

PREMENSTRUAL HEALTH | SUPPORT PROTOCOL[†]

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

Protocol Objectives:

To differentiate and recognize the Premenstrual Hormone Patterns that allow clinicians to provide highly personalized hormone healthcare.[†]

Premenstrual Hormone Patterns	Normal Testosterone	Needs Testosterone Support [†]	Needs Anti-androgen Support [†]
Normal Estrogen & Progesterone		TestoGain™	TestoQuench for Women™
Needs Estrogen Support [†]	EstroMend™	EstroMend™ TestoGain™	EstroMend™ TestoQuench for Women™
Needs Anti-Estrogen Support [†]	EstroQuench™	EstroQuench™ TestoGain™	EstroQuench™ TestoQuench for Women™
Needs Progesterone Support [†]	ProgestoMend™	ProgestoMend™ TestoGain™	ProgestoMend™ TestoQuench for Women™
Needs Estrogen and Progesterone Support [†]	EstroMend™ ProgestoMend™	EstroMend™ ProgestoMend™ TestoGain™	EstroMend™ ProgestoMend™ TestoQuench for Women™

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Clinical Objective	Assessment	Recommendations	Dosing
Generalized support of HP Axes [†] (HPA, PHT, HPG)	Lab: Tests reveal adrenal and/or multiple system suboptimal response	Endocrine Complete™ Foundational Hormone Health	4 capsules daily with food
Support progesterone production and function [†]	Lab: Assess Progesterone levels Patient presents with tension, feeling out of control, palpitations, cramps, back discomfort, hostility	ProgestoMend™	2 to 4 capsules daily, throughout entire month
Support testosterone production and function [†]	Lab: Assess Testosterone levels Patient presents with low blood sugar, fainting spells or lightheadedness, palpitations, headaches, increased appetite, craving sweets and/or salt	TestoGain™	2 to 4 capsules daily, throughout entire month
Support function of estrogen [†]	Lab: Assess Estrogen levels Patient presents with sad mood, feelings of hopelessness, feelings of apathy, difficulty concentrating, excessive sleepiness or unable to sleep, decreased coordination, clumsiness, confusion, forgetfulness	EstroMend™	2 to 4 capsules daily, throughout entire month
Support function of endogenous anti-androgens [†]	Lab: Assess Androgen levels Patient presents with anger, irritability, interpersonal conflicts, abdominal bloating, breast congestion, breast tenderness, water retention, acne or oily skin, swelling face, hands or ankles, weight gain	TestoQuench™ for Women	2 to 4 capsules daily, throughout entire month
Support breast tissue health [†]	Patient presents with cyclical breast tenderness	Ultra G.L.A. Tri-En-All 400	1 softgel daily 1 -2 softgels daily
Immune support [†]	Patient presents with symptoms of imbalanced cytokine levels and generalized body discomfort This is typically present in any combination of premenstrual symptom patterns	Wobenzym® Plus or Wobenzym® N	2 tablets twice daily without food 3 tablets twice daily without food

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