

EstroMend™ Professional Guide

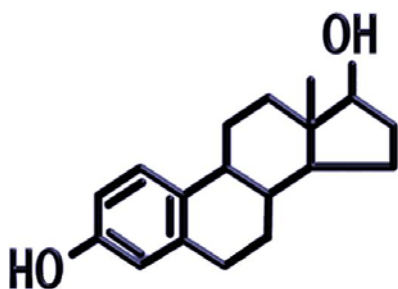
EstroMend™ is the only all natural formulation that uses a distinctive blend of non-soy isoflavones and unique functional mimetics of estrogen to safely address the complete range of symptoms and risks associated with decreased estrogen function. This unique combination of phytoestrogens and functional mimetic of estrogen can effectively:



- Improve the function of estrogen receptors to support healthy estrogen function.
- Promote healthy estrogen metabolism by increasing 2-hydroxylation, creating more of the healthy estrogen metabolites, and less of the unhealthy estrogen metabolites.
- Specifically promote health of bone, heart, brain, breasts, vagina and other estrogen sensitive tissues.
- Relieve many of the physical and psychological symptoms of menopause, such as hot flashes/night sweats, irritability, sleep disturbances, vaginal symptoms, mood swings & memory problems.
- May use without estrogen, or with bioidentical estrogen to support healthy estrogen function.

Benefits of EstroMend™

EstroMend™ works like your body's natural estrogen to improve important functions, but does not increase the risks associated with estrogen replacement therapy.



‡ "Estrogen" is the name given to a group of hormones including estradiol and estrone and to their many metabolites such as estriol, 2-hydroxyestrone, etc.

These charts compare EstroMend™ to estradiol (E₂) the estrogen most widely studied as effective in relieving menopause associated symptoms and risks. Estradiol is a common ingredient in bioidentical HRT.

FUNCTION & SUPPORT	EstroMend™	Estrogen‡
Relieve Menopause Symptoms Associated with Suboptimal Estrogen Function	YES ¹⁻¹²	Yes
Antioxidant	Yes ^{1, 2, 3}	Yes
Increase Vaginal Lubrication	Yes ^{4, 5}	Yes
Improves Sexual Desire	Yes ⁵	Yes
Protect Nervous System & Memory	Yes ^{6, 7, 8}	Yes
Preserve Bone Health	Yes ^{9, 5}	Yes
Protect Cardiovascular System (Decreased Coronary Microvascular Disease)	Yes ^{5, 2, 10}	Yes
Support Immune System Health	Yes ^{5, 11}	Yes
Adapt to Acute and Chronic Stress	Yes ^{12, 5}	Yes

Actions of Estradiol References: www.YourHormones.com/hormones/estradiol_actions.html

In addition EstroMend™ supports other healthy functions that decrease the risks associated with estrogen replacement therapy (ERT), and provides additional benefits that ERT does not provide.

FUNCTION & SUPPORT	EstroMend™	Estrogen‡
Anti-proliferation, Anticancer, Anti-angiogenesis	Yes ^{13, 3, 14, 15, 5}	No
Calming, Sedating & Anti-anxiety	Yes ^{5, 16, 17}	No
Anti-Inflammatory	Yes ^{18, 11}	No
Promote 2-hydroxylation Detox. Pathway, Increasing "Good Estrogens"	Yes ¹⁹	No
Antiallergenic	Yes ⁵	No

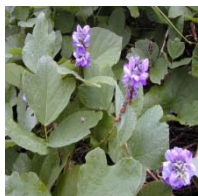
Benefits of EstroMend References: www.estroMend.com/benefits/references.html

How is EstroMend™ used?

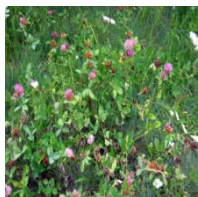
EstroMend™ is used by healthcare professionals to decrease symptoms of estrogen deficiency without having to increase estrogen levels. EstroMend™ may be used instead of estrogen replacement therapy or it may be used with estrogen replacement therapy (ERT), to improve the safety and effectiveness of ERT. EstroMend™ improves patients with many conditions including:

- **Patients who do not want to use Estrogen Replacement Therapy (ERT)** - because of personal or family history of estrogen sensitive cancer. Use EstroMend™ to decrease or eliminate symptoms without ERT.
- **Patients who are on ERT who still have symptoms** - even when lab tests confirm optimal estradiol levels.
- **Patients on ERT who want to decrease side effects & risks associated with ERT** - such as breast discomfort, other symptoms of estrogen sensitivity or concerns about increased risk of estrogen sensitive cancers
- **Patients who want to wean off of ERT** should start **EstroMend™** a month before weaning off of ERT to successfully wean off of ERT without symptoms of estrogen withdrawal.

The Herbs of EstroMend™



Pueraria montana & Pueraria lobata: In addition to genistein and daidzein, Pueraria provides additional isoflavones, such as daidzin, puerarin & 3'-methoxypuerarin, which have provide other health benefits. Isoflavones from Pueraria lobata have the ability to diminish menopausal symptoms and support maintenance of bone mineral density. These non-soy isoflavones may also help protect the cardiovascular system, the nervous system, support the immune system function, inhibit angiogenesis, and protect against oxidative damage as antioxidants.



Red Clover Extract: (Trifolium pratense, stem, leaves, and flowers, standardized to 8% biochanin). In addition to genistein and daidzein, Trifolium pratense (Red Clover) provides other isoflavones such as biochanin A, & formononetin, which provide additional health benefits. Isoflavones from red clover (Trifolium pretense) have the ability to diminish menopausal symptoms and support maintenance of bone mineral density. Red clover also protects the cardiovascular system, supports the immune system, inhibit angiogenesis, and protects against oxidative damage.



Bacopa Extract: (Bacopa monnieri, aerial parts, standardized to 20% bacosides) Bacopa is used as a brain tonic to enhance memory and considered valuable for the aging brain. It is also used to promote longevity, to treat nervous breakdowns and exhaustion and recover from nervous deficits due to injury or stroke. While enhancing brain function it also has a mildly sedative and tranquilizing effect and can help treat insomnia. Bacopa is a functional mimetic of estrogen that also to help the body adapt to both acute and chronic stress. It does not bind to estrogen receptors.



Gotu Kola Extract: (Centella asiatica, leaf, standardized to 10% asiaticosides) Gotu kola is used to improve memory and cognitive function. It is beneficial for both memory improvement and neuroprotection. Centella improves antioxidant function by increasing the activity of mitochondrial antioxidant enzymes (SOD, CAT, GSH, & GPx) as well as supporting the actions of nutrient antioxidants such as vitamin C and beta-carotene. Centella also has anti-cancer properties and can provide protection form microvascular disease.



Hops Extract: (Humulus lupulus, strobiles, standardized to 5% alpha bitter acids) Some of the compounds occurring naturally in hops, such as 8-prenylnaringenin (8-PN), have very strong phytoestrogenic activity that can reduce hot flashes in menopausal women effectively improve mood disturbances such as restlessness, anxiety, as well as sleep disturbances. Research has demonstrated that 8-PN has a preventive effect against breast and ovarian cancer. Hops also has sedative effects and can be used to reduce anxiety and irritability, or help induce sleep.



Dong Quai: (Angelica sinensis, root extract, standardized to 1% ligustilides) Dong Quai has phytoestrogen activity and is used to decrease the symptoms of menopause. It has no true estrogen action and does not produce estrogen-like responses in endometrial thickness, so may be considered safe for women who need to avoid steroid estrogens. This herb is used to increase vaginal lubrication and may increase sexual activity. The increased bone formation by ferulic acid, a constituent of Don Quai, is different from the actions estrogens, suggesting it is a functional mimetic of estrogen. It also has antioxidantantiinflammatory, anti-allergy and anti-tumor activity.



Schizandra Fruit Extract: (Schizandra chinensis, standardized to 9% schisandrins) Schisandra may act as a functional mimetic of estrogen with SERM qualities. It has anti-proliferative properties for estrogen sensitive tissue, but is cardioprotective, neuroprotective and has been traditionally been used to treat fatigue and spontaneous sweating. Its adaptogenic actions appear to influence the brain the most. This herb is used for decreased nervous system function, especially due to estrogen deficiency. It improves concentration, coordination, vision, hearing and sense of touch.



Sage Leaf: (Salvia officinalis) Sage contains phytoestrogen-like substances that make it useful to treat a wide range of menopausal symptoms including hot flashes and mood swings due to hormone changes. Sage can effectively be used to decrease perspiration in both daytime and night-time excessive sweating. The positive effects of Sage on the nervous system include both memory improving properties and calming actions, the latter of which have been attributed to its ability to bind to the GABA/benzodiazepine receptor complex in brain tissue.



Black Cohosh Extract: (Cimicifuga racemosa, root and stem, standardized to 8% triterpene glycosides) Black Cohosh has an ability to decrease hot flushes and other symptoms of menopausal discomfort. The estrogen-like activity of Cimicifuga does not stimulates uterine tissues the way estrogen does, so lacks the complete properties of estrogen in this sense. None-the-less, it can increase blood flow to the pelvic area, and relieve spasms, cramps & inflammation. Black Cohosh has a mild mood elevating effect and decrease menopause related depression. It may have SERM activity specific to bone and hypothalamo/pituitary tissues.

For additional information and references, please visit: www.EstroMend.com

Synergy of Phytotherapeutic Agents in EstroMend™

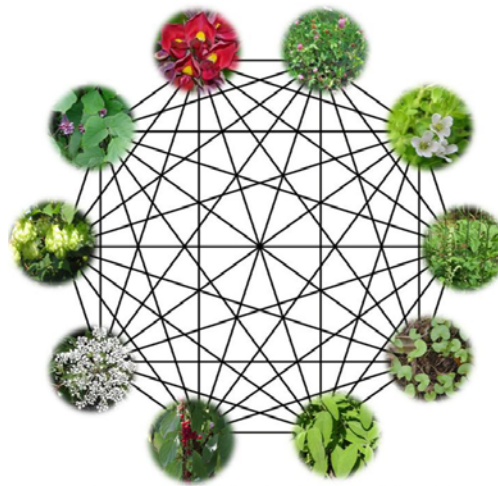
The effectiveness of the **EstroMend™** formulation is in large part due to the synergy that exists between each herb and in this Hormone Specific Formulation™. These herbs include non-soy sources of isoflavones as well as additional herbs that have specific actions which mimic the action of estrogen. Collectively, the used in the EstroMend™ formulation decrease symptoms of estrogen deficiency without having to increase estrogen levels. As such, **EstroMend™** restores estrogen function without the risks associated with estrogen replacement therapies. The following chart shows how the ten phytotherapeutic agents in **EstroMend™** work together **synergistically** to restore normal function of the tissues that respond to estrogen. No single herb or isoflavone is able to restore normal function to all of the tissues that depend upon estrogen function. However, when the ten agents are properly formulated, their synergy is able to support normal function of all tissues that depend upon optimal estrogen function, in a safe, balanced fashion.

Specific Actions of EstroMend™



	Estrogen Mimetic	Decrease Vasomotor Sx	Stress Adaptation	Cardioprotective	Neuroprotective	2-Hydroxylation	Libido Enhancement	Glycemic Control	Antioxidant	Thyroid Support	Antiproliferative	Nootropic	Vaginal Health	Osteogenic	SERM
<i>Pueraria montana</i> , & <i>Pueraria lobata</i>	X	X		X		X		X	X		X		X	X	X
<i>Trifolium pratense</i>	X	X		X		X		X	X		X		X	X	X
<i>Bacopa monniera</i>	X		X	X	X					X		X			
<i>Centella asiatica</i>	X		X		X				X		X	X			
<i>Humulus lupulus</i>	X	X	X				X			X	X				X
<i>Angelica sinensis</i>	X	X					X		X				X	X	X
<i>Schizandra chinensis</i>	X	X	X		X							X			
<i>Salvia officinalis</i>	X	X	X		X				X			X			
<i>Cimicifuga racemosa</i>	X	X	X				X		X						X

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Synergy of Herbs in EstroMend™

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The synergy of **EstroMend™** is grounded in the fact that it is a Hormone Specific Formulation™, designed to specifically address the symptoms associated with estrogen deficiency or sub-optimal estrogen function. It is not a "one-size-fits-all" formulation that attempts to treat menopause as if each woman experiences menopause is the same fashion. Menopause is a transition that may show up in many different ways. It is best to treat each woman according to her own unique needs. There are 12 different Menopause Types®. Depending upon the Menopause Type®, a woman may need **EstroMend™**, or she may need other Hormone Specific Formulations™.

See: YourHormones.com/Women/Menopause.html

Suggested Usage: As a dietary supplement, adults may take 2 capsules each evening with food for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to 4 capsules each evening with food for 2 to 4 months or as directed by your healthcare professional.

After 2 to 4 months, dosage may be lowered back down to 2 capsules each evening with food and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: If you are pregnant or nursing, or if you are taking prescription medications, consult your healthcare professional before using this supplement.

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place, (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Manufactured by:
Douglas Laboratories
 600 Boyce Road • Pittsburgh, PA 15205 USA
www.douglaslabs.com • 1.800.245.4440

Formula #201353

Twelve Menopause Types®

	Normal Testosterone	Low Testosterone	High Testosterone
Adequate Estradiol, Adequate Progesterone	Type 1	Type 2 Low Testosterone	Type 3 High Testosterone
Estradiol Deficiency	Type 4 Estradiol Deficiency	Type 5 Estradiol Deficiency & Low Testosterone	Type 6 Estradiol Deficiency & High Testosterone
Progesterone Deficiency	Type 7 Progesterone Deficiency	Type 8 Progesterone Deficiency & Low Testosterone	Type 9 Progesterone Deficiency & High Testosterone
Estradiol Deficiency, Progesterone Deficiency	Type 10 Estrogen Deficiency, Progesterone Deficiency	Type 11 Estrogen Deficiency, Progesterone Deficiency & Low Testosterone	Type 12 Estrogen Deficiency, Progesterone Deficiency & High Testosterone

Menopause Type © Joseph J Collins, RN, ND & Your Hormones, Inc. 1996 – 2013

Supplement Facts

Serving Size 2 Vegetarian Capsules 4 Vegetarian Capsules
 Servings Per Container 60 30

Amount Per Serving	%DV	%DV
Proprietary Blend.....	1,390 mg *	2,780 mg *
Pueraria root Extract (<i>Pueraria montana</i> , <i>Pueraria lobata</i> , standardized to 40% isoflavones), Red Clover Extract (<i>Trifolium pratense</i> , stem, leaves, and flowers, standardized to 8% biocannins), Bacopa Extract (<i>Bacopa monnieri</i> , aerial parts, standardized to 20% bacosides), Gotu Kola Extract (<i>Centella asiatica</i> , leaf, standardized to 10% asiaticosides), Hops Extract (<i>Humulus lupulus</i> , strobiles, standardized to 5% alpha bitter acids), Dong Quai root Extract (<i>Angelica sinensis</i> , standardized to 1% ligustilides), Schizandra fruit Extract (<i>Schizandra chinensis</i> , standardized to 9% schisandrins), Sage leaf (<i>Salvia officinalis</i>), Black Cohosh Extract 50 mg *		
		100 mg *
(<i>Cimicifuga racemosa</i> , root and stem, standardized to 8% triterpene glycosides)		

*Daily Value not established.

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

EstroMend™ Dosage Guidelines

(PROTOCOL 242)

Like every good health protocol, the first steps should address the foundations of hormone health, such as diet, foundation nutritional support, rest, recreation and relaxation, hydration & elimination. Foundational nutritional support would include a high grade multiple vitamin-mineral, omega-3 fish oils, and in most cases a multiple strain probiotic.

The **EstroMend™** Dosage Guidelines use Protocol 242, a variable dosage protocol designed exclusively for the Hormone Specific Formulations™. Protocol 242 is used to safely and efficiently restore optimal hormone function in three phases: **Initiation** of therapy, **Restoration** of optimal function, & **Maintenance** of optimal function.

EstroMend™ is most effective at decreasing night-time vasomotor symptoms and supporting better sleep when taken in the **evening**. The **EstroMend™** dosage may be divided into morning and evening if night-time vasomotor symptoms and sleep problems are not present. Taking some of the dosage in the morning can decrease day-time anxiety, if needed. Always take with food.

Phase One: INITIATION

Patients do much better when they start on a lower dosage during the **initiation** of the recovery process. Recovery was easier when they also addressed the foundations of health, such as diet, foundation nutritional support, rest, recreation and relaxation, hydration & elimination.

The **initiation** dosage for **EstroMend™** is **2 (two)** capsules each evening with food. This should be done for **1 to 2 weeks**.

As with all herbal therapies, the dosage can be further customized to the individual needs of the patient. Occasionally some patients may find that they only need 1 capsule per day during the INITIATION phase, and then work up to 2 capsules per day.

Phase Two: RESTORATION

The **restoration** phase recognizes that it often takes more energy, and more intensive therapy, to get to a higher level of function and an improved quality of life. To fully achieve restoration of specific hormone production and response to tissues throughout the body to specific hormones, it is important to maintain consistent and proper dosages of the Hormone Specific Formulation™. Once patients experience the higher level of function and improved quality of life I advise them to stay on that dosage "until you feel good for at least two months." If the patient has a long history of relapses, then I advise them to stay on the restoration dosage for at least four months.

The **restoration** dosage for **EstroMend™** is **4 (four)** capsules each evening with food. This should be done for **2 to 4 months**.

As with all herbal therapies, the dosage can be further customized to the individual needs of the patient. Occasionally some patients may find that they only need 2 capsules per day during the RESTORATION phase.

Phase Three: MAINTENANCE

The **maintenance** phase recognizes that the restorative dosage that was required to increase level of function, and improve quality of life is typically not required for long term maintenance. When a patient says; *"I have been feeling great for two (or four) months! Do I still need to take the full dosage?"*, then it may be appropriate to lower the dosage to maintenance. A majority of patients will be able to maintain a higher level of function and improved quality of life on the lower maintenance dosage of two capsules each evening with food. Occasionally a patient needs to stay on the restorative dosage longer than four months, or they may need to return to the restoration dosage after a relapse.

The **maintenance** dosage for **EstroMend™** is **2 (two)** capsules each evening with food.

Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration, elimination, or look for stressors that may be causing them to relapse.

The Wellness Plateau

The following graphic shows how in Phase One (INITIATION) the **EstroMend™** is started at two capsules each evening with food. This allows a gentle increase in the level of wellness for the first two weeks.

In Phase Two (RESTORATION) the **EstroMend™** is taken as four capsules each evening with food. During this phase, the level of wellness will continue to improve until it reaches a higher place of wellness, indicated by the Wellness Plateau.

In Phase Three (MAINTENANCE) the **EstroMend™** is lowered down to two capsules each evening with food because wellness has been attained. The dosage of two capsules each evening with food may be increased back to four capsules each evening with food if there is a relapse because of a major stressor. Once health is reacquired, the dosage may again be lowered down to two capsules each evening with food.



Hormone Specific Formulations

EstroMend™ is a **Hormone Specific Formulation™** formulated by Dr Joseph J Collins, RN, ND, an internationally recognized pioneer and leader in the personalized restoration of hormone health through the use of phytotherapeutics.

Hormone Specific Formulations include AdrenoMend™, ThyroMend™, TestoGain™, EstroMend™, ProgestoMend™, TestoQuench™ for Men, and TestoQuench™ for Women.

Dr Collins is the author of *Discover Your Menopause Type*, the first book to define the various presentations of menopause and to reveal there are different menopause types*.

* All information provided in this Professional Guide is the opinion of the author and does not express or represent the opinion of any other party. Information and statements regarding products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

For more information please visit: www.EstroMend.com