

EstroQuench™ Professional Guide

EstroQuench™ is the only all natural aromatase inhibitor formulation that uses both a distinctive blend of herbs that have documented anti-aromatase activity as well as androgenic adaptogens which also have partial aromatase inhibition activity and support the function of endogenous aromatase inhibitors. Collectively these herbs promote decreased production and function of estrogens[‡], while promoting optimal testosterone function, and preserving sexual function in both genders. This formulation is designed to quench the production of estrogens while supporting optimal function of androgens by maintaining the health of androgen producing glands and by supporting the function of endogenous aromatase inhibitors. This unique combination of aromatase inhibitors and androgenic adaptogens that also act as aromatase inhibitors can effectively:

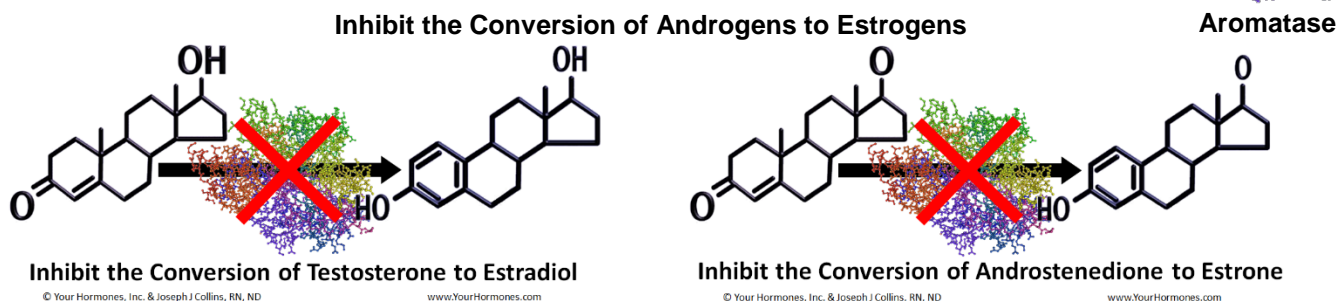
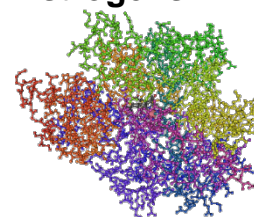


- Decrease estrogen[‡] dominance by inhibiting aromatase and decreasing the production of estrogen in both genders.
- Decrease estrogen[‡] dominance by supporting androgen metabolite production and promoting the production of endogenous aromatase inhibiting androgens.
- Restore optimal Progesterone to Estradiol Ratio by decreasing estrogen production.
- Restore optimal Testosterone to Estradiol Ratio by decreasing estrogen production.
- Relieves the signs and symptoms associated with estrogen dominance in both genders.
- Maintains production of other androgens by adrenal glands and ovaries in both genders.
- Decreases risk of estrogen related cancers, such as breast cancer in women and prostate cancer in men.
- Mimic specific functions of testosterone metabolites, thereby acting as aromatase inhibitors and as testosterone functional agonists.
- May use without testosterone, or with bioidentical testosterone to decrease the conversion of testosterone to estrogens. (Testosterone being converted to estrogen[‡] is a very common side effect of testosterone replacement therapy in both males and females.

[‡] "Estrogen" is the name given to estrogenic hormones including estradiol and estrone and their many metabolites.

Stop Estrogen Dominance by Inhibiting the Conversion of Androgens to Estrogens

Aromatase is the enzyme that converts androgens (such as testosterone and androstenedione) into estrogens (such as estradiol and estrone). Inflammation and excessive corticoids (such as cortisol) increase aromatase activity, while androgen metabolites can inhibit aromatase activity. In addition to the direct aromatase inhibiting properties of the herbs in EstroQuench™, all of the herbs have documented anti-inflammatory properties, some also suppress excessive corticoids and some also support androgen levels.



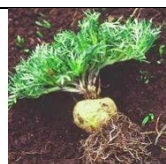
How is EstroQuench™ used?

EstroQuench™ is used by healthcare professionals to reduce estrogens levels by inhibiting aromatase activity, which will decrease the conversion of androgens (testosterone and androstenedione) to estrogens (estradiol and estrone). EstroQuench™ is used to decrease estrogen dominance while maintaining the levels of testosterone and other androgens. EstroQuench™ improves patients with many conditions including:

- Women who want lower estrogen levels, to decrease breast cancer risks or with breast cancer therapy.
- Men who want lower estrogen levels to, decrease prostate cancer risks or with prostate cancer therapy.
- Women who want to overcome estrogen dominance, and improve their Progesterone to Estradiol Ratio.
- Men who want to overcome estrogen dominance, and improve their Testosterone to Estrogen Ratio. Men who are infertile with a low serum testosterone-to-estradiol ratio can be treated with an aromatase inhibitor [11792932].
- Patients who are on Testosterone Replacement Therapy (TRT) and want to decrease the conversion of testosterone to estradiol.
- Men on TRT who want to prevent the development of gynecomastia or prostate disorders.
- Male athletes who want maintain proper Testosterone to Estrogen Ratio.

The Herbs of EstroQuench™

Lepidium meyenii, Turnera diffusa & Hesperidin

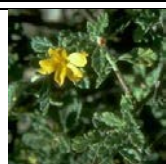


Lepidium meyenii (Red maca) (4:1 root extract) is a cruciferous vegetable cultivated at high altitudes. It is a concentrated dietary component that is able to increase optimal estrogen metabolism. Like other cruciferous vegetables Red Maca is rich in glucosinolates, the precursor for indole-3-carbinol [1], which has both antiproliferative and proapoptotic actions specifically in regard to hormones sensitive tissues. Indole-3-carbinol (I3C), an autolysis product of glucosinolates present in cruciferous vegetables, such as red maca, has been indicated as a promising agent in preventing the development and progression of breast cancer [2].

The proapoptotic and anti-proliferative effects in hormone sensitive tissues is associated with a reduced risk to hormones sensitive tissues in both genders. The absolute content of glucosinolates in Maca hypocotyls is relatively higher than that reported in other cruciferous crops, so Maca is a potent promoter of healthy metabolic reduction of estrogen, such that red maca protects hormone sensitive tissues without affecting serum testosterone or estradiol levels [3].

The ability to affect hormone sensitive tissues and maintain sexual function makes Lepidium meyenii an important component of EstroQuench™. Lepidium meyenii improves sexual function in 21 to 56 year old men [4], as well as postmenopausal women [5]. Lepidium meyenii improves sperm production, sperm motility and semen volume by mechanisms directly not related to LH, FSH or prolactin [6], [7].

Lepidium meyenii improves testosterone function and spermatogenesis without increasing estrogen [8]. Lepidium meyenii (Red Maca) has been noted to reduce prostate size [9]. However, this inhibitory effect is believed to take place after 5-alpha-dihydrotestosterone conversion [10], meaning Lepidium meyenii does not interfere with endogenous 5-alpha-dihydrotestosterone production. This is congruent with the previously noted observation that estrogen formation is inhibited by endogenous 5 alpha-reduced androgens such as 5-alpha-dihydrotestosterone [11]. There is also some evidence that Lepidium meyenii can decrease stress induced rise in serum corticoid levels [12], which can help decrease cortisol caused increase in aromatase activity [13], [14].



Turnera diffusa (Damiana) (4:1 leaf extract) has compounds such as pinocembrin [1] and acacetin [2] which significantly suppress aromatase activity. Turnera diffusa has also been regarded as an aphrodisiac, with the ability to restore sexual vitality [3] and mimics testosterone through various actions such as engorgement of corpus cavernosum [4] and increased sexual behavior [5], even though it has not been found to raise testosterone levels. Damiana also contains apigenin [6], which has been described as one of the three most potent natural aromatase inhibitors [7], [8]. Extracts from Turnera diffusa have recently been shown to kill some breast cancer cells [9] suggesting that its protection against estrogens may extend beyond its ability to inhibit aromatase activity.



Hesperidin (hesperetin precursor) from Citrus sinensis is a flavanone glycoside that releases its aglycone hesperetin when ingested [1]. Therefore, hesperetin is the naturally occurring aglycone of hesperidin. Since hesperidin is more easily absorbed than hesperetin, hesperidin is a more efficient method of increasing blood levels of hesperetin. Hesperetin is considered one of the three of the most potent natural flavone aromatase inhibitors (as well as apigenin and chrysin) [2], [3]. The aromatase inhibiting properties of hesperetin were even able to inhibit growth of aromatase-expressing breast cancer cells [3]. In one study, hesperetin or letrozole could each reduce plasma estrogen level and inhibit tumor growth, but the letrozole-induced bone loss was reversed by hesperetin without compromising on the inhibition of tumor growth, suggesting that hesperidin could also be a potential adjuvant (co-therapeutic agent) to pharmacological aromatase inhibition [4].

Since dietary flavones and flavonones might regulate aromatase transcription differently, evidence suggests that multiple flavones are more effective than using only one flavone flavonone [5].

Therefore, the efficacy of hesperetin is enhanced when used with other flavanones and flavones such as naringenin and chrysin, as it is in the EstroQuench™ formulation. Hesperetin can also decrease stress induced rise in serum corticoid levels [6], which can help decrease corticoid caused increase in aromatase activity [7], [8].

Continued...See Next Page

The Herbs of EstroQuench™

(Continued)

Agaricus bisporus, Brassaiopsis glomerulata, Eurycoma longifolia & Garcinia mangostana

	<p>Agaricus bisporus (White Button Mushroom) (8:1 extract) suppresses aromatase activity and estrogen biosynthesis, and were found to have antiproliferative properties [1]. Agaricus bisporous has been found to be a competitive aromatase inhibitor at the cellular level, preventing the conversion of testosterone to estradiol by competing against testosterone on aromatase binding sites [2]. The same study concluded that Agaricus bisporous can produce aromatase inhibition without toxic side effects.</p> <p>In addition to inhibiting aromatase activity, Agaricus bisporus mushrooms also inhibits breast cell proliferation [2] and suppress aromatase activity and estrogen biosynthesis [3] they are considered a potential breast cancer chemopreventive agent [4], [5]. Agaricus bisporus also inhibited prostate tumor cell proliferation in a dose-dependent manner and induced apoptosis [6].</p> <p>In addition to its aromatase inhibition properties, Agaricus bisporous contains a substance identified as 2-amino-3H-phenoxazin-3-one (APO), which may inhibit both COX-1 and COX-2 enzyme activity as well as IL-6 activity [7]. Since there is a strong linear association between aromatase expression and the sum of COX-1 and COX-2 expression as well as IL-6 activity [8], [9], the COX-1, COX-2 and IL-6 specific properties of Agaricus bisporous may contribute to its aromatase inhibition properties. Immature Agaricus bisporus are white and commonly called White Button Mushrooms, while mature Agaricus bisporus is brown and commonly called Portabella Mushrooms [10], [11].</p>
	<p>Brassaiopsis glomerulata (10:1 leaf Extract) is an effective aromatase inhibitor was shown to decreases the conversion of testosterone to estradiol by inhibiting aromatase activity in both enzyme- and cell-based aromatase inhibition (AI) assays [1]. In fact, that study showed that Brassaiopsis glomerulata leaf extract was found to be as active as letrozole (a prescription aromatase inhibitor) in a cell-based aromatase inhibition study. Brassaiopsis glomerulata is one of the herbs presented in a comprehensive documentation of natural aromatase inhibitors that can be used with reduced side effects [2]. The safety of Brassaiopsis glomerulata is further demonstrated in that its leaves have been used as a traditional medicine in North Vietnam to treat rheumatism and back pain [3], as well as being used to treat gastritis, ulcers and jaundice [4].</p>
	<p>Eurycoma longifolia (Tongkat Ali) (100:1 root Extract) inhibits aromatase conversion of testosterone to estradiol and maintains testosterone levels in large part due to eurycomanone, the major quassinoid found in Eurycoma longifolia [1]. The anti-estrogen properties of Eurycoma longifolia has also been found to decrease the effects of estrogen and increase spermatogenesis and sperm counts in animal studies [2]. In one study, the anti-estrogenic effect were comparable to tamoxifen [3].</p> <p>Eurycoma longifolia caused and increase in LH and FSH in animal studies, accompanied by an increase in testosterone, but a decrease of estradiol. The mechanisms of action include affecting the hypothalamic-pituitary-gonadal axis, while at the same time having aromatase inhibition properties [4]. After one month on Eurycoma longifolia extract, 91% of male patients had normal testosterone levels, whereas only 36 % had normal testosterone levels before taking the extract [5].</p> <p>If interest, Eurycoma longifolia has even been shown effective as testosterone replacement therapy an alternative treatment to prevent and treat male osteoporosis without causing the side effects associated with testosterone replacement therapy [6]. As well as increasing testosterone, it also decreases stress induced rise in salivary cortisol [7]. This is important because increased levels of glucocorticosteroids can cause increased aromatase activity resulting in higher estrogen levels [8], [9].</p>
	<p>Garcinia mangostana (Mangosteen fruit Extract) exhibits significant aromatase inhibitory activity due to the presence of xanthones [1]. Four xanthones in Garcinia mangostana were found to affect aromatase activity. Of those four, gamma—mangostin was found to be more active in inhibiting aromatase in cells than letrozole [2]. Gamma-mangostin has also been identified as being a powerful antioxidant with antiproliferative activity [3]. Xanthones in Garcinia mangostana have been found to induce apoptosis (cell death) and inhibit proliferation of estrogen sensitive cancer cells such as breast cancer and prostate cancer cells [4]. A recent review of over 60 papers mentioned that numerous studies have shown that the xanthones in Garcinia mangostana have significant anti-oxidant, anti-proliferative, pro-apoptotic, anti-inflammatory and anti-carcinogenic activities [5]. These additional properties work together synergistically with the aromatase inhibiting activity of Garcinia mangostana to make this an effective component of EstroQuench™.</p>

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The Herbs of EstroQuench™

(Continued)

Punica granatum, Naringenin, Chrysin & Bioperine®



Pomegranate Hull Extract (*Punica granatum* L.) (Standardized to 70% Ellagic Acid) has been demonstrated to inhibit aromatase activity by up to 80% [1]. The pomegranate fruit and hull is a rich source of ellagitannins (ET). On consumption, pomegranate ETs hydrolyze, releasing ellagic acid, which is then converted to 3, 8-dihydroxy-6H-dibenzo [b,d]pyran-6-one ("urolithin") derivatives by gut microflora. Six of these ET-derived compounds have anti-aromatase activity, and all compounds exhibited antiproliferative activity [2].

Additional studies have validated that various constituents of pomegranates can inhibit aromatase and have antiestrogenic activity that could decrease breast cancer risk [3], [4], and may have beneficial effects in other hormone sensitive tissues [5].

The antiproliferative properties have also demonstrated an ability to decrease growth and proliferation of human prostate cancer cells [6], [7], [8].



Naringenin (*Citrus grandis* L., pomelo fruit) has consistently been recognized as a potent flavanone aromatase inhibitor [1], [2], [3]. It is considered one of the three of the most potent natural aromatase inhibitors (as well as apigenin and hesperetin) that will decrease estrogen activity in breasts [4]. In another study, naringenin inhibited aromatase activity in a study for phytotherapeutic agents that could be used for the treatment of endometriosis [3].

Naringenin is 70% as potent as aromatase inhibitor as chrysin and over 10 times as potent as biochanin A and quercetin [1]. In addition to decreasing estrogen biosynthesis naringenin also has anti-estrogenic effects that are important in decreasing breast and prostate cancers [5]. The efficacy of naringenin is enhanced when used with other flavanones and flavones such as hesperetin and chrysin, as it is in the EstroQuench™ formulation [6]. Naringenin can also decrease stress induced rise in serum corticoid levels [7], which can help decrease corticoid caused increase in aromatase activity [8], [9].



Chrysin is a naturally occurring flavone that will inhibit the aromatization of androstenedione and testosterone to estrogens due to a potent competitive aromatase inhibition function [1], [2]. Flavones, like other flavonoids are extremely safe and associated with low toxicity [3].

When a number of substances that are commonly used in beverages were tested for their ability to inhibit estrogen production, chrysin was found to be the most potent [4]. Throughout the medical literature, chrysin is consistently recognized as one of the most potent flavonoid aromatase inhibitors [5], [6], [7], [8]. Research suggests that chrysin may be used in the treatment of breast cancer, including advanced or metastatic breast cancer [9]. Chrysin inhibited aromatase activity in human endometrial stromal cells, suggesting it can be a therapeutic agent for the treatment of endometriosis [10]. Chrysin reduces proliferation and induces apoptosis in the human prostate cancer [8]. In addition to its aromatase inhibiting properties, chrysin also has anticancer, antioxidation, and anti-inflammatory properties [11], and increases the vasodilatory effect of testosterone [12], and increases nitric oxide mediated vasodilation [13]. The anticancer properties are due to a number of factors which are independent of its aromatase inhibiting properties including its ability to directly inhibit proliferation and induce apoptosis [14], [15]. The aromatase inhibiting properties of chrysin is enhanced when used with flavanones such as hesperetin and naringenin, as it is in the EstroQuench™ formulation [16].




Bioperine® is a patented extract of piperine which has been clinically tested in the United States and found to significantly enhance the bioavailability of various supplement nutrients and herbal extracts through increased absorption. An additional benefit in EstroQuench™ is that piperine enhances the neuroprotective effects of quercetin, an aromatase inhibiting flavonoid like chrysin, and reduced stress induced elevations of corticosterone [1] alone, and when given with quercetin [2]. This is very contributory to the goals of EstroQuench™ because increased levels of glucocorticosteroids (cortisol and corticosteroid) can cause increased aromatase activity resulting in higher estrogen levels [3], [4]. A number of papers discuss the ability of piperine to help decrease the effects of corticosterone while enhancing the bioavailability and action of herbal extracts [5], [6], [7], [8], [9]. Therefore Bioperine® helps prevent aromatase activity caused by controlling increases in glucocorticosteroid activity. This may be due to the ability of piperine to modulate the function of the HPA (hypothalamic-pituitary-adrenocortical) axis [10]. Additional studies have shown that piperine has antiproliferative properties [11]. It also induces apoptosis in some forms of human prostate cancer, and some forms of breast cancer [12], [13], [14], [15], [16], [17].

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

Synergy of Phytotherapeutic Agents in EstroQuench™

The effectiveness of the **EstroQuench™** formulation is due to the synergy that exists between each herb in this *Hormone Specific™ Formulation*. Collectively, the herbs used in the EstroQuench™ formulation decrease the conversion of androgens (testosterone and androstenedione) into estrogens (estradiol and estrone), and preserve androgen levels. As such, **EstroQuench™** decreases estrogen production and reduces the risks associated with excessive estrogen and estrogen dominance. The following chart shows how the eleven plant or plant extracts used in **EstroQuench™** work together **synergistically** to control estrogen dominance, protect breasts and prostate tissues while also providing anti-proliferative and pro-apoptotic protection to tissues throughout the body. No single plant or plant extract is able to provide complete protection against estrogen dominance by itself. However, when the eleven plants and plant extracts in **EstroQuench™** are properly formulated, their synergy is able to control estrogen dominance while allowing testosterone, DHEA and other androgens to still be produced and to function properly.

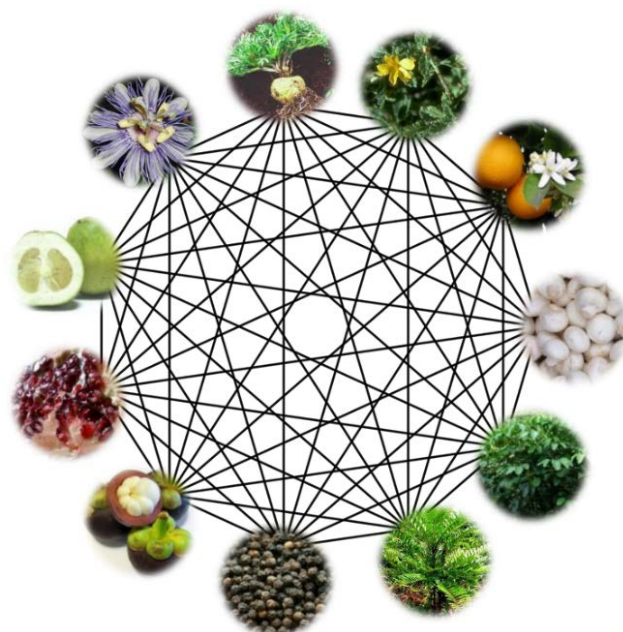
Specific Actions of EstroQuench™



	Aromatase Inhibition	Antiproliferative	Pro-apoptotic	Breast Protection	Prostate protection	Glucocorticoid Control	Enhance Sexual Health	Anti-inflammatory	Testosterone Function	Increase Testosterone	Increase DHEA	Estrogen Detoxification	Dietary Component
<i>Lepidium meyenii</i>		X	X	X	X	X	X	X	X			X	X
<i>Turnera diffusa</i>	X	X	X	X			X	X	X		X		
<i>Hesperidin (Hesperetin)</i>	X	X	X	X	X	X		X			X		X
<i>Agaricus bisporus</i>	X	X	X	X	X			X					X
<i>Brassaiopsis glomerulata</i>	X			X				X					
<i>Eurycoma longifolia</i>	X	X	X	X	X	X	X	X		X			
<i>Garcinia mangostana</i>	X	X	X	X	X			X					X
<i>Punica granatum</i>	X	X	X	X	X			X					X
Naringenin	X	X	X	X	X	X		X			X		X
Chrysin	X	X	X	X	X			X					X
Bioperine®		X	X	X	X	X		X					X

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Synergy of Herbs in EstroQuench™

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The **synergy** of **EstroQuench™** is because it is a *Hormone Specific™ Formulation*, designed to specifically address the symptoms associated with estrogen dominance. It is beneficial for both males and females with signs of estrogen dominance and/or lab tests which reveal estrogen dominance.

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

The dose may then be increased to **4** capsules daily 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 daily with food and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: Consult your healthcare professional before use if you are pregnant, nursing or taking prescription medications.

This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

Bioperine® is a registered trademark of Sabinsa Corporation.

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

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www.douglaslabs.com • 1.800.245.4440

Formula #202060

Supplement Facts

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

Amount Per Serving	%DV	%DV
Proprietary Blend	1,150 mg*	2,300 mg*
Maca 4:1 root Extract (<i>Lepidium meyenii</i>), Damiana 4:1 leaf Extract (<i>Turnera diffusa</i>), Hesperidin (<i>Citrus sinensis</i>), Agaricus mushroom 8:1 mycelia Extract (<i>Agaricus bisporus</i>), <i>Brassaiopsis glomerulata</i> 10:1 leaf Extract, <i>Eurycoma longifolia</i> 100:1 root Extract, Mangosteen fruit Extract (<i>Garcinia mangostana</i>), Pomegranate Hull Extract (<i>Punica granatum</i> L. standardized to 70% Ellagic Acid), Naringenin (<i>Citrus grandis</i> L., fruit), Chrysin		
Bioperine®	2.5 mg *	5 mg *
(black pepper extract/ <i>Piper nigrum</i>)		

*Daily Value not established.

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

EstroQuench™ 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 **EstroQuench™** 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. **EstroQuench™** can be taken at any time of the day with food.

Phase One: INITIATION

Patients are advised to 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 **EstroQuench™** is **2** (two) capsules each day 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 **EstroQuench™** 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 **EstroQuench™** is **2** (two) capsules each evening with food.

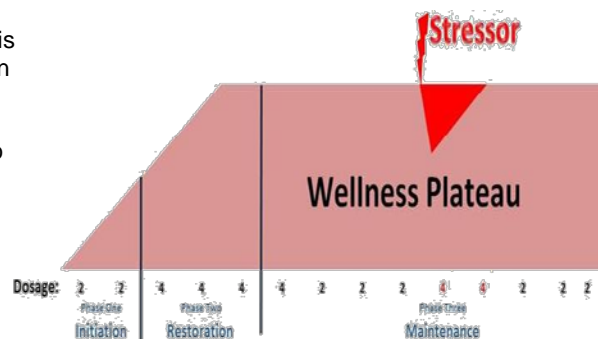
Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration,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

The Wellness Plateau

The following graphic shows how in Phase One (INITIATION) **EstroQuench™** 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 **EstroQuench™** 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 **EstroQuench™** 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

EstroQuench™ 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, TestoQuench™ for Women and EstroQuench™.

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.EstroQuench.com