

# MENOPAUSE HEALTH

Developed with Joseph J. Collins, R.N., N.D.†

## Protocol Objective:

To differentiate the four clusters of hormone patterns associated with menopause presentation and hormone values, and provide personalized management based on unique Menopause Types® of each woman.‡

12 MENOPAUSE TYPES®	NORMAL TESTOSTERONE	NEEDS TESTOSTERONE SUPPORT‡	NEEDS SUPPORT FOR ANDROGEN BALANCE‡
Normal Estradiol & Progesterone	Menopause Type 1	Menopause Type 2 TestoGain™	Menopause Type 3 TestoQuench™ For Women
Needs Estradiol Support‡ Normal Progesterone	Menopause Type 4 EstroMend™	Menopause Type 5 EstroMend™ TestoGain™	Menopause Type 6 EstroMend™ TestoQuench™ For Women
Needs Progesterone Support‡ Normal Estradiol	Menopause Type 7 ProgestoMend™	Menopause Type 8 ProgestoMend™ TestoGain™	Menopause Type 9 ProgestoMend™ TestoQuench™ For Women
Needs Estradiol & Progesterone Support‡	Menopause Type 10 EstroMend™ ProgestoMend™	Menopause Type 11 EstroMend™ ProgestoMend™ TestoGain™	Menopause Type 12 EstroMend™ ProgestoMend™ TestoQuench™ For Women

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support function of estrogen	<p><b>Lab:</b> Assess estrogens</p> <p>Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: breast shrinking, difficulty completing sentences, forgetfulness, emotional state, decreased libido, difficulty falling asleep or staying asleep, diminished orgasm, easily confused, fatigue, increased fluid retention, heart palpitations, hot flashes, irritability, joint discomfort, decreased motivation, mood changes, night sweats, restlessness, vaginal dryness, weight gain</p>	<p><b>EstroMend™</b> Formula: 201353</p>	2-4 capsules daily with food
Support progesterone production and progesterone function	<p><b>Lab:</b> Assess progesterone</p> <p>Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens</p> <p>Patient presents with several of the following: generalized aches, agitation, blood sugar fluctuations, muscle cramps, fatigue, anxious feeling, heart palpitations, irritability, mental foginess, mood changes, morning fatigue, nervousness, twitches, difficulty sleeping</p>	<p><b>ProgestoMend™</b> Formula: 201388</p>	2-4 capsules daily with food
Support healthy androgen signaling	<p><b>Lab:</b> Assess 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
Support health of androgen-sensitive tissues	<p><b>Lab:</b> Assess androgens (testosterone, androstenedione, DHEA, DHT)</p> <p>Patient presents with abdominal fat, acne, Adam's apple, aggression, sugar craving, salt craving, deepening of voice, irregular menstrual cycles, excess facial hair, imbalanced blood glucose, irritability, oily skin, scalp hair thinness, difficulty sleeping/breathing</p>	<p><b>TestoQuench™ For Women</b> Formula: 201352</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.

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