

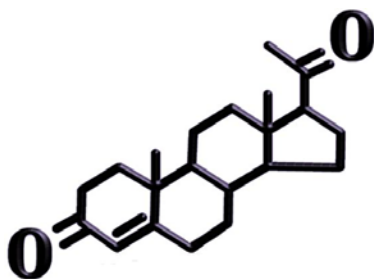
ProgestoMend™ Professional Guide

The primary functions of ProgestoMend™ are to restore and support the natural production of progesterone by tissues that produce progesterone, and to support tissues throughout the body that respond to progesterone.

ProgestoMend™ increases progesterone production by the adrenal glands, the primary source of progesterone in both genders. ProgestoMend™ also supports the function of progesterone responsive tissues through the use of herbs that have phytoprogestosterone properties and herbs that mimic the actions of progesterone.

The synergistic combination of specific herbs in ProgestoMend™ support important functions associated with optimal progesterone health through progesterone specific actions of these herbs which:

- Supports the natural production of progesterone by the adrenal glands.
- Support healthy adrenal function, a major site of progesterone production.
- Promote progesterone response in target tissue using herbs with progesterone receptor agonist activity.
- Promotes healthy function of bone, heart, brain, breasts, uterus & other progesterone sensitive tissues with progesterone mimetic herbs.
- Support the anti-inflammatory, antispasmodic and anxiolytic properties of progesterone with progesterone mimetic herbs.
- Supports progesterone dependant healthy brain functions, including memory, clarity of cognition, enhanced mood while promoting tranquility.



The human body as the best source of natural progesterone.

Even though bioidentical progesterone replacement therapy has been available for years, the human body is still the best source of natural progesterone.

Progesterone is predominantly made by the adrenal glands. In females, the adrenal glands are the primary source of progesterone during the follicular phase. In fact, there is essentially no ovarian secretion of progesterone during the follicular phase of the menstrual cycle. During the luteal phase, the corpus luteum produces the higher amounts of progesterone. But the adrenal glands continue to produce progesterone. In males, the adrenal glands are the primary source of progesterone. While a very small amount of progesterone is also produced in the Leydig cells of the testes, it is typically converted to testosterone.

Progesterone levels represent the health of the adrenal glands.

How to make progesterone.

To increase progesterone levels, the adrenal glands need balanced nutrition that is high in antioxidants. Antioxidants are required because the process of converting cholesterol to pregnenolone and then to progesterone involves a lot of oxidative stress, which must be balanced with antioxidants. Herbs that have been documented to specifically increase progesterone levels include *Paeonia lactiflora*, *Rehmannia glutinosa*, *Bupleurum falcatum*, and *Coleus forskohlii*, and *Vitex agnus-castus*. All of these herbs also have documented antioxidant properties.

How is ProgestoMend™ used?

ProgestoMend™ is used by healthcare professionals to increase the natural production of progesterone and to support the health of tissues that respond to progesterone. ProgestoMend™ improves patients with many conditions including:

- **Patients who do not want to use Progesterone Replacement Therapy.** Some patients would prefer to restore their body's ability to make its' own progesterone, instead of using progesterone replacement.
- **Patients who have post-pill-syndrome and want to restore their body's natural ability to make progesterone.** – These patients have had their ability to make their own progesterone stopped by synthetic progestogens. ProgestoMend™ can restore endogenous progesterone production.
- **Progestogen induced PMS.** Some PMS is brought on by synthetic progestogen suppression of natural progesterone production. ProgestoMend™ can restore endogenous progesterone production.
- **PMS/PMDD.** Most cases of PMS/PMDD have some degree of suboptimal progesterone production and/or function. ProgestoMend™ can restore normal progesterone production and normal menstrual function.
- **PCOS.** Low progesterone levels are almost universal in PCOS patients. ProgestoMend™ can restore optimal progesterone production. Improved progesterone function also helps control excessive androgens.
- **Menopause Types® 7, 8, 9, 10, 11 & 12.** These Menopause Types® require restoration of progesterone.
- **Patients who have signs and symptoms of progesterone resistance.** Even though lab tests show confirm appropriate progesterone levels, some patients have progesterone receptor resistance, especially if they have a history of progestogen or prednisone use, or excessive use of progesterone.
- **Patients on progesterone replacement therapy who want to decrease side effects & risks associated with progesterone replacement such as weight gain and high blood sugar.**
- **Patients who want to wean off of progesterone replacement therapy.** Use ProgestoMend™ a month before weaning off of progesterone to decrease symptoms of progesterone withdrawal.

The Herbs of ProgestoMend™



Paeonia lactiflora: (Chinese Peony) contains a number of constituents, including benzoflavone, that mimic the calming, soothing and antispasmodic properties of progesterone. It has traditionally been used to improve hypermenorrhea, dysmenorrhea and to shrink uterine myomas. Similar to progesterone, it is effective in relieving restlessness, irritability, anxiety and insomnia, while at the same time exhibiting aphrodisiac and libido-enhancing properties. Similarly, it also has antiasthmatic properties.



Ligusticum wallichii: (Chuan Xiong) has significant progestogenic activity and is a potent and specific activator of the progesterone receptor. It is used for treatment of conditions requiring progesterone action, and for progesterone-replacement therapy. Like progesterone, it has anti-fibrotic and antiproliferative properties. Traditional Chinese Medicine uses it for "dispersal of tissue stasis, removal of chronic inflammation and facilitation of tissue perfusion" and to maintain healthy blood pressure and healthy heart rhythm due to its progesterone mimicking properties.



Rehmannia glutinosa: (Di Huang) promotes daily progesterone production by enhancing function of the adrenal function, a primary site for progesterone production. Like progesterone, Rehmannia has been shown to stimulate the proliferation and activities of osteoblasts, while inhibiting the resorptive activities of osteoclasts. Its progesterone mimicking properties include antiallergy, anti-inflammatory, neuroprotective, cardioprotective and antitumor. Rehmannia normalizes blood sugar imbalances and improves glucose tolerance by influencing neuroendocrine adrenal function.



Bupleurum falcatum: (Chinese Thoroughwax) can promote daily progesterone production due to one of its constituents, saikogenin A, which can stimulate the hypothalamic-pituitary-adrenal system by promoting the release of adrenocorticotrophic hormone (ACTH). ACTH is responsible for maintaining the size and function of the adrenal gland and the daily production of progesterone, as well as other adrenal hormones. As a progesterone mimetic it has anti-inflammatory actions including inhibitory activity against allergic asthma.



Passiflora incarnata: (Passion Flower) is a functional mimetic of progesterone, mimicking the gabanergic properties of progesterone. It contains constituents such as benzoflavone that exhibit calming, soothing and antispasmodic & antiasthmatic properties. It also contains apigenin, a phytoprogestone with anxiolytic and possibly neuroprotective properties. Like progesterone, it is effective for restlessness, irritability, anxiety and insomnia, while also exhibiting aphrodisiac & libido-enhancing properties.



Dioscorea villosa: (Wild yam) mimics the antispasmodic and anti-inflammatory properties of progesterone, and is able to relieve inflammatory and spasm conditions of the female reproductive organs or any pains caused by spasm. Like progesterone, it can relax the autonomic nervous system and decrease vasomotor symptoms such as hot flushes and night sweats which are associated with autonomic dysfunction. Diosgenin, an active constituent, diosgenin, has antitumor and antiproliferative activity, similar to progesterone.



Viburnum opulus: (Cramp Bark) contains a number of constituents that mimic the antispasmodic properties of progesterone including scopoletin which has anti-inflammatory and anxiolytic activity. Viopudial and viburnin also mimic the antispasmodic properties of progesterone. Traditional use of Viburnum opulus includes dysmenorrhoea, threatened miscarriage, and ovarian pain. Recent research indicates that Viburnum opulus also has significant antioxidant properties with potent gastroduodenoprotective activity.



Coleus forskohlii: (Indian Coleus) promotes progesterone production through the action of forskolin, a constituent that has been shown to stimulate production of progesterone in human adrenal gland tissue. Serum progesterone levels were actually increased in a small study of 20 women taking forskolin. Forskolin exhibited many progesterone mimicking properties, such as antiallergy, anti-asthma, antiglaucoma, antihypertensive & antispasmodic actions. Forskolin and stigmasterol, have both exhibited anticarcinogenic properties.



Vitex agnus-castus: (Chasteberry) promotes progesterone production and can improve levels of progesterone during the luteal phase of menstruating women. Vitex agnus-castus binds to both estrogen and progesterone receptors of endometrial cells but did not induce estrogenic activity (estrogen receptor antagonist), and did stimulate progesterone receptors (progesterone receptor agonist). It inhibits excessive prolactin secretion, is used to treat breast pain, and has cytotoxic activity against human breast cancer & other cancer cells.

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

Synergy of Phytotherapeutic Agents in ProgestoMend™

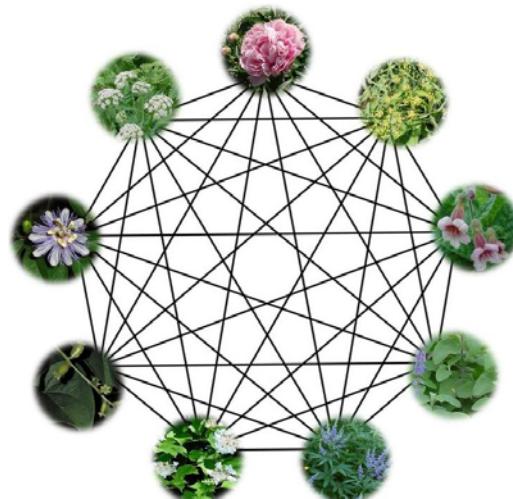
ProgestoMend™ is able to increase endogenous production of progesterone due to the synergy of the progestogenic herbs in the formulation. When used together *Paeonia lactiflora*, *Rehmannia glutinosa*, *Bupleurum falcatum*, and *Coleus forskohlii*, and *Vitex agnus-castus* are able to restore and support normal physiological processes required for progesterone production. Other herbs used in the **ProgestoMend™** formulation work together **synergistically** to promote the function of progesterone by mimicking the anti-proliferative, anti-inflammatory, gabanergic, neuroprotective, cardioprotective and other properties of progesterone. No single herb is able to support all seven steps involved in optimal thyroid function. Together, these progestogenic and progesterone mimetics restore normal progesterone production and function in patients that have had progesterone production and function adversely affected by synthetic progestogens, glucocorticoid hormones or other physiological insults.

Specific Actions of ProgestoMend™



| | Progesterone Mimetic | Progestogenic | Osteogenic | Improve Sex Function | Glycemic Control | Antioxidant | Antiproliferative | Nootropic/Neuroprotect | Cardioprotective | Gabanergic | Stress & Anxiolytic | Anti-Inflammatory | Analgesic |
|-----------------------------|----------------------|---------------|------------|----------------------|------------------|-------------|-------------------|------------------------|------------------|------------|---------------------|-------------------|-----------|
| <i>Paeonia lactiflora</i> | X | X | | X | X | X | X | X | X | | X | X | X |
| <i>Ligusticum wallichii</i> | X | | | | | X | | X | | | | X | X |
| <i>Rehmannia glutinosa</i> | X | X | X | | X | X | X | X | X | | X | X | X |
| <i>Bupleurum falcatum</i> | X | X | | | | X | X | X | | X | X | X | X |
| <i>Passiflora incarnata</i> | X | | | X | X | X | X | X | | X | X | X | X |
| <i>Dioscorea villosa</i> | X | | X | | | X | X | | | | | X | X |
| <i>Viburnum opulus</i> | X | | | | | X | X | | X | | X | X | X |
| <i>Coleus forskohlii</i> | X | X | | | X | X | X | | X | | X | X | X |
| <i>Vitex agnus-castus</i> | X | X | X | | X | X | X | X | X | | X | X | X |

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Synergy of Herbs in ProgestoMend™

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The synergy of **ProgestoMend™** is grounded in the fact that it is a Hormone Specific Formulation™, designed to specifically address the symptoms associated with progesterone deficiency or sub-optimal progesterone function. It is not a "one-size-fits-all" formulation that attempts to treat PMS, PMDD, PCOS or menopause as if each woman experiences hormonal imbalances in the same fashion.

For example, there are 12 different Menopause Types®. Depending upon the Menopause Type®, a woman may need **ProgestoMend™**, or she may need other Hormone Specific Formulations™.

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

The dose may then be increased to **4 capsules** each day 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 day 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 #201388

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..... | 1,440 mg * | 2,880 mg * |
| <i>Paeonia lactiflora</i> root Extract (standardized to 10% paeoniflorin), <i>Ligusticum wallichii</i> 10:1 root Extract, <i>Rehmannia glutinosa</i> 7:1 root Extract, <i>Bupleurum chinensis</i> 5:1 root Extract, Passion flower (<i>Passiflora incarnata</i> , standardized to 3.5% vitexin), Wild Yam 10:1 root Extract (<i>Dioscorea villosa</i> , standardized to 10% diosgenin), Cramp bark (<i>Viburnum opulus</i>), <i>Coleus forskohlii</i> root Extract (standardized to 10% forskolin), <i>Vitex agnus-castus</i> berry Extract (Chasteberry, standardized to 0.5% agnuside and 0.4% aucubin) | | |

*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica

ProgestoMend™ 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 **ProgestoMend™** 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.

ProgestoMend™ may be taken in the **evening** to support better sleep. Or, **ProgestoMend™** may be taken in the **morning** to decrease day-time anxiety. The **ProgestoMend™** dosage may be divided into morning and evening if desired. 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 **ProgestoMend™** 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 **ProgestoMend™** is **4 (four)** capsules each day 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 day 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 **ProgestoMend™** is **2 (two)** capsules each day with food.

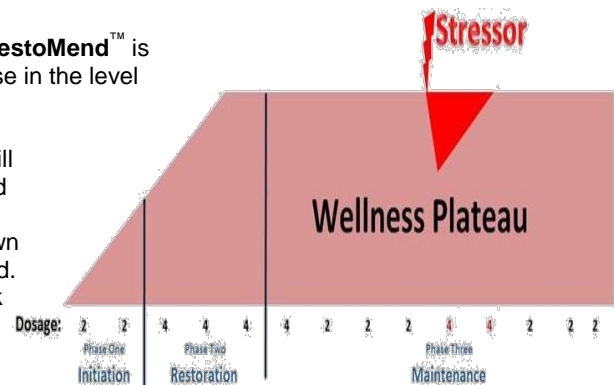
Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration, 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 **ProgestoMend™** is started at two capsules each day with food. This allows a gentle increase in the level of wellness for the first two weeks.

In Phase Two (RESTORATION) the **ProgestoMend™** is taken as four capsules each day 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 **ProgestoMend™** is lowered down to two capsules each day with food because wellness has been attained. The dosage of two capsules each day with food may be increased back to four capsules each day 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 day with food.



Hormone Specific Formulations

ProgestoMend™ 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.ProgestoMend.com