

PREMENSTRUAL HEALTH

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

Protocol Objective:

To differentiate and recognize the Premenstrual Hormone Patterns that allow clinicians to provide highly personalized hormone healthcare.‡

PREMENSTRUAL HORMONE‡	NORMAL TESTOSTERONE	NEEDS TESTOSTERONE SUPPORT‡	NEEDS SUPPORT FOR ANDROGEN BALANCE‡
Normal Estrogen & Progesterone		TestoGain™	TestoQuench™ For Women
Needs Estrogen Support	EstroMend™	EstroMend™ TestoGain™	EstroMend™ TestoQuench™ For Women
Needs Support for Estrogen Metabolism	EstroQuench™	EstroQuench™ TestoGain™	EstroQuench™ TestoQuench For Women™
Needs Progesterone Support	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench™ For Women
Needs Estrogen and Progesterone Support	EstroMend™ ProgestoMend™	EstroMend™ ProgestoMend™ TestoGain™	EstroMend™ ProgestoMend™ TestoQuench™ For Women

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Generalized support of HP Axes (HPA, PHT, HPG)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Endocrine Complete™ Formula: 202133	4 capsules daily with food
Support progesterone production and function	Lab: Assess progesterone levels Patient presents with tension, feeling out of control, palpitations, cramps, back discomfort, hostility	ProgestoMend™ Formula: 201388	2-4 capsules daily, throughout entire month
Support healthy androgen signaling	Lab: Assess testosterone levels Patient presents with low blood sugar, fainting spells or lightheadedness, palpitations, headaches, increased appetite, craving sweets and/or salt	TestoGain™ Formula: 201397	2-4 capsules daily, throughout entire month
Support function of estrogen	Lab: Assess estrogen levels Patient presents with sad mood, feelings of hopelessness, feelings of apathy, difficulty concentrating, excessive sleepiness or inability to sleep, decreased coordination, clumsiness, confusion, forgetfulness	EstroMend™ Formula: 201353	2-4 capsules daily, throughout entire month
Support health of androgen-sensitive tissues	Lab: Assess androgen levels Patient presents with anger, irritability, interpersonal conflicts, abdominal bloating, breast congestion, breast tenderness, water retention, acne or oily skin; swelling of the face, hands or ankles; weight gain	TestoQuench™ For Women Formula: 201352	2-4 capsules daily, throughout entire month
Support breast tissue health	Patient presents with cyclical breast tenderness	Ultra G.L.A. Formula: 7046	1 softgel daily
		Tri-En-All 400 Formula: 98738	1-2 softgels daily
Support immune balance	Patient presents with symptoms of imbalanced cytokine levels and generalized body discomfort This is typically present in any combination of premenstrual symptom patterns	Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily without food 3 tablets, twice daily without 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