

ADRENAL HEALTH & STRESS ADAPTATION | SUPPORT PROTOCOL†

[Developed by Joseph J. Collins, R.N., N.D.]*

Protocol Objectives:

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations, and lab tests. “Adrenal fatigue” can also present with the need to support testosterone and/or thyroid function.†

Clinical Objective	Assessment	Recommendations	Dosing
Generalized support of HP Axes† (HPA, PHT, HPG) (Adrenal, Gonadal, and/or Thyroid function†)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Endocrine Complete™ Foundational Hormone Health	4 capsules daily with food
Support stress adaptation†	Lab: Assess cortisol and DHEA levels Patient presents with adrenal fatigue, generalized fatigue, or multiple system 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	Add: AdrenoMend™	2 to 4 capsules daily with food
Support healthy cortisol levels†	Lab: Cortisol assessment and/or disruption of normal circadian rhythm Patient presents with feeling stressed, poor sleep, tired and fatigued, abdominal weight gain	If indicated, Add: Sereniten Plus	1 or 2 capsules twice daily without food
Immune support†	Lab: Evaluate CRP or cytokine levels Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances	If indicated, Add: Wobenzym® Plus OR Wobenzym® N	2 tablets twice daily without food OR 3 tablets twice daily without food
Support testosterone production and testosterone function†	Lab: Assess testosterone and/or free testosterone levels Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing	If indicated, Add: TestoGain™	2 to 4 capsules daily with food
Support thyroid health†	Lab: Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness	If indicated, Add: ThyroMend™	2 to 4 capsules daily with food

*Dr. Collins has been retained as a medical consultant in advising Douglas Laboratories. He is compensated for this service. This information 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.

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