

[ Developed by Dr. Angela Mazza ]<sup>††</sup>

## Protocol Objectives:

To address optimal cardiometabolic health and to provide additional recommendations for hormonal health that may be related to insulin sensitivity.<sup>†</sup>

Clinical Objective <sup>†</sup>	Assessment	Select from the Following Recommendations <sup>**</sup>	Dosing
<b>Insulin Sensitivity and Cardiometabolic Support<sup>†</sup></b> <ul style="list-style-type: none"> <li>Blood lipids and cholesterol already in the normal range</li> <li>Healthy blood glucose/insulin response</li> <li>Endothelial health</li> <li>Circulatory health</li> </ul>	Patient presents with fatigue, weight gain, and difficulty losing weight  Physical: to include BP, weight, waist circumference +/- waist hip ratio  Lab: assess fasting lipid panel, glucose, insulin, hemoglobin A1c, vitamin D	<b>Cardio MetX™ with GlucoPhenol®</b>	1 capsule twice daily before a meal
		<b>QÜELL Fish Oil® Clinical Strength DHA</b>	1-3 softgels daily
		<b>Ubiquinol-QH</b>	1 softgel daily
		<b>Vitamin D 5000 IU</b>	1 tablet daily with food if needed
<b>Additional Support of Blood Lipids and/or Blood Glucose Already in the Normal Range<sup>†</sup></b>	Lab: lipid panel, fasting and post-prandial blood glucose	<b>Berberine Balance</b>	1 capsule twice daily
<b>Support Weight Management<sup>‡</sup> and Fat Metabolism<sup>†</sup></b>	Body weight: BMI > 25 Waist circumference: Men > 102 cm (40 in) Women > 88 cm (35 in)	<b>Metabolic Lean®</b>	1 capsule 30 minutes before breakfast and dinner
<b>Support Insulin Sensitivity and Hormone Health in Women<sup>†</sup></b>	Patient presents with clinical signs of elevated testosterone: irregular menstrual cycles, skin or hair changes including facial hair, acne, abdominal fat, and imbalanced blood glucose levels.  Additional Labs: assess androgens/ testosterone levels	<b>TestoQuench™ for Women</b>	2 capsules daily with a meal
<b>Support Insulin Sensitivity and Hormone Health in Men<sup>†</sup></b>	Patient presents with clinical signs of low testosterone: low libido, low stamina, decreased mood, fatigue, difficulty focusing, and decreased muscle mass.  Additional Labs: assess androgens/ testosterone levels	<b>TestoGain™</b>	2-4 capsules daily with food
<b>Support Insulin Sensitivity Associated with Menopause and Perimenopause<sup>†</sup></b>	Patient presents with heat intolerance, night sweats, mood changes, and change or absence of menstrual cycle.  Additional Labs: assess LH, FSH, estradiol, progesterone, and testosterone levels	<b>Ultra Menoease™</b>	2 capsules daily with a meal
<b>Support Insulin Sensitivity Influenced by Stress<sup>†</sup></b>	Patient presents with increased emotional stress or physical stress, including chronic or acute illness. May have difficulty sleeping.  Additional Labs: cortisol assessment	<b>Sereniten Plus</b>	1 or 2 capsules twice daily without food

<sup>\*\*</sup>Where multiple supplements are suggested, please note that the patient may not require all of them.

<sup>‡</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

<sup>††</sup>Dr. Angela Mazza has been retained as a consultant in advising Douglas Laboratories. She is compensated for this service.

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/cardiometabolicsupportprotocol](http://www.douglaslabs.com/cardiometabolicsupportprotocol)