

# HORMONE SPECIFIC™ FORMULATIONS | SELECTION GUIDE

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

Hormone Specific™ Formulations, provided by Douglas Laboratories® and formulated by Dr. Joseph J. Collins, R.N., N.D., were created to support the optimal function of specific hormones through the use of hormone-specific adaptogens and functional modulators of hormone actions that contain Phytocrine™ properties. These formulations may be used as part of a hormone health program with dietary and nutrient support. In addition, these formulations may be used by clinicians as adjuvants to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.‡

Hormone Specific™ Formulations**	Functions‡	Primary Hormone Indications‡	Daily Dose (see label for dosing protocol)
AdrenoMend™	Supports healthy function of the adrenal glands and related regulatory systems that respond to stress	<ul style="list-style-type: none"> <li>• Adrenal support</li> <li>• HPA axis balance</li> <li>• Homeostasis support</li> </ul>	2-4 capsules in morning
Endocrine Complete™	Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health	<ul style="list-style-type: none"> <li>• Foundational hormone health for men and women</li> <li>• Complements all Hormone Specific™ Formulations</li> </ul>	4 capsules
EstroMend™	Supports healthy estrogen receptor function, estrogen metabolism, and estrogen-sensitive tissues	<ul style="list-style-type: none"> <li>• Menopause</li> </ul>	2-4 capsules in evening
EstroQuench™	Supports healthy metabolism of estrogens Moderates estrogen activity at the cellular level	<ul style="list-style-type: none"> <li>• Hormonal health in women and men</li> </ul>	2-4 capsules
GlucoQuench™	Supports the Glucose-Insulin-System (GIS) and cardiometabolic health by supporting healthy blood glucose, blood lipids, and insulin function	<ul style="list-style-type: none"> <li>• Glucose homeostasis</li> <li>• Insulin function</li> </ul>	2-4 capsules
ProgestoMend™	Supports the production and function of progesterone at the cellular level	<ul style="list-style-type: none"> <li>• Hormonal health in women</li> </ul>	2-4 capsules
TestoGain™	Supports the production of testosterone and other androgens	<ul style="list-style-type: none"> <li>• Hormonal health in women and men</li> </ul>	2-4 capsules
TestoQuench™ for Men	Moderates androgen activity to support testosterone-sensitive tissues	<ul style="list-style-type: none"> <li>• Prostate health</li> </ul>	2-4 capsules
TestoQuench™ for Women	Moderates androgen activity to support testosterone-sensitive tissues in women	<ul style="list-style-type: none"> <li>• Ovarian health</li> <li>• Premenstrual health</li> </ul>	2-4 capsules
ThyroMend™	Supports natural production of thyroid hormones and supports thyroid-responsive tissues	<ul style="list-style-type: none"> <li>• Thyroid health</li> </ul>	2 capsules

\*\*Please note that patients may not require all supplements listed.

\*Dr. Joseph J. Collins was a retained advisor to Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Visit [douglaslabs.com/hormone](https://douglaslabs.com/hormone) for more detailed Hormone Specific™ Clinical Guidelines



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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.

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