

THYROID HEALTH | SUPPORT PROTOCOL[‡]

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

Protocol Objectives:

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests.[‡]

Clinical Objective [‡]	Assessment	Select From the Following Recommendations ^{**}	Dosing
Support thyroid health	<p>Lab: Assess T3, T4, free T3, free T4, Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels, TSH, serum iodine</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, occasional constipation, feelings of sadness</p>	ThyroMend™	2 capsules daily with food
Support immune balance	<p>Lab: Assess anti-TG antibodies</p> <p>Patient presents with mild generalized aches and whole body discomfort</p>	If indicated, add: Wobenzym® Plus	2 tablets twice daily without food
Support thyroid cell health	<p>Lab: Assess anti-TPO antibodies</p>	If indicated, add: Seleno-Methionine	1 capsule daily
Support healthy estrogen metabolism	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio</p> <p>Women present with breast discomfort and men present with increased breast size</p>	If indicated, add: EstroQuench™	2-4 capsules daily with food
Support stress adaptation	<p>Lab: Assess cortisol or DHEA levels</p> <p>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</p>	If indicated, add: AdrenoMend™	2-4 capsules daily with food
Generalized support of HP Axes (Adrenal, Gonadal, and/or Thyroid function) & glycemic support	<p>Lab: Assess full hormone panel</p> <p>Refer to Hypothalamic-Pituitary Axes Support Protocol[†]</p>	Endocrine Complete™ Foundational Hormone Health[†]	4 capsules daily with food. Take in AM or noon

^{**}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.

Available for download at douglaslabs.com/thyroid-collins



douglaslabs.com | 800.245.4440



112 Technology Drive
Pittsburgh, PA 15275 U.S.A.

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