

HORMONE SPECIFIC™ FORMULATIONS | SELECTION GUIDE

[Developed by Joseph J. Collins, R.N., N.D.]*

Hormone Specific™ Formulations provided by Douglas Laboratories® and formulated by Joseph J. Collins, R.N., N.D., were created to support the optimal function of specific hormones through the use of hormone-specific adaptogens, functional mimetics, and agonists or antagonists that contain phytocrines™ properties.† These formulations may be used as part of a hormone health program with dietary and nutrient support. In addition, these formulations may be used by clinicians as adjuvants to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.†

Hormone Specific™ Formulations	Functions†	Primary Hormone Indications†	Daily Dose (see label for dosing protocol)
Endocrine Complete™	Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health	<ul style="list-style-type: none"> • Foundational hormone health for men and women • Complements all Hormone Specific™ formulations 	4 capsules
AdrenoMend™	Supports healthy function of the adrenal glands and other homeostasis regulatory systems for acute or chronic stress	<ul style="list-style-type: none"> • Adrenal fatigue • HPA axis balance • Homeostasis support • Weight management 	2-4 capsules in morning
EstroMend™	Supports healthy estrogen receptor function, estrogen metabolism, and estrogen sensitive tissues	<ul style="list-style-type: none"> • Menopause • Premenstrual health • Sexual health • Reproductive health in women 	2-4 capsules in evening
EstroQuench™	Provides anti-aromatase activity to decrease production of estrogens, and supports the function of endogenous aromatase inhibitors	<ul style="list-style-type: none"> • Andropause • Estrogen detoxification • Breast health • Endometrial health • Uterine fibrous tissue health • Prostate health 	2-4 capsules
ProgestoMend™	Supports the natural production of progesterone and receptor agonist activity, and progesterone sensitive tissues	<ul style="list-style-type: none"> • Premenstrual health • Menopause • Reproductive health in women • Ovarian health • Uterine fibrous tissue health 	2-4 capsules
TestoGain™	Promotes the production of testosterone and other androgens, acting as a functional agonist of testosterone	<ul style="list-style-type: none"> • Andropause • Sexual health • Reproductive health in men • Menopause • Premenstrual health 	2-4 capsules
TestoQuench™ for Men	Decreases androgen activity to support testosterone sensitive tissues in men	<ul style="list-style-type: none"> • Prostate health • Breast health males 	2-4 capsules
TestoQuench™ for Women	Decreases androgen activity to support testosterone sensitive tissues in women	<ul style="list-style-type: none"> • Ovarian health • Menopause • Premenstrual health • Breast health females 	2-4 capsules
ThyroMend™	Supports natural production of thyroid hormones and supports thyroid responsive tissues	<ul style="list-style-type: none"> • Thyroid health • Weight management 	2-4 capsules

Visit www.douglaslabs.com for more detailed Hormone Specific™ Clinical Guidelines