

# ADRENAL HEALTH & STRESS ADAPTATION

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## Protocol Objective:

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations, and lab tests. Patients seeking adrenal support may also present with the need to support testosterone and/or thyroid function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
<b>Generalized support of HP Axes (HPA, PHT, HPG)</b> (Adrenal, Gonadal, and/or Thyroid function)	<b>Lab:</b> Tests reveal adrenal and/or multiple system suboptimal response	<b>Ultra Preventive III</b> Formula: 202660	1 capsule daily
<b>Support stress adaptation</b>	<b>Lab:</b> Assess cortisol and DHEA levels  Patient presents with adrenal fatigue, takes longer to recover from routine stress such as a full day of work or recreational activity; difficulty recovering from physical or emotional stress	<b>Add:</b> <b>AdrenoMend™</b> Formula: 200529	2-4 capsules daily, with food
<b>Support healthy cortisol levels</b>	<b>Lab:</b> Cortisol assessment and/or disruption of normal circadian rhythm  Patient presents feeling stressed and poor sleep	<b>If indicated, add:</b> <b>Sereniten Plus</b> Formula: 201348	1 or 2 capsules twice daily, without food
<b>Support immune balance</b>	<b>Lab:</b> Evaluate CRP or cytokine levels  Patient presents with generalized musculoskeletal discomfort or other signs of endogenous systemic imbalances	<b>If indicated, add:</b> <b>Wobenzym® Plus</b> Formula: 201910  <b>OR</b> <b>Wobenzym® N</b> Formula: 201213	2 tablets, twice daily, without food  3 tablets, twice daily, without food
<b>Support healthy androgen signaling</b>	<b>Lab:</b> Assess testosterone and/or free testosterone levels	<b>If indicated, add:</b> <b>TestoGain™</b> Formula: 201397	2-4 capsules daily, with food
<b>Support thyroid health</b>	<b>Lab:</b> Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels	<b>If indicated, add:</b> <b>ThyroMend™</b> Formula: 202703	2 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.