

ProgestoMend™

Hormone Specific™ Formulation

Healthy progesterone production and function‡

DESCRIPTION

ProgestoMend™, provided by Douglas Laboratories®, is a Hormone Specific™ Formulation of herbs that support healthy progesterone production and function in the body. Formulated by Dr. Joseph J. Collins+, ProgestoMend™ may be used as part of a hormone health program with dietary and nutrient support..‡

INDICATIONS

- Support for healthy progesterone production and function‡

FUNCTIONS AND MECHANISM OF ACTION

Progesterone is produced in the adrenal glands of both genders, as well as by the ovaries and corpus luteum in females. While progesterone is also produced in the Leydig cells of the testes, it is typically converted to testosterone. In women, progesterone levels peak in the middle of the luteal phase after ovulation. During this time, progesterone is synthesized by the corpus luteum. ‡

Paeonia lactiflora has a long history of use in Traditional Chinese Medicine (TCM) for indications related to healthy hormone balance in women. *Rehmannia glutinosa* root is historically recognized in TCM as an adaptogen. Passionflower is recognized for its relaxing properties on the central nervous system. *Vitex agnus-castus* supports healthy hormonal balance during the luteal phase, when progesterone levels peak. In a small, randomized double-blind study, *Vitex agnus-castus* (20 mg/day) for 3 months was superior to placebo in promoting luteal progesterone synthesis and supporting normal luteal phase length. In a randomized controlled trial of 80 nonpregnant women, *Vitex* (40 mg/day) maintained healthy serum prolactin levels, which play a role in menstrual cycle regularity. ‡

FORMULA (#202742)

Serving Size	2 Vegetarian Capsule	4 Vegetarian Capsules
ProgestoMend™		
A Phytocrine™ Proprietary blend	1,440 mg	2,880 mg
<i>Paeonia lactiflora</i> root Extract (standardized to 10% paeoniflorin), <i>Ligusticum wallichii</i> root Extract, <i>Rehmannia glutinosa</i> root Extract, <i>Bupleurum falcatum</i> root Extract, Passionflower (<i>Passiflora incarnata</i> , aerial part, standardized to 3.5% vitexin), Wild Yam root Extract (<i>Dioscorea oppositifolia</i>), <i>Coleus forskohlii</i> root Extract (standardized to 10% forskolin), <i>Vitex agnus-castus</i> berry Extract (Chasteberry, standardized to 0.5% agnuside)		

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica

Gluten-free, Non-GMO

SUGGESTED USE

As a dietary supplement, adults take 2-4 capsules daily or as directed by your health professional.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Keep out of reach of children.

STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

REFERENCES

Milewicz A, et al. *Arzneimittelforschung*. 1993 Jul;43(7):752-6.

Kilicdag E, et al. *Int J Gynecol Obstet*. 2004, 85 (3): 292-293.

Cable JK, Grider MH. *Physiology, Progesterone*. Treasure Island, FL: StatPearls Publishing; 2022.

For more information on ProgestoMend™, visit douglaslabs.com

+ Dr. Collins is a retained advisor to Douglas Laboratories®

‡These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

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