

NEURO-ENDOCRINE

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

Protocol Objective:

To differentiate between hyper and hypo adrenal states where feedback in the HPA axis has been lost, and to help support the parasympathetic nervous system. This protocol will highlight the assessment of several neuro-endocrine hormones that have been shown to modify metabolism. Additionally, it will provide recommendations for support of these various metabolic pathways.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Adrenal support for hyperadrenal states Reswoop Maintain healthy glucocorticoid levels	Orthostatic vital sign measurement	Sereniten Plus Formula: 201348	1-2 capsules, twice daily, without food
	Monitor glucocorticoid/cortisol levels	Melatonin Prolonged Release 3 mg Formula: 83199	1 capsule, before bed
	Self-reported sleep onset, irritability, restlessness	GABA (optional) Formula: 80611	1 capsule, twice daily, without food
Adrenal support for hypoadrenal states Healthy cortisol release Adrenal fatigue support	Orthostatic vital sign measurement	Sereniten Plus Formula: 201348	2 capsules, twice daily, with a gradual decrease to 1, twice daily, without food
	Monitor glucocorticoid levels	Melatonin 3 mg Formulas: 202274	1-3 capsules or dissolvable tablets, before bed
	Self-reported energy levels and sleep quality	AdrenoMend™ (adaptagen) Formula: 200529 OR Adrenplus-300 (glandular) Formula: 7221	2-4 capsules, in the morning, with food 1 capsule, twice daily, without food
Healthy stress response Maintain healthy cortisol and DHEA balance	Cortisol and DHEA	Sereniten Plus Formula: 201348	1-2 capsules, twice daily, without food
	Adrenal fatigue	Relora®-Plex Formula: 98739 OR GABA Formula: 80611	1 capsule, twice daily
	Post-menopausal status	DHEA if indicated Formulas: 83025, DHEA1, 83050, DHEA, DHEA5, DHP	1-2 capsules daily, without food 5-50 mg as needed
Dopamine support	Self-reported food cravings	L-Tyrosine Formula: 7549	1-2 capsules, twice daily, without food
	Behavioral health	Sereniten Plus Formula: 201348	1 capsule, twice daily
Serotonin support	Self-reported food cravings	Sereniten Plus Formula: 201348	1 capsule, twice daily, without food
	Digestive function/abdominal comfort	L-Glutamine as needed Formula: 7940	1 capsule opened and swished in mouth, then swallow
	Emotional well-being		

*Dr. Kendall-Reed is 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.

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Leptin support	Self-reported food cravings, postprandial satiety, post-dinner eating habits	L-Carnosine Formula: 98731	1 capsule, twice daily, without food
Insulin support	Fasting blood sugar/insulin Self-reported sleep patterns and energy levels BMI	Sereniten Plus Formula: 201348	1-2 capsules, twice daily, without food

Available for download at: douglaslabs.com/protocols

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