

[Developed by Shelena Lalji, M.D.]^{††}

Protocol Objectives:

To provide essential nutrients and supplementation for healthy hair, nails and skin, and to help build a confident, beautiful woman from the inside out.[†]

Clinical Objective [†]	Assessment	Select From the Following Recommendations ^{**}	Dosing
Foundational Health for Beauty and Skin[†]	Patient desires basic support for the strength, moisture, appearance and growth of hair, nails, and skin Dietary and/or lab assessment lacks vitamins, minerals, phytonutrients and fatty acids	Ultra Preventive[®] X	4-8 tablets daily with food
		Ultra Protein Green[™]	1 scoop powder daily in liquid of choice
		QÜELL Fish Oil[®] EFA Plus	2 softgels daily with food
		Ultra HNS (Hair, Nails, Skin Formula)	3 capsules daily
Hair and Nail Integrity and Growth[†]	Patient presents with dull, dry hair and brittle nails with diminished growth	Biotin 8 mg	1 capsule daily
Skin Radiance, Hydration and Elasticity[†]	Patient presents with dry skin, poor elasticity, fine lines, wrinkles, discolored pigment	Skin Nourish	1 capsule daily
		Hydrolyzed Collagen Plus	2 scoops daily mixed in liquid of choice
Skin Protection from UV Light and Damage[†]	Patient presents with sun damage, including low skin density, thickness and poor texture Patient exposed to UV light, short or long-term, and needs photo protection	Skin Protect[†]	2 softgels daily
Skin Complexion[†]	Patient presents with mild, non-cystic acne on face or body	DIM[®] Enhanced	1-2 capsules daily
		Vitamin A	1 softgel daily
		Opti-Zinc[™] 30	1 capsule daily
Vein Health and Circulation[†]	Patient presents with varicose veins and poor blood circulation	Varitonin[™]	1-2 capsules daily

^{**}Where multiple supplements are suggested, please note that the patient may not require all of them.

^{††}Dr. Shelena Lalji has been retained as a consultant in advising Douglas Laboratories.

This protocol is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at www.douglaslabs.com/beautysupportprotocol



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[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.