

THYROID HEALTH

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

Protocol Objective:

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support thyroid health	Lab: Assess T3, T4, free T3, free T4, Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels, TSH, serum iodine	ThyroMend™ Formula: 202703	2 capsules daily with food
Support immune balance	Lab: Assess anti-TG musculoskeletal Mild musculoskeletal aches and discomfort	If indicated, add: Wobenzym® Plus Formula: 201910	2 tablets, twice daily without food
Support thyroid cell health	Lab: Assess anti-TPO antibodies	If indicated, add: Selene-Methionine Formula: 202578	1 capsule daily
Support healthy estrogen metabolism	Lab: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio	If indicated, add: EstroQuench™ Formula: 202060	2-4 capsules daily with food
Support stress adaptation	Lab: Assess cortisol or 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	If indicated, add: AdrenoMend™ Formula: 200529	2-4 capsules daily with food
Generalized support of HP Axes & glycemic support (Adrenal, Gonadal, and/or Thyroid function)	Lab: Assess full hormone panel Refer to Hypothalamic-Pituitary Axes Support Protocol‡	Ultra Preventive III Formula: 202660	1 capsule daily

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.