

BREAST HEALTH

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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	Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio	EstroQuench™ Formula: 202060	2-4 capsules daily with food
Support optimal detoxification of estrogens	Lab: Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens	DIM® Enhanced Formula: 202558	2 capsules daily
Support endogenous methylation processes to promote healthy estrogen metabolism	Lab: Assess estrogen metabolites, including 2-methoxyestrogen metabolites	Methyl B₁₂ Plus Formula: 202273	2 capsules daily
Support immune balance	Lab: Assess CRP or cytokines Patient presents with generalized body discomfort, or other signs of endogenous systemic imbalances	Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily without food 3 tablets, twice daily without food
Support healthy estrogen function without hormone replacement	Lab: Assess estrogens (estradiol & estrone or total estrogens)	EstroMend™ Formula: 201353	2-4 capsules daily with food

Available for download at: 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.