

# ANDROGEN BALANCE FOR WOMEN

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## Protocol Objective:

Androgen balance is important for healthy functioning of tissues in women. Women's thyroid health and follicular health, in addition to insulin function and glycemic control, are all dependent on proper androgen function. This protocol differentiates the specific support needs for androgen balance.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support health of androgen-sensitive tissues	<b>Lab:</b> Assess androgens (testosterone, androstenedione, DHEA, DHT)	<b>TestoQuench™ For Women</b> Formula: 201352	2-4 capsules daily with food
Support progesterone production and progesterone function	<b>Lab:</b> Assess progesterone Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens	If indicated, add: <b>ProgestoMend™</b> Formula: 202742	2-4 capsules daily with food
Support estrogen function	<b>Lab:</b> Assess estrogens Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens	If indicated, add: <b>EstroMend™</b> Formula: 201353	2-4 capsules daily with food
Support immune balance	<b>Lab:</b> Assess CRP or cytokine levels  Patient presents with generalized body aches and discomfort, or other signs of endogenous systemic imbalances	If indicated, add: <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
Support thyroid health	<b>Lab:</b> Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels	If indicated, add: <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.