

MENOPAUSE HEALTH

Developed with Joseph J. Collins, R.N., N.D.*

Protocol Objective:

To differentiate the four clusters of hormone patterns associated with menopause presentation and hormone values, and provide personalized management based on unique Menopause Types® of each woman.‡

12 MENOPAUSE TYPES®	NORMAL TESTOSTERONE	TESTOSTERONE SUPPORT‡	SUPPORT FOR ANDROGEN BALANCE‡
Normal Estradiol & Progesterone	Menopause Type 1	Menopause Type 2 TestoGain™	Menopause Type 3 TestoQuench™ For Women
Estradiol Support‡ Normal Progesterone	Menopause Type 4	Menopause Type 5 TestoGain™	Menopause Type 6 TestoQuench™ For Women
Progesterone Support‡ Normal Estradiol	Menopause Type 7 ProgestoMend™	Menopause Type 8 ProgestoMend™ TestoGain™	Menopause Type 9 ProgestoMend™ TestoQuench™ For Women
Estradiol & Progesterone Support‡	Menopause Type 10 ProgestoMend™	Menopause Type 11 ProgestoMend™ TestoGain™	Menopause Type 12 ProgestoMend™ TestoQuench™ For Women

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support function of estrogen	Lab: Assess estrogens Note: Suboptimal estrogen function can exacerbate clinical presentation of high androgens	EstroMend™ Formula: 201353	2-4 capsules daily with food
Support progesterone production and progesterone function	Lab: Assess progesterone Note: Suboptimal endogenous progesterone can exacerbate clinical presentation of high androgens	ProgestoMend™ Formula: 202742	2-4 capsules daily with food
Support healthy androgen signaling	Lab: Assess testosterone levels	TestoGain™ Formula: 201397	2-4 capsules daily with food
Support health of androgen-sensitive tissues	Lab: Assess androgens (testosterone, androstenedione, DHEA, DHT)	TestoQuench™ For Women Formula: 201352	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.