

PREMENSTRUAL HEALTH

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Protocol Objective:

To differentiate and recognize the Premenstrual Hormone Patterns that allow clinicians to provide highly personalized hormone healthcare.‡

PREMENSTRUAL HORMONE‡	NORMAL TESTOSTERONE	TESTOSTERONE SUPPORT‡	SUPPORT FOR ANDROGEN BALANCE‡
Normal Estrogen & Progesterone		TestoGain™	TestoQuench™ For Women
Estrogen Support		TestoGain™	TestoQuench™ For Women
Support for Estrogen Metabolism		TestoGain™	TestoQuench For Women™
Progesterone Support	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench™ For Women
Estrogen and Progesterone Support	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench™ For Women

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support progesterone production and function	Lab: Assess progesterone levels	ProgestoMend™ Formula: 202742	2-4 capsules daily, throughout entire month
Support healthy androgen signaling	Lab: Assess testosterone levels	TestoGain™ Formula: 201397	2-4 capsules daily, throughout entire month
Support function of estrogen	Lab: Assess estrogen levels	EstroMend™ Formula: 201353	2-4 capsules daily, throughout entire month
Support health of androgen-sensitive tissues	Lab: Assess androgen levels	TestoQuench™ For Women Formula: 201352	2-4 capsules daily, throughout entire month
Maintain healthy prostaglandin balance	Patient presents with occasional premenstrual cramping	Ultra G.L.A. Formula: 7046	1 softgel daily
Support immune balance	Patient presents with symptoms of imbalanced cytokine levels and generalized body discomfort This is typically present in any combination of premenstrual symptom patterns	Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 tablets, twice daily without food 3 tablets, twice daily without 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.