

PROSTATE HEALTH

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Protocol Objective:

For patients expressing interest in supporting prostate health. This protocol helps to identify the need to support androgen metabolism, estrogen metabolism and/or endogenous cellular processes that maintain homeostasis.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy androgen metabolism	Lab: Assess androgens (testosterone & dihydrotestosterone)	TestoQuench™ For Men Formula: 202410	2-4 capsules daily
Support androgen and estrogen balance	Lab: Assess estrogens (estradiol & estrone or total estrogens)	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 lozenges daily
Support immune balance	Lab: Assess CRP, cytokines or other markers of inflammation 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

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.