

# ESTROGEN DETOXIFICATION

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## Protocol Objective:

For patients wishing to support breast health. This protocol is designed to support multiple aspects of hormone balance, with emphasis on estrogen detoxification and cellular health.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support health of androgen-sensitive tissues	<b>Lab:</b> Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio, SHBG	<b>EstroQuench™</b> Formula: 202060	2-4 capsules daily with food
Support optimal detoxification of estrogens	<b>Lab:</b> Assess urine 2-hydroxyestrone (2-OHE1) to 16 $\alpha$ -hydroxyestrone (16 $\alpha$ -OHE1) ratio	Add: <b>DIM® Enhanced</b> Formula: 202558	Women: 1-2 capsules daily  Men: 2-4 capsules daily
Support healthy androgen signaling	<b>Lab:</b> Assess testosterone levels Note: High estrogens may present with objective and subjective signs of low testosterone	If indicated, add: <b>TestoGain™</b> Formula: 201397	2-4 capsules daily with food

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

\*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.