

CARDIOMETABOLIC AND INSULIN SENSITIVITY

Developed with Dr. Angela Mazza*

Protocol Objective:

To address optimal cardiometabolic health and to provide additional recommendations for hormonal health that may be related to insulin sensitivity.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Insulin function, blood lipids and cardiometabolic support	Patient presents with fatigue, weight gain, and difficulty losing weight	Berberine Balance Formula: 201131	1 capsule twice daily
	Physical: to include BP, weight, waist circumference +/- waist hip ratio	QÜELL® FISH OIL - EPA/DHA PLUS D Formula: 200981	1 capsule daily
	Lab: assess fasting lipid panel, fasting and post-prandial blood glucose, insulin, hemoglobin A1c, vitamin D	Ubiquinol-QH Formula: 201899	1 softgel daily
		Vitamin D 125 mcg (5,000 IU) Formula: 200562	1 tablet daily with food
Support healthy weight management† and fat metabolism†	Body weight: BMI > 25 Waist circumference: Men > 102 cm (40 in) Waist circumference: Women > 88 cm (35 in)	Metabolic Lean® Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
Support hormone health in women	Patient presents with clinical signs of elevated testosterone: irregular menstrual cycles, skin or hair changes including facial hair, acne, abdominal fat, and imbalanced blood glucose levels Additional Labs: assess androgens/testosterone levels	TestoQuench™ for Women Formula: 201352	2-4 capsules daily
Support hormone health in men	Patient presents with clinical signs of low testosterone: low libido, low stamina, decreased mood, fatigue, difficulty focusing, and decreased muscle mass Additional Labs: assess androgens/testosterone levels	TestoGain™ Formula: 201397	2-4 capsules daily
Support stress management, cortisol regulation, and stress-related metabolic functions	Patient presents with increased emotional stress or physical stress, including chronic or acute illness. May have difficulty sleeping Additional Labs: cortisol assessment	Sereniten Plus Formula: 201348	1 capsule daily

Available for download at: douglaslabs.com/protocols

*Dr. Angela Mazza is a retained advisor to Douglas Laboratories.

†Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

*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.