

HYPOTHALAMIC-PITUITARY AXES

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Protocol Objective:

The three Hypothalamic-Pituitary Axes are the Hypothalamic-Pituitary-Adrenal Axis (HPA), the Hypothalamic-Pituitary-Gonadal Axis (HPG), and the Hypothalamic-Pituitary-Thyroid Axis (HPT). This protocol differentiates the specific support needs for each of these axes based on symptoms, assessment, clinical observations and lab tests.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Generalized support of HPA, HPT, and HPG (Adrenal, Gonadal, and/or Thyroid function)	Lab: Assess adrenal, testosterone, and thyroid hormones Patient presents with symptoms as listed below for each HP axis indication	Ultra Preventive III Formula: 202660	1 capsule daily
Additional support for Hypothalamic-Pituitary-Adrenal Axis (HPA) Also refer to the Adrenal Health & Stress Adaptation Support Protocol	Lab: 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	Add: AdrenoMend™ Formula: 200529	2-4 capsules daily with food
Additional support for Hypothalamic-Pituitary-Gonadal Axis (HPG) Also refer to the Adrenal Health & Stress Adaptation Support Protocol	Lab: Assess testosterone and/or free testosterone level	Add: TestoGain™ Formula: 201397	2-4 capsules daily with food
Additional support for Hypothalamic-Pituitary-Thyroid Axis (HPT) Also refer to the Adrenal Health & Stress Adaptation Support Protocol	Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels	If indicated, add: ThyroMend™ Formula: 202703	2 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.