

Protocol Objectives:

To help identify which patients will benefit from mood and emotional support related to neurotransmitter health, or whether the focus should best be directed to maintaining the body’s physiological systems that may affect mood, such as sleep, hormone, nutrient, blood sugar and digestive balance. Providing support for these physiological systems may have a profound effect on one’s mood, but the combination of both approaches may also be necessary for certain individuals.[†]

| Clinical Objective | Assessment | Select from the following Recommendations [†] | Dosing |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Basic Mood Support[†] | Patient presents with low mood, low energy, poor motivation and challenged concentration May have low serotonin or other neurotransmitter imbalance Needs foundational nutrition support | Neurotransmitter Balance[†] | 1 capsule twice daily w/o food |
| | | Mood Systems Balance™[†] | 2 capsules daily w/o food. May increase to 2 capsules twice daily for increased mood support [†] |
| | | Ultra Preventive® multivitamin/mineral | As directed on bottle with food |
| | | QÜELL Fish Oil® EPA/DHA or Opti-EPA™ Liquid | 1 - 2 softgels daily with food 1 teaspoon daily with food |
| Mood and Sleep Support[†] | Patient presents with low mood, low energy, poor motivation and challenged concentration Trouble falling asleep Patient presents with trouble staying asleep Difficulty staying asleep, especially in early morning hours Poor sleep with high nighttime cortisol Patient presents with racing thoughts, difficulty falling asleep | Neurotransmitter Balance[†] | 1 capsule twice daily w/o food |
| | | Melatonin 3mg | 1 capsule 1 hour before bedtime |
| | | Melatonin Prolonged Release | 1/2 - 1 tablet at bedtime |
| | | L- Tryptophan | 2 - 4 capsules at bedtime with a non-protein simple carbohydrate food |
| | | Sereniten Plus | 1 - 2 capsules twice daily w/o food |
| | | Seditol® Plus | 2 capsules before bedtime or 1 upon waking in the night |
| Mood Support and Hormonal Balance[†] | Patient presents with low mood, low energy, poor motivation and challenged concentration Low daytime cortisol and fatigue, waking exhausted Poor mood especially during mid to later part of cycle or associated with perimenopausal symptoms Poor mood associated with low thyroid regulation Poor mood associated with low DHEA Poor mood associated with low testosterone | Neurotransmitter Balance[†] | 1 capsule twice daily w/o food |
| | | AdrenoMend™ (adaptagen) or Adrenplus-300 (glandular) | 2 - 4 capsules daily 1 capsule twice daily |
| | | ProgestoMend™ | 2 - 4 capsules daily with food |
| | | ThyroMend™ | 2 capsules daily with food |
| | | DHEA | 5 - 50 mg daily as needed |
| | | TestoGain™ | 1 - 2 capsules twice daily with food |
| Mood and Nutrient Support[†] | Low mood, low energy, lack of enthusiasm, difficulty concentrating, regular sad or stressed feelings. These feelings are associated with: Low vitamin D status MTHFR gene test suggests compromised folate status Compromised folate status accompanied by elevated homocysteine Serum iron and ferritin assessment | Neurotransmitter Balance[†] | 1 capsule twice daily w/o food |
| | | Vitamin D 5000 or Vitamin D Replete | 5,000 IU - 12,500 IU daily with food |
| | | Methyl Folate | 1 - 15 mg daily |
| | | Homocystrol+TMG | 3 capsules daily |
| | | Time Released Iron | 1 tablet twice daily |
| Mood Support with focus on Healthy Blood Sugar[†] | Low mood, low energy, lack of enthusiasm. Patient may also have one or all of the following: Fasting blood sugar/insulin imbalances or blood sugar cravings | Mood Systems Balance™[†] | 2 capsules twice daily w/o food |
| | | GlucoBrium™ | 1 capsule twice daily with food |
| Mood Support with focus on Healthy Digestion[†] | Low mood, low energy, lack of enthusiasm. Patient may also have one or all of the following: bloating, diarrhea or constipation, belching, foul smelling stools | Mood Systems Balance™[†] | 2 capsules twice daily w/o food |
| | | GI Digest | 1 capsule with each meal |
| | | Multi-Probiotic® 40 Billion | 2 capsules daily with food |

^{††}Dr. Bongiorno 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.

Available for download at www.douglaslabs.com/moodsupportprotocol

TO ORDER VISIT US @ DOUGLASLABS.COM OR CALL TOLL FREE @ 1-800-245-4440



[†]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.