

## Protocol Objectives:

To differentiate the specific support needs for adrenal health and stress adaptation based on symptoms, assessment, clinical observations, and lab tests. “Adrenal fatigue” can also present with the need to support testosterone and/or thyroid function.†

Clinical Objective	Assessment	Recommendations	Dosing
<b>Generalized support of HP Axes† (HPA, PHT, HPG)</b> (Adrenal, Gonadal, and/or Thyroid function†)	<b>Lab:</b> Tests reveal adrenal and/or multiple system suboptimal response	<b>Endocrine Complete™</b> Foundational Hormone Health	4 capsules daily with food
<b>Support stress adaptation†</b>	<b>Lab:</b> Assess cortisol and DHEA levels  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	<b>Add:</b> <b>AdrenoMend™</b>	2 to 4 capsules daily with food
<b>Support healthy cortisol levels†</b>	<b>Lab:</b> Cortisol assessment and/or disruption of normal circadian rhythm  Patient presents with feeling stressed, poor sleep, tired and fatigued, abdominal weight gain	<b>If indicated, Add:</b> <b>Sereniten Plus</b>	1 or 2 capsules twice daily without food
<b>Immune support†</b>	<b>Lab:</b> Evaluate CRP or cytokine levels  Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances	<b>If indicated, Add:</b> <b>Wobenzym® Plus OR Wobenzym® N</b>	2 tablets twice daily without food OR 3 tablets twice daily without food
<b>Support testosterone production and testosterone function†</b>	<b>Lab:</b> Assess testosterone and/or free testosterone levels  Patient presents with several of the following: low libido, diminished orgasm, decreased muscle mass, low stamina, decreased endurance, fatigue, weakness, increased body fat, weight gain, mood changes, decreased motivation and/or attention span, difficulty focusing	<b>If indicated, Add:</b> <b>TestoGain™</b>	2 to 4 capsules daily with food
<b>Support thyroid health†</b>	<b>Lab:</b> Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels  Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness	<b>If indicated, Add:</b> <b>ThyroMend™</b>	2 to 4 capsules daily with food

\*Joseph J. Collins, R.N., N.D. is a retained Clinical Advisor of Douglas Laboratories

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