

## Protocol Objectives:

The three Hypothalamic-Pituitary Axes are the Hypothalamic-Pituitary-Adrenal Axis (HPA), the Hypothalamic-Pituitary-Gonadal Axis (HPG), and the Hypothalamic-Pituitary-Thyroid Axis (HPT).

This protocol differentiates the specific support needs for each of these axes based on symptoms, assessment, clinical observations and lab tests.<sup>†</sup>

| Clinical Objective  | Assessment  | Recommendations   | Dosing                                 |
|---|---|---|--|
| <p><b>Generalized support of HPA, HPT, and HPG<sup>†</sup></b></p> <p>(Adrenal, Gonadal, and/or Thyroid function<sup>†</sup>)</p>     | <p><b>Lab:</b> Assess adrenal, testosterone, and thyroid hormones</p> <p>Patient presents with symptoms as listed below for each HP axes indication</p>   | <p><b>Endocrine Complete™</b><br/>Foundational Hormone Health</p> | <p>4 capsules daily with food</p>      |
| <p><b>Additional support for Hypothalamic-Pituitary-Adrenal Axis<sup>†</sup> (HPA)</b></p> <p>Also see Adrenal Health protocol</p>    | <p><b>Lab:</b> Assess Cortisol or DHEA levels</p> <p>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</p>   | <p><b>Add:</b><br/><b>AdrenoMend™</b></p>                         | <p>2 to 4 capsules daily with food</p> |
| <p><b>Additional support for Hypothalamic-Pituitary-Gonadal Axis<sup>†</sup> (HPG)</b></p> <p>Also see Andropause Health Protocol</p> | <p><b>Lab:</b> Assess testosterone and/or free testosterone levels</p> <p>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</p> | <p><b>Add:</b><br/><b>TestoGain™</b></p>                          | <p>2 to 4 capsules daily with food</p> |
| <p><b>Additional support for Hypothalamic-Pituitary-Thyroid Axis<sup>†</sup> (HPT)</b></p> <p>Also see Thyroid Health protocol</p>    | <p><b>Lab:</b> Assess T3, T4 and/or Reverse T3 (rT3), and/or T3/rT3 ratio, and/or anti-TPO or anti-TG levels</p> <p>Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation</p>   | <p><b>Add:</b><br/><b>ThyroMend™</b></p>                          | <p>2 to 4 capsules daily with food</p> |

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