

THYROID HEALTH

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

Protocol Objective:

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support thyroid health	<p>Lab: Assess T3, T4, free T3, free T4, Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels, TSH, serum iodine</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, occasional constipation, feelings of sadness</p>	<p>ThyroMend™ Formula: 201381</p>	2 capsules daily with food
Support immune balance	<p>Lab: Assess anti-TG antibodies</p> <p>Patient presents with mild generalized aches and whole body discomfort</p>	<p>If indicated, add: Wobenzym® Plus Formula: 201910</p>	2 tablets, twice daily without food
Support thyroid cell health	<p>Lab: Assess anti-TPO antibodies</p>	<p>If indicated, add: Seleno-Methionine Formula: 7422</p>	1 capsule daily
Support healthy estrogen metabolism	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio</p> <p>Women present with breast discomfort and men present with increased breast size</p>	<p>If indicated, add: EstroQuench™ Formula: 202060</p>	2-4 capsules daily with food
Support stress adaptation	<p>Lab: Assess cortisol or 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>If indicated, add: AdrenoMend™ Formula: 200529</p>	2-4 capsules daily with food
Generalized support of HP Axes & glycemic support (Adrenal, Gonadal, and/or Thyroid function)	<p>Lab: Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol†</p>	<p>Endocrine Complete™ Formula: 202133</p>	4 capsules daily with food Take in AM or AM & Noon

†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