daily with food
<p><b>Additional support for Hypothalamic-Pituitary-Adrenal Axis (HPA)</b></p> <p>Also refer to the Adrenal Health &amp; Stress Adaptation Support Protocol</p>	<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>Add: <b>AdrenoMend™</b> Formula: 200529</p>	2-4 capsules daily with food
<p><b>Additional support for Hypothalamic-Pituitary-Gonadal Axis (HPG)</b></p> <p>Also refer to the Adrenal Health &amp; Stress Adaptation Support Protocol</p>	<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>Add: <b>TestoGain™</b> Formula: 201397</p>	2-4 capsules daily with food
<p><b>Additional support for Hypothalamic-Pituitary-Thyroid Axis (HPT)</b></p> <p>Also refer to the Adrenal Health &amp; Stress Adaptation Support Protocol</p>	<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, occasional constipation</p>	<p>If indicated, add: <b>ThyroMend™</b> Formula: 201381</p>	2 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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