

AROMATASE INHIBITION | SUPPORT PROTOCOL[†]

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Protocol Objectives:

Aromatase is a key enzyme in the biosynthesis of estrogens, regulated in the body through endogenous aromatase inhibitors. Promoting the metabolic breakdown of estrogens can be an approach to addressing excessive estrogen production or poor estrogen clearance.[†] Low testosterone may also present with excessive estrogen.

This protocol differentiates the specific support needs for endogenous aromatase inhibition and aromatase health based on symptoms, assessment, clinical observations and lab tests.[†]

Clinical Objective	Assessment	Recommendations	Dosing
Support function of endogenous anti-estrogens [†]	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), and/or T:E ratio, SHBG</p> <p>Patient presents with sexual complaints; possibly enlarged breast size in men or breast discomfort in women</p>	EstroQuench™	2 to 4 capsules daily with food
Support optimal detoxification of estrogens [†]	<p>Lab: Assess urine 2-hydroxyestrone (2-OHE1) to 16β-hydroxyestrone (16α-OHE1) ratio</p> <p>Note: An imbalanced 2-OHE1:16α-OHE1 ratio can play a role in prostate and breast health[†]</p>	Add: DIM® Enhanced	<p>Women: 1 to 2 capsules daily</p> <p>Men: 2 to 4 capsules daily</p>
Support testosterone production and testosterone function [†]	<p>Lab: Assess testosterone levels</p> <p>Note: High estrogens may present with objective and subjective signs of low testosterone</p> <p>Men present with sexual complaints, decreased libido, diminished orgasm, decreased muscle size, decreased stamina, decreased endurance, easily tired, perceived weakness, joint and back discomfort, fatigue, increased body fat, weight gain, mood changes, decreased motivation, irritability, difficulty focusing or thinking, easily confused, difficulty with problem solving</p> <p>Women present with brain fog, difficulty focusing, poor memory, difficulty with problem solving, decreased endurance, decreased libido, decreased muscle size, decreased stamina, difficulty falling asleep or staying asleep, difficulty thinking, diminished orgasm, easily confused, fatigue, fearful, weaker, increased body fat, irritable, decreased motivation, mood changes, night sweats, restlessness, easily tired, weight gain</p>	If indicated, Add: TestoGain™	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.

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