

METABOLIC HORMONE

Developed with Dr. Penny Kendall-Reed, N.D.⁺

Protocol Objective:

To help manage metabolic hormones and healthy body weight using symptom assessment, diet, and supplementation. Recommendations are made for genetic testing of metabolic SNPs (Single Nucleotide Polymorphisms) that are modifiable through nutrition and lifestyle.^{††}

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support satiety	Serum leptin, adiponectin, ghrelin	Metabolic Lean[®] Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
	Self-reported food cravings, hunger, excessive eating, especially when stressed	Sereniten Plus Formula: 201348	1 capsule daily
Support leptin sensitivity	Serum leptin	Metabolic Lean[®] Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
	Self-reported postprandial hunger and food cravings, especially in the evening	L-Carnosine Formula: 9873	1 capsule daily
	BMI	Sereniten Plus Formula: 201348	1 capsule daily
Support ghrelin	Serum ghrelin, BMI and self-reported hunger, cravings and excessive eating, especially when stressed	Metabolic Lean[®] Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
		Cal/Mag 2001 Formula: 2002	2 tablets daily with food
Support melanocortin 4	BMI	L-Carnosine, Sereniten Plus Formulas: 98731, 201348	1 capsule daily
	Fasting glucose, HbA1c, and/or related metabolic testing	Metabolic Lean[®] Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
	Self-reported postprandial hunger and food cravings; libido	Cal/Mag 2001 Formula: 2001	2 tablets daily with food

*Please note that patients may not require all supplements listed.

+ Dr. Penny Kendall-Reed 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.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Modulate PPAR (Peroxisome Proliferator Activated Receptor)	BMI or body composition	L-Carnosine, Sereniten Plus Formulas: 98731, 201348	1 capsule daily
	Self-reported energy level, cognitive function	Resveratrol Formula: 200244	1 capsule daily
Adrenal support for hyperadrenal states	Orthostatic vital sign measurement	Sereniten Plus Formula: 201348	1 capsule daily
	Self-reported sleep quality	Melatonin P.R. Formula: 83199	1 tablet, 1 hour before bedtime
	Self-reported stress, irritability	Sereniten Plus Formula: 201348	1 capsule daily
	BMI	GABA Formula: 80611	1 capsule daily
Adrenal support for hypoadrenal states	Orthostatic vital sign measurement	Sereniten Plus Formula: 201348	1 capsule daily
	Cortisol levels	Adrenplus-300 Formula: 7221 OR AdrenoMend™ Formula: 200529	1-2 capsules daily 2-4 capsules daily
	Self-reported sleep quality	Melatonin Formulas: Various	6-9 mg before bed
	BMI		
Healthy stress response	Cortisol levels	Sereniten Plus Formula: 201348	1 capsule daily
	Monitor levels: DHEA Estradiol Progesterone Bioavailable testosterone	Relora®-Plex Formula: 98739 OR GABA Formula: 80611	1 capsule, twice daily 1 capsule daily
		Sereniten Plus Formula: 201348	1 capsule daily

Available for download at: douglaslabs.com/protocols

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