



GUIDE TO
COGNITIVE & MOOD
FOR HEALTHY AGING[†]



 **DOUGLAS**
LABORATORIES®

PUSHING POTENTIAL.

[†]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.

Douglas Laboratories® researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements and provides customized practice support. With a 60-year heritage of innovating and designing products to meet the needs of healthcare professionals, we push the potential of both clinical practices and patients to continually perform at their personal best, today and in the future. Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products.†

COGNITIVE & MOOD

As we age, changes occur in many areas of our brain – notably, the prefrontal cortex and hippocampus – that can affect brain volume, neurotransmitter levels, protein and glucose metabolism, blood flow, and blood vessel structure. These changes may impact our memory recall, ability to perform tasks and emotional well-being, and compromise our overall quality of life. Factors such as genetics, diet, exercise and the environment can all influence cognitive health during our later years. Emerging research continues to focus on how we may be able to provide nutritional support during many of the normal, age-related changes we observe in brain function and mood.†

COGNITIVE & MOOD | EMOTIONAL WELLNESS

COGNITIVE & MOOD | RELAXATION/SLEEP

COGNITIVE & MOOD | COGNITIVE/MEMORY

COGNITIVE & MOOD | PHOSPHOLIPIDS

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CLINICAL ADVISORS:



Peter Bongiorno, N.D., LAc.††

Dr. Peter Bongiorno is a naturopathic physician and licensed acupuncturist who specializes in the emotional well-being and mental health of patients. He has authored numerous books for physicians and patients about natural medicine. Dr. Bongiorno's clinical guidelines for mood support can be found at www.douglaslabs.com.

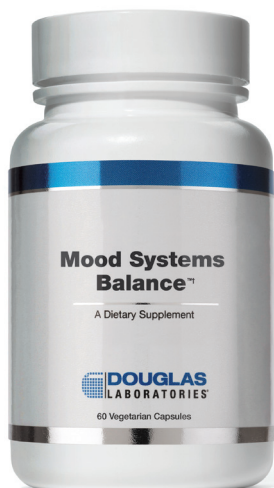


Penny Kendall-Reed, N.D.††

Dr. Penny Kendall-Reed is a naturopathic physician who has lectured extensively on the topic of neuro-endocrine and metabolic health. Dr. Kendall-Reed's clinical guidelines for neuro-endocrine support and her educational webinar incorporating the co-developed formula Sereniten Plus can be found at www.douglaslabs.com.†

††Our Clinical Advisors have been retained as consultants in advising Douglas Laboratories. They are compensated for this service.

EMOTIONAL WELLNESS



Mood Systems Balance™[†] is a blend of beneficial ingredients targeted to balance the body's systems correlated with mood and a sense of well-being.[†] Saffron extract, Rhodiola, Longvida® Optimized Curcumin, chromium and berberine support mood, neurotransmitters, cognition, HPA axis physiology, blood glucose regulation and healthy digestion.[†] This formula can be taken in conjunction with Neurotransmitter Balance[†] if indicated for complete emotional wellness support.[†]

[Formulated by Peter Bongiorno, N.D., LAc.]

Mood Systems Balance™[†]

Formula	Size
202138	60 Vegetarian Capsules
Suggested Usage: 2 Daily	
View the Mood Support Protocol [†] on pg. 9	

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate ^{††})	400 mcg 333%
Rhodiola rosea root Extract (standardized to 3% rosavins)	340 mg *
Berberine HCl	250 mg *
LONGVIDA® Optimized Curcumin Extract (from <i>Curcuma longa</i> root)	200 mg *
Saffron Extract (from <i>Crocus sativus</i> L, stigmas) (standardized to 2% safranal)	15 mg *

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, ascorbyl palmitate, and silica. Longvida® is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.

^{††}Zychrome® brand chromium dinicocysteinate Trademark of InterHealth N.I.

Modulation of MAO

Rhodiola, berberine and curcumin may function to inhibit the monamine oxidase-A enzyme involved in the degradation of norepinephrine and serotonin, and thereby modulate the release of neurotransmitters dopamine and serotonin.[†]

Kulkarni S, Dhir A, Akula KK. Scientific World Journal. 2009;9:1233-41. Eur J Pharmacol. 2008 Jul 28;589(1-3):163-72. Alternative Medicine Review 2002. Volume 7, Number 5

[Formulated by Peter Bongiorno, N.D., LAc.]

Neurotransmitter Balance[†]

Formula	Size
202136	60 Vegetarian Capsules
Suggested Usage: 2 Daily	
View the Mood Support Protocol [†] on pg. 9	

Neurotransmitter Balance[†] is a dietary blend of several ingredients to support mood and feelings of emotional wellness by optimizing neurotransmitters.[†] Important complementary nutrients for multiple neurotransmitters are included in this formula to help with mood stabilization.[†] The unique ingredient Venetron®, a Rafuma leaf extract, is a safe botanical alternative to St. John's Wort. Venetron's bioactive properties, including hyperoside and isoquercetin, have been shown in clinical studies to work through the GABA system to support a sense of calmness and well-being and promote restful sleep.[†]

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
L-Tyrosine	300 mg *
<i>Mucuna pruriens</i> Extract (seed)	100 mg *
SAMe (S-Adenosylmethionine) (from S-Adenosyl-L-methionine disulfate p-toluenesulfonate)	200 mg *
5-HTP (as L-5-hydroxytryptophan)	75 mg *
Venetron® (Rafuma leaf extract) (<i>Apocynum venetum</i> L.)	50 mg *

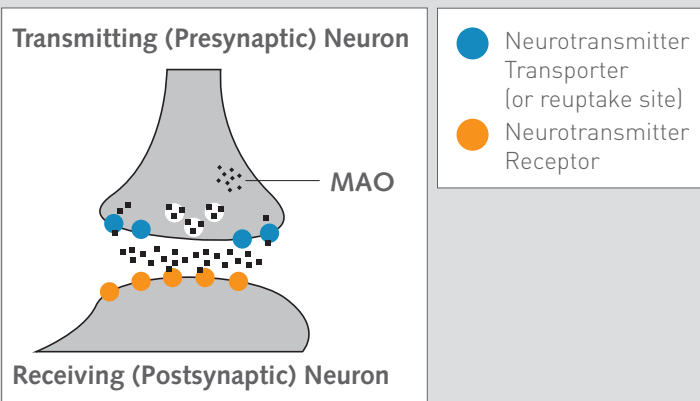
*Daily Value not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), calcium chloride, calcium oxide.

Venetron® is a registered trademark of Tokiwa Phytochemical Co., Ltd.

Norepinephrine or Serotonin synapse

Norepinephrine and serotonin are normally destroyed by the enzyme monoamine oxidase (MAO). Inhibiting the destruction of norepinephrine and serotonin will allow the neurotransmitters to remain active longer.



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SAM-e

Formula	Size
202170	60 Vegetarian Capsules

Suggested Usage: 1-2 Daily

SAM-e vegetarian capsules deliver 200 mg of S-adenosyl-methionine in acid-resistant capsules that provide both protection and pH-targeted release in intestinal fluid. SAM-e is a methyl donor in the methylation reactions shown to form monoamine neurotransmitters such as dopamine, serotonin and norepinephrine. Human studies show SAM-e supports positive mood and healthy central nervous system function.†

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
SAMe 200 mg	*
(S-adenosylmethionine from S-adenosyl-L-methionine disulfate tosylate)	

*Daily Value (DV) not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), microcrystalline cellulose, calcium oxide, ascorbyl palmitate, calcium chloride.

Visit www.douglaslabs.com/cognitive_mood.html for
ADDITIONAL
EMOTIONAL WELLNESS PRODUCTS:

Name	Formula
5-HTP	5HTP
Ultra 5-HTP Formula	85081-60X
Brain Energy	98723-60X
Brain Mood	98724-60X
Inositol.....	80801-100X
L-Tryptophan.....	200448-60X
St. John's Wort Max-V	77373-60X

RELAXATION/SLEEP



Sereniten Plus is a combination of Lactium® casein decapeptide, L-Theanine and Vitamin D to support the Hypothalamic-Pituitary-Adrenal (HPA) axis and feedback loop for metabolic support, stress management and cortisol regulation.† Lactium® and L-Theanine have been shown to provide a calming effect and may support normal sleep that is affected by stress.†

[Formulated by Penny Kendall-Reed, N.D.]

Sereniten Plus

Formula	Size
201348	30 Vegetarian Capsules

Suggested Usage: 1 Daily
View the **Neuro-Endocrine Support Protocol**† on pg. 10

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D3	100 IU 25%
Casein decapeptide (milk) (Lactium®).....	175 mg *
L-Theanine (Suntheanine®).....	50 mg *

*Daily Value not established.

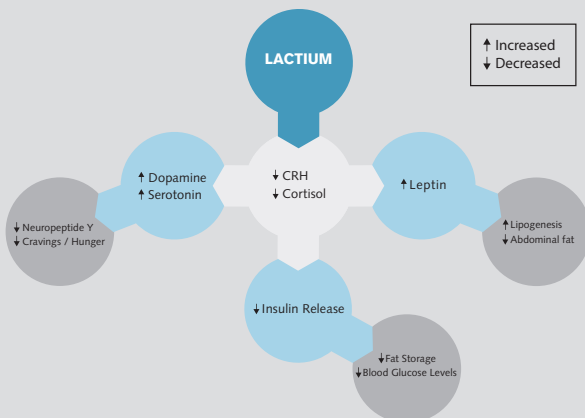
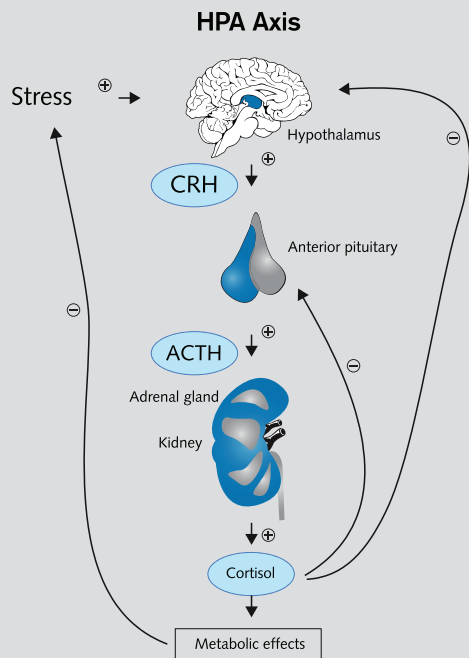
Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica. Lactium® is a registered trademark used under license. Suntheanine® is a registered trademark of Taiyo International Inc.

Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-Theanine and Vitamin D₃

Formula Actions:

- Assists in rebalancing the Hypothalamic-Pituitary-Adrenal (HPA) pathway[†]
- Supports relaxation and sleep without drowsiness[†]
- Provides immune support in response to stress[†]
- Helps to support healthy cortisol levels during periods of stress[†]

When the negative feedback loop within the HPA axis is disrupted, chronic hormonal secretion becomes “normal.” In this state, people either fail to recognize they are stressed or may experience exaggerated emotional and physical responses to every stressor, including intolerance to noise or light, food cravings, poor sleep, fatigue, weight gain, or feeling overwhelmed by simple tasks. As stress affects so many aspects of human health, rebalancing the HPA axis has become crucial.



L-Theanine

Formula	Size
98740	60 Vegetarian Capsules
Suggested Usage: 1 Daily	

L-Theanine supplies 100 mg of pure L-theanine in each vegetarian capsule. L-theanine is an amino acid that may promote a fast-acting sense of calmness.[†]

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Theanine (Suntheanine®).....	100 mg *

*Daily Value not established.

Other ingredients: Cellulose, dicalcium phosphate and vegetable stearate

Suntheanine® is a registered trademark of Taiyo International Inc.

Relora®-Plex

Formula	Size
98739	60 Vegetarian Capsules
Suggested Usage: 2 Daily	
View the Neuro-Endocrine Support Protocol [†] on pg. 10	

Relora®-Plex is a unique proprietary blend that combines two herbal extracts, Magnolia and Phellodendron, with B-vitamins to support normal mental functioning during stress.[†] Relora® was shown in published clinical studies to support normal salivary cortisol levels, stress, mood and weight management.^{1†}

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Thiamine.....	10 mg 667%
Riboflavin.....	10 mg 588%
Niacinamide.....	10 mg 50%
Vitamin B-6.....	10 mg 500%
Folic Acid.....	200 mcg 50%
Vitamin B-12.....	100 mcg 1,667%
Relora® (a proprietary blend.....	500 mg *
of a patented** extract from Magnolia officinalis [bark] and a proprietary extract from Phellodendron amurense [bark])	

*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

RELORA Relora® is a registered trademark of NPI, LLC.
** U.S. Patent No. US 6,582,735.

[†]Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

[†]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.

Seditol® Plus

Formula	Size
99446	30 Vegetarian Capsules

Suggested Usage: 1 Daily
View the **Neuro-Endocrine Support Protocol†** on pg. 10

Seditol® Plus is a proprietary combination of Magnolia officinalis and Ziziphus spinosa, along with an herbal blend, specifically designed to promote healthy sleep and support the body's normal nocturnal rhythms during stress.†

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Seditol® 365 mg *	
(a proprietary blend of a patented** extract from <i>Magnolia officinalis</i> [bark] and a proprietary extract from <i>Ziziphus spinosa</i> [seed])	
Proprietary Blend 25 mg *	
Chamomile powder (<i>Matricaria chamomilla</i> , flower), Passion flower powder (<i>Passiflora incarnata</i> L., aerial parts) and Lemon Balm extract (<i>Melisa officinalis</i> L., leaf).	

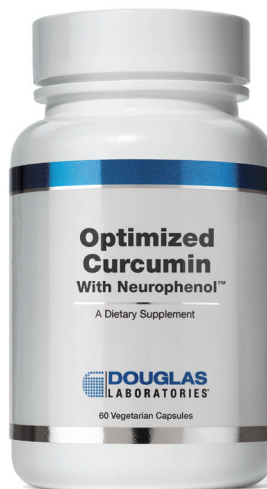
*Daily Value not established.
Other ingredients: Hydroxypropyl methylcellulose, cellulose, vegetable stearate and silica.

SEDITOL Seditol® is a registered trademark of NPI, LLC.
**U.S. Patent No. US 6,814,987

Visit www.douglaslabs.com/cognitive_mood.html for
**ADDITIONAL
RELAXATION/SLEEP PRODUCTS:**

Name	Formula
Brain Calm.....	99579-60X
GABA.....	80611-60X
Magnesium Glycinate.....	7575-120X
Magnesium Glycinate.....	7575-240X
Melatonin 3 mg.....	MEL
Melatonin P.R.	83199-60X
Melatonin P.R.	83199-180X
Valerian Root Max-V.....	77381-60X
Valsed™.....	7333-90X

COGNITIVE/MEMORY



Optimized Curcumin with Neurophenol™ is a unique formula containing two clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability and Neurophenol™, a proprietary blend of standardized blueberry and grape extracts. Both ingredients support cognitive function in healthy aging adults.†

Optimized Curcumin With Neurophenol™

Formula	Size
202028	60 Vegetarian Capsules

Suggested Usage: 2 Daily

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
LONGVIDA® Optimized Curcumin Extract 400 mg *	
(from <i>Curcuma longa</i> root)	
Proprietary Neurophenol™ blend 300 mg *	
Providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins, and phenolic acids) from: Grape Extract (fruit, <i>Vitis vinifera</i>) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i>)	

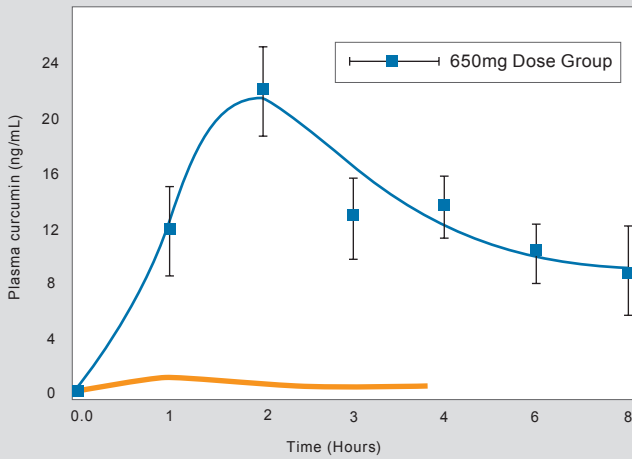
*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate, and silicon dioxide.

longvida is patent protected by EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences, Inc.



Longvida® Optimized Curcumin



Longvida (blue line) is 65 times more bioavailable than 95% curcuminoids (orange line). (Gota et al. 2010)

[Formulated by Eric R. Braverman, M.D.]^{††}

Brain Memory

Formula	Size
99580	60 Vegetarian Capsules

Suggested Usage: 2 Daily

Brain Memory is a combination of nutrients specially designed to support production of acetylcholine, which plays an important role in brain processes associated with sharpness and memory.[†]

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
GPC Choline (Yielding 50 mg Glycerol-phosphorylcholine).....	100 mg *
Acetyl L-Carnitine.....	100 mg *
Ginkgo biloba extract (leaf).....	25 mg *
(standardized to 24% ginkgo flavone glycosides and 6% terpene lactones)	
Huperzia serrata extract	5 mg *
(entire plant, standardized to 1% Huperzine A)	

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Ginkgo Biloba Max-V

Formula	Size
77330	60 Vegetarian Capsules

Suggested Usage: 1 twice daily

Ginkgo Biloba Max-V contains 60 mg of the herb Ginkgo biloba in a vegetarian capsule. The active ingredients, ginkgo flavone glycosides, can help protect the body's structure and function against damage from free radicals, as well as help maintain healthy circulatory function and mental performance.[†]

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Ginkgo Herbal Extract.....	60 mg *
(leaf) (<i>Ginkgo biloba</i> L.) Standardized to provide 14.4 mg of ginkgo flavone glycosides (24%)	
Ginkgo biloba (leaf) (non-standardized).....	150 mg *

*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

[Formulated by Patrick Hogan, D.O. and Joan Hogan, R.D.]^{††}

Neuro Comfort

Formula	Size
202021	60 Vegetarian Capsules

Suggested Usage: 2 Daily

Specific nutrients such as coenzyme Q-10, magnesium, and B-vitamins are associated with functioning of neurological pathways. Neuro Comfort is a formula designed by Neurological Specialists based on ingredient research to support normal brain neuron sensitivity, cerebral vessel relaxation and healthy mitochondrial function, all of which may lead to overall head comfort.[†]

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Riboflavin	400 mg 23,529%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B12 (as Methylcobalamin).....	1,000 mcg 16,667%
Magnesium (from 550 mg Magnesium Glycinate).....	95 mg 24%
Coenzyme Q-10	100 mg *

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

^{††}Our Clinical Advisors have been retained as consultants in advising Douglas Laboratories. They are compensated for this service.

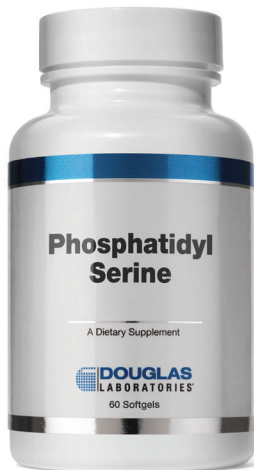
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Visit www.douglaslabs.com/cognitive_mood.html for

ADDITIONAL
COGNITIVE/MEMORY PRODUCTS:

Name	Formula
Acetyl-L-Carnitine	82730-60X
Acetyl-L-Carnitine	82730-120X
Cogni-flex™	83915-60X
Juvenon Pro Cognitive.....	201308-90X
NeuroTone®	NRT
PQQ Plus.....	200559-30X
Vinpocetine	8502-90X

PHOSPHOLIPIDS



Phosphatidyl Serine softgels contain 500 mg of plant-derived phospholipids supplying 100 mg of phosphatidylserine (PS). This phospholipid nutrient is active in cell membranes and is the major acidic phospholipid component in the brain. It may also help to balance stress hormones.†

Phosphatidyl Serine

Formula	Size
PHS	60 Softgels

Suggested Usage: 1 to 2 Daily

SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories.....	5
Calories from fat.....	4.5
Total Fat.....	0.5 g 1%
Phosphatidylserine (from soy).....	100 mg *
Phosphatidylcholine (from soy).....	45 mg *
Phosphatidylethanolamine (from soy).....	10 mg *
Phosphatidylinositol (from soy).....	5 mg *

Percent Daily Values based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Gelatin (capsule), medium chain triglycerides, glycerin, caramel color, titanium dioxide, purified water and pharmaceutical glaze.

Lecithin 1200 mg

Formula	Size
7929	100 Softgels

Suggested Usage: 1 Daily

Lecithin, supplied in softgels derived from non-GMO soy, provides phospholipids such as phosphatidylcholine and phosphatidylserine for neurological and cardiovascular health.†

SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Calories.....	11
Calories from Fat.....	11
Total Fat.....	1.2 g <2%
Saturated Fat.....	0 g 0%
Lecithin (from Soya).....	1,200 mg *

Percent Daily Values based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Water and gelatin (capsule).

Visit www.douglaslabs.com/cognitive_mood.html for

ADDITIONAL
PHOSPHOLIPIDS PRODUCTS:

Name	Formula
Alpha-GPC.....	99255-60X
Lecithin Granules.....	7859-1X
Phosphatidyl-SERINE	83004-30X
Phosphatidyl-SERINE	83004-60X

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
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

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

[†]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.

NEURO-ENDOCRINE | SUPPORT PROTOCOL[†]

[Developed by Penny Kendall-Reed, N.D.]

Protocol Objectives:

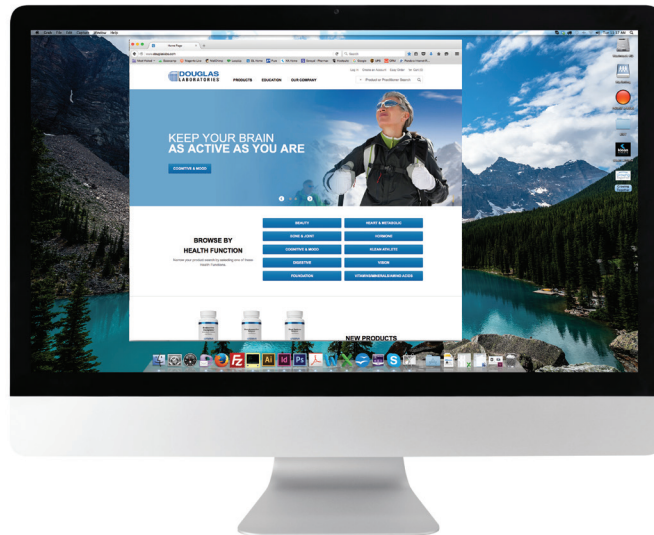
To differentiate between hyper and hypo adrenal states where feedback in the HPA axis has been lost, and to help support the parasympathetic nervous system. This protocol will highlight the assessment of imbalances and deficiencies in several neuro-endocrine hormones that have been shown to slow metabolism.[†] Additionally, it will provide recommendations for support of these various metabolic pathways.[†]

Clinical Objective	Assessment	Select from the following Recommendations [†]	Dosing
Adrenal Support for Hyperadrenal States[†] Reset lost negative feedback in the HPA loop [†] Maintain healthy glucocorticoid levels [†]	Orthostatic BP more than +15mm Hg	Sereniten Plus	1 - 2 capsules twice daily w/o food
	Monitor glucocorticoid/cortisol levels	Melatonin Prolonged Release 3mg	1 - 3 capsules before bedtime
		Seditol® Plus	2 capsules before bedtime or 1 upon waking in the night
	Patient presents with racing thoughts, difficulty falling asleep, irritability and restlessness, weight gain	GABA 500mg (optional)	1 capsule twice daily w/o food
Adrenal Support for Hypoadrenal States[†] Healthy Cortisol Release [†] Adrenal Fatigue Support [†]	Orthostatic BP less than +5mm Hg	Sereniten Plus	2 capsules twice daily with a gradual decrease to 1 twice daily w/o food
	Monitor glucocorticoid levels	Melatonin 3mg	1 - 3 capsules or dissolvable tablets before bedtime
	Patient presents with feeling light headed on standing, fatigue, sleeping 8-9 hours but waking exhausted, weight gain	AdrenoMend™ (herbal adaptagen) or Adrenplus-300 (glandular)	2 - 4 capsules in the morning with food 1 capsule twice daily w/o food
Healthy Stress Response[†] Maintain Healthy Cortisol and DHEA balance [†]	Cortisol and DHEA assessment	Sereniten Plus	1 - 2 capsules twice daily w/o food
	Adrenal fatigue assessment	Relora®-Plex	1 capsule twice daily
	Postmenopausal status	or GABA 500mg	1 - 2 capsules per day w/o food
	Monitor DHEA, estradiol, progesterone, and bioavailable testosterone	DHEA if indicated	5 - 50 mg as needed
Dopamine Support[†]	Patient presents with craving for fatty foods and alcohol, addictive or thrill seeking behavior	L-Tyrosine 500mg	1 - 2 capsules twice daily w/o food
		Brain Energy	1 capsule twice daily w/o food
		Sereniten Plus	1 capsule twice daily
Serotonin Support[†]	Patient presents with cravings for sweets, digestive discomfort (gas and bloating) and requires mood and emotional support	Sereniten Plus	1 capsule twice daily w/o food
		Neurotransmitter Balance[†] caution taking with anti-depressants	1 capsule twice daily w/o food
		L-Glutamine 500mg as needed to reduce sweet cravings	1 capsule opened and swished in mouth, then swallow
Leptin Support[†]	Patient presents with general food cravings and is never satiated. Difficulty not eating after dinner meal.	L-Carnosine 500 mg	1 capsule twice daily w/o food
Insulin Support[†]	Fasting Blood sugar/insulin assessment Patient presents with inability to lose weight and poor sleeping patterns. Often tired after meals.	Gluco-Mend	1 capsule before each meal
		Sereniten Plus	1 - 2 capsules twice daily w/o food
		Seditol® Plus	1 capsule before bed or upon waking at night

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/neuro_endocrinesupportprotocol

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