

TestoGain™ Professional Guide

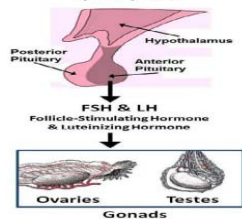
The primary functions of TestoGain™ are to support the natural production of testosterone and other androgens by gonadal tissue in both genders, and to support how tissues throughout the body respond to testosterone. This is accomplished by supporting the function of testosterone producing glands in both gender, and by supporting the function of testosterone tissues through the use of herbs that mimic the actions of testosterone.

- Promotes optimal vitality, sense of well being & mood.
- Supports healthy sexual function in men and women.
- Promote production of testosterone by gonadal tissue in both genders
- Contains herbs that protects prostate tissue in men and decreases ovarian cysts in women
- Favorably affects **androgen receptors**, supporting healthy testosterone function
- Promotes healthy function of bone, heart, brain, muscles and other testosterone responsive tissues
- Enhanced stamina and general strengthening
- May use without testosterone, or with bioidentical testosterone to support healthy testosterone function.
- Promote production of other androgens by adrenal glands.



Testosterone

Hypothalamic-Pituitary-Gonad (HPG) axis




Making Testosterone

The hypothalamic-pituitary-gonadal (HPG) axis stimulates the production of testosterone by hypothalamic-pituitary release of luteinizing hormone (LH). In men, LH stimulates the Leydig cells in the testes to produce testosterone. In women, LH stimulates theca cells in the ovaries to produce testosterone, (which the ovaries can also use as a precursor for estradiol production). Over half of the herbs in TestoGain™ have been documented to increase testosterone levels. Some of those herbs also increase LH and/or FSH production.

How Testosterone Works

Testosterone interacts with testosterone receptors to instruct cells throughout the body to react to the testosterone. Different cells will react in different ways. Muscle cells will increase the amount of protein, due to the anabolic actions of testosterone. Nerve cells in the brain may increase the amount of dopamine (a neurotransmitter that increases motivation and drive), due to the dopaminergic actions of testosterone. Cells that line blood vessels may increase nitric oxide due to the nitric oxide stimulating affects of testosterone.

Making Testosterone Work Better

In addition to herbs that increase testosterone production, TestoGain™ has herbs that improve the function of testosterone. These herbs may be called phytoandrogens, or testosterone mimetics, which mimic one or more of the properties of testosterone. They may have anabolic, androgenic, dopaminergic or nitric oxide properties. Some herbs act as a coactivator (, which helps the testosterone receptor complex bind with DNA.

How is TestoGain™ used?

TestoGain™ is used by healthcare professionals to increase the natural production of testosterone in men and women, and to support the health of tissues that respond to testosterone.

TestoGain™ may be used instead of testosterone replacement therapy in both men and women. Or, it may be used with testosterone replacement therapy (TRT), to improve the safety and effectiveness of TRT in both men and women. TestoGain™ improves patients with many conditions including:

- **Men or women who do not want to use Testosterone Replacement Therapy (TRT).** Both men and women who want to avoid TRT to avoid the risks associated with TRT can use TestoGain™ to safely raise endogenous testosterone production and also have regular intake of herbs that protect prostate tissue.
- **Men or women who are on Testosterone Replacement Therapy (TRT) who still have symptoms.** Many patients on TRT still have symptoms of low testosterone even though their lab tests confirm optimal testosterone levels. This is often due to testosterone receptor resistance that develops in some patients on TRT. Testosterone receptor resistance is common in patients with a history of excessive use of testosterone.
- **Men or women on TRT who want to decrease side effects & risks associated with TRT** – TestoGain™ is taken by patients on TRT to decrease the risks of testosterone side effects. Maca protects prostate tissue in men, while Tribulus terrestris decreases ovarian cysts in women.
- **Men or women who want to wean off of TRT** can use TestoGain™ a month before weaning off of TRT to successfully wean off of TRT without symptoms of testosterone withdrawal.
- **Use in Menopause Types® 2, 5, 8 & 11.** For perimenopause, menopause & postmenopause.

The Herbs of TestoGain™



***Epimedium sagittatum*:** (Horny Goat Weed Extract) contains icariin, a flavonol that improves function of reproductive organs and increases circulating levels of testosterone. Icariin also inhibits all three phosphodiesterase-5 (PDE5), which potentiates the sexual response in both men and women. In addition to treating low testosterone, the "testosterone mimetic properties" of icariin also act as a glucocorticoid antagonist properties, which can cause a relative increase in anabolic function. It has a long history of use for treating erectile dysfunction in Traditional Chinese Medicine.



***Mucuna pruriens*:** (Velvet bean Extract) promotes testosterone production in humans by its action on the hypothalamus-pituitary-gonadal axis. It raises serum levels of both testosterone and LH, and decreases excessive cortisol associated with stress. The naturally occurring L-dopa in Mucuna increases libido and sexual behaviour, and decreases prolactin levels, which is significant because hyperprolactinemia is a major neuroendocrine-related cause of reproductive disturbances in both men & women. Mucuna improves fertility in both genders.



***Tribulus terrestris*:** (Gokhru fruit Extract) promotes testosterone production within 10 days when taken by athletes in one study. As well as testosterone, Tribulus terrestris also increases other androgens such as dihydrotestosterone (DHT) and dehydroepiandrosterone sulphate, and cause an increase in androgen receptors, similar to the effect of testosterone. It increases sexual function in both men and women. It has gonadotropin-like activity that can increase the number of corpora lutea, primary and secondary follicles while significantly decreasing the number of ovarian cysts.



***Lepidium meyenii*:** (Maca root) is a potent testosterone mimetic that improves sexual function in both men and women independent of testosterone or estrogen activity. Lepidium can also enhance fertility in both genders. As a cruciferous vegetable, Lepidium meyenii may provide benefits associated with consumption of cruciferous vegetables, such as a reduced risk of prostate cancer, as well as estrogen sensitive cancers in women. Maca can decrease risks of prostate disorders in men receiving testosterone replacement therapy. Maca is also anabolic and immuno-enhancing.



***Turnera diffusa*:** (Damiana leaf) is a functional mimetic of testosterone and acts as a sexual stimulant without having androgen properties, or binding to testosterone receptors. Damiana enhances engorgement of erectile tissue due to its effect on nitric oxide pathways. It can significantly reduce the post-ejaculatory interval. The anxiolytic flavone apigenin may participate in its pro-sexual effect. Damiana is also considered to have adaptogenic properties that can help with stress adaptation.



***Ptychopetalum olacoides*:** (Muir Puama bark) mimics testosterone function by increasing sexual desire & sexual function in both genders by relaxation of penile cavernous smooth muscle or clitoral cavernous smooth muscle to support penile erection or clitoral engorgement. It prevents stress induced increase of corticosterone, indicating glucocorticoid antagonist properties, which may contribute to a relative increase in anabolic function. Muir Puama also facilitates memory retrieval and improves cognitive function, due to antioxidant and acetylcholinesterase inhibitory properties,



***Eleutherococcus senticosus*:** (Eleutherococcus senticosus root Extract) is best described as a functional mimetic of testosterone in that it mimics a number of testosterone functions, but does not bind to androgen receptors. Some of these actions include; anti-fatigue action, enhanced recovery of stress, inhibit stress induced corticosterone elevation, glycogen sparing metabolism, enhanced endurance capacity, elevated cardiovascular function, and improvement of sperm motility. It increases nitric oxide, improving sexual function in both genders.



***Eurycoma longifolia*:** (Tongkat Ali 100:1 Extract) promotes testosterone production with a significant increase of plasma testosterone level in human studies as well as animal studies. The proandrogenic effects of Eurycoma longifolia were potent enough that it could be used as an alternative treatment to testosterone replacement therapy, or with low-dose testosterone, to treat male osteoporosis without causing the side effects associated with full-dose testosterone replacement therapy. It also has aromatase inhibiting properties that improve testosterone function.



***Panax Ginseng*:** (Panax ginseng root Extract) promotes testosterone production. Male patients showed an increase in spermatozoa number and motility, an increase in total and free testosterone, DHT, FSH and LH levels, and a decrease in PRL. Panax improves sexual function in both genders. Panax may decrease risks of prostate disorders in men receiving testosterone replacement therapy. Panax ginseng can decrease prolactin secretion, increase nitric oxide release in sexual activity, has anabolic activity and decrease stress associated rises in cortisol.



***Withania somnifera*:** (Ashwagandha root Extract) promotes testosterone production, causing increased serum testosterone & luteinizing hormone and decreases high levels of prolactin. Its gonadotrophic effects improve both spermatogenic activity and folliculogenesis function with increased ovarian weight, improving gonadal function in both genders. However, it also inhibits growth of some human breast cancer cells. Withania also increases stress tolerance, oxide production, dopaminergic activity, anabolic activity and decreases stress associated rises in cortisol.

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

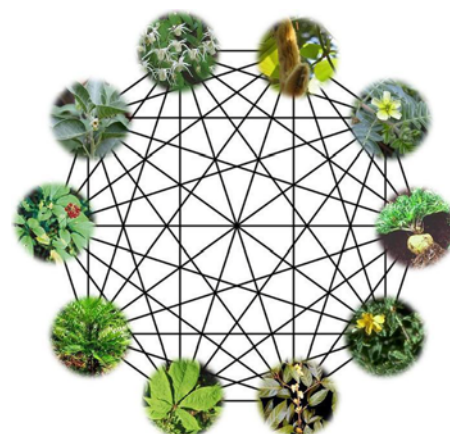
Synergy of Phytotherapeutic Agents in TestoGain™

The unique formulation of herbs in TestoGain™ is used to both increase testosterone production and improve testosterone function. This is achieved by formulating the herbs to achieve the ultimate benefit from each herb.

Just as important, the herbs are formulated in such a way that they intensify and balance the action of the other herbs. To accomplish this properly, the herbs in TestoGain™ are formulated in such a way that testosterone synergy is fully supported. In synergy, the combined interaction of different herbs produces a total effect that is greater than the sum of the individual herbs. Synergy comes from the Greek word synergos (συνεργός), which means "working together".

Specific Actions of TestoGain™

	Testosterone Production	Increase FSH &/or LH	Androgenic	Adaptogenic	Anabolic	Decrease Excessive	Dopaminergic - lower PRL	Nitric Oxide Enhancer	Antioxidant	Antiproliferative	Nootropic /Neuroprotect	Testosterone Mimetic	Increase Sexual Desire	Improve Sex Function	Increase Male Fertility	Increase Female fertility
 <i>Ptychopetalum olacoides</i>	X		X	X	X	X	X		X		X	X	X	X		
<i>Epimedium sagittatum</i>	X				X	X		X		X	X	X	X	X		
<i>Mucuna pruriens</i>	X	X	X	X	X	X	X		X		X	X	X	X	X	X
<i>Tribulus terrestris</i>	X	X	X	X	X				X		X	X	X	X		X
<i>Eurycoma longifolia</i>	X	X	X	X	X					X		X	X	X	X	
<i>Panax ginseng</i>	X	X		X	X		X		X	X	X	X	X	X	X	X
<i>Eleutherococcus senticosus</i>				X		X	X		X	X	X				X	
<i>Withania somnifera</i>		X		X	X				X	X	X	X	X	X	X	X
<i>Lepidium meyenii</i>				X	X			X	X	X	X	X	X	X	X	
<i>Turnera diffusa</i>				X					X		X		X	X		



Synergy of Herbs in TestoGain™

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Testosterone in Men

For men, the synergistic formulation of herbs in TestoGain™ stimulates the Leydig cells in the testes to produce testosterone. Additional herbs contribute to the anabolic properties of testosterone to maintain muscle mass and strength, and help maintain lower body fat percentage, and blood sugar health. TestoGain™ improves healthy sexual function including libido, erectile function, as well as male fertility.



Testosterone in Women

For women, the synergistic formulation of herbs in TestoGain™ stimulates theca cells in the ovaries to produce testosterone. Additional herbs contribute to the anabolic properties of testosterone to maintain muscle mass and strength, and help maintain lower body fat percentage. TestoGain™ improves healthy sexual function including libido, vaginal tissue health, as well as female fertility.

In both genders, TestoGain™ also improves brain, mood and memory function due to its affect on testosterone production and function. TestoGain™ also increases the health of bones, skin and the heart by increasing testosterone production, and improving testosterone function.

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

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www.douglaslabs.com • 1.800.245.4440

Formula #201397

Use in Menopause Types® 2, 5, 8 & 11

Supplement Facts

Serving Size	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container	60	30
Amount Per Serving	%DV	%DV
Proprietary Blend.....	1,310 mg *	2,620 mg *
Horny Goat Weed Extract (<i>Epimedium sagittatum</i> , aerial parts, standardized to 10% icariin), Velvet bean Extract (<i>Mucuna pruriens</i> , seed, standardized to 15% L-dopa), Gokhru fruit Extract (<i>Tribulus terrestris</i> , standardized to 15% saponins), Maca root (<i>Lepidium meyenii</i>), Damiana leaf (<i>Turnera diffusa</i>), Muira Puama bark (<i>Ptychopetalum olacoides</i>), <i>Eleutherococcus senticosus</i> root Extract (standardized to 0.8% eleutherosides), Tongkat Ali 100:1 Extract (<i>Eurycoma longifolia</i>), <i>Panax ginseng</i> root Extract (standardized to 3% ginsenosides), Ashwagandha root Extract (<i>Withania somnifera</i> , standardized to 8% withanolides, 1% alkaloids, and 1% withaferine-A).		

*Daily Value not established.

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

TestoGain™ 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 **TestoGain™** 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.

Since **TestoGain™** supports the normal circadian rhythm of gonadal tissue, it is best to take it in the **morning**. The **TestoGain™** dosage may be divided into morning and noon, but should not be taken later than noon. 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 **TestoGain™** is **2** (two) capsules each morning 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 **TestoGain™** is **4** (four) capsules each morning 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 morning 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 **TestoGain™** is **2** (two) capsules each morning with food.

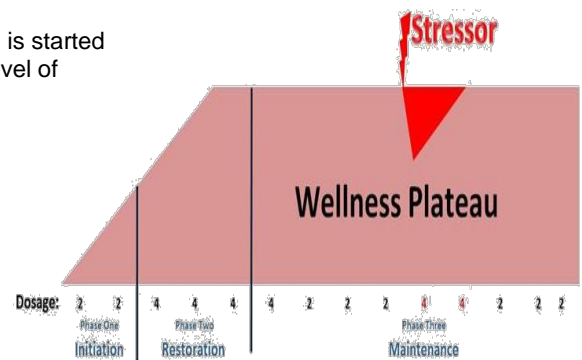
Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration,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

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



Hormone Specific Formulations

TestoGain™ 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.TestoGain.com