

HORMONE

Developed with Dr. Jacob Teitelbaum⁺

Protocol Objective:

To support female and male hormonal health, and promote healthy urinary tract, thyroid and adrenal function.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [*]	DOSING
Support healthy estrogen hormone balance	Hot flashes (late), vaginal dryness, decreased libido Labs: FSH, LH, urine or salivary	DIM[®] Enhanced Formula: 202558	1-2 capsules daily, in divided doses
Support urinary health (if needed)	Self-reported urinary function [‡]	d-Mannose Powder Formula: 99471	1 scoop, 3 times daily
Support prostate, testicular and urinary flow function	Self-reported urinary function [‡] Testosterone Lipid panel Fasting glucose	Uro-Pro[®] Formula: 82044	1 capsule daily with meal
Optimize overall blood vessel endothelial function, blood glucose and blood vessel tone to maintain optimal sexual function		Berberine Balance Formula: 201131	1 capsule, 2-3 times daily
Support healthy adrenal function and stress management	Perceived Stress Scale Adrenal stress index Fasting morning cortisol DHEA	Adreno-Mend Formula: 200529-120X	2-4 capsules daily
		DHEA 10 mg Micronized (Capsules) Formula: DHEA1	1-2 capsules daily in the morning or afternoon For women: 1 capsule daily in the morning
Support overall thyroid health and wellness	Thyroid function tests including free T4, TSH	Ultra Preventive[®] X Formula: 202331	4-8 tablets daily, with meals
Support healthy thyroid function		ThyroMend[™] Formula: 202703	2 capsules daily, with food

Available for download at: douglaslabs.com/protocols

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

⁺Dr. Jacob Teitelbaum was a retained advisor for Douglas Laboratories.

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