

MOOD

Developed with Dr. Jacob Teitelbaum*

Protocol Objective:

To optimize and balance the function of the stress-handling HPA axis and neurotransmitters.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Promote calmness and healthy stress support	Perceived Stress Scale Adrenal testing	Sereniten Plus Formula: 201348	1 capsule, twice daily, on an empty stomach
Support healthy mood balance	Patient Health Questionnaire (PHQ)-9 or self-reported mood and emotional well-being‡	QÜELL® Fish Oil EPA/DHA Plus D Formula: 200981	1 softgel daily
		SAM-e Formula: 202170	1-2 capsules daily

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.