

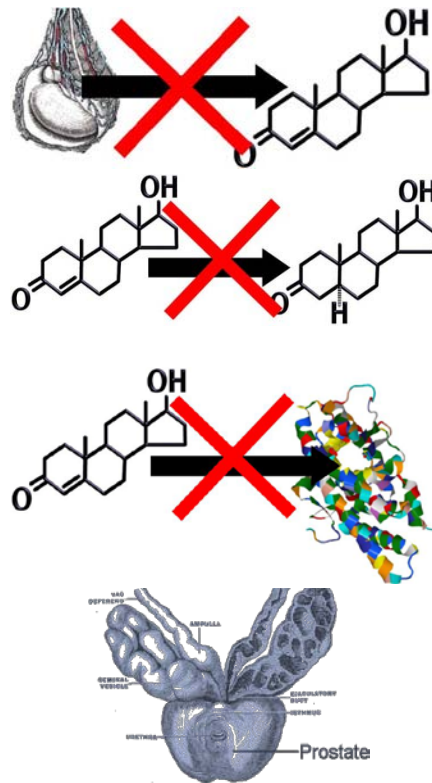
# TestoQuench™ for Men Professional Guide

The Primary function of *TestoQuench™ for Men* is to decrease testosterone production and decrease the affects of testosterone and other androgens on testosterone sensitive tissue such as the prostate. It has phytoantiandrogens, a class of phyto-compounds that decrease tissue sensitivity to androgens or decrease androgen activity. This may be due to decreasing testosterone production, 5-alpha-reductase inhibition, and/or androgen receptor antagonist actions. The synergistic combination of specific herbs in *TestoQuench™ for Men* support important functions associated with optimal protection of testosterone sensitive tissue in men:



- Anti-androgenogenic herb to decrease the production of testosterone.
- 5-alpha-reductase inhibiting herbs decrease production of Dihydrotestosterone (DHT)
- Androgen receptor antagonists
- Antiproliferative properties decrease proliferation of unhealthy prostate cells
- Anti-inflammatory actions decrease prostate inflammation.
- Analgesic properties decrease prostate discomfort
- Promote apoptosis of unhealthy prostate cells

## Decrease Testosterone Production & Function - Increase Prostate Protection



### Decreased Testosterone Production

*TestoQuench™ for Men* inhibits the production of testosterone in the Leydig cells of the testes through the action of *Ocimum sanctum*, which results in lowered serum testosterone levels. Testosterone production can resume about two weeks after the herb is stopped.

### Decrease production of dihydrotestosterone (DHT)

*Serenoa repens*, *Pygeum africanum*, *Piper cubeba*, and *Urtica dioica* have all demonstrated the ability to inhibit 5 alpha-reductase (5alphaR) activity. 5alphaR is responsible for converting testosterone to the more potent androgen dihydrotestosterone (DHT). Collectively, these herbs inhibit both type 1 and type 2 isoenzymes of 5 alpha-reductase.

### Prevent Testosterone from Binding to Androgen Receptors

*Pygeum africanum* has very strong androgen antagonistic activity, which is very specific and does not inhibit the closely related glucocorticoid or progesterone receptors. *Piper cubeba* is an androgen receptor antagonist, and down-regulated AR levels. *Serenoa repens* interferes with binding of dihydrotestosterone to androgen receptors. Collectively these herbs efficiently inhibit androgen receptor function.

### Prostate Protection

All of the herbs in *TestoQuench™ for Men* protect the prostate and relieve prostate symptoms through other mechanisms as well. Each of the herbs have antiproliferative properties, as well as anti-inflammatory properties and analgesic properties. Most of the herbs demonstrate antioxidant activity. *Serenoa repens* decreases prolactin induced prostate hyperplasia.

## How is TestoQuench™ for Men used?

*TestoQuench™ for Men* is used by healthcare professionals to decrease hypersensitivity to testosterone & other androgens in tissues that are sensitive to androgens. *TestoQuench™ for Men* improves patients with many conditions including:

- **Patients with mild prostate swelling, who want to prevent progression of prostate disease.** Especially patients with personal or family history of testosterone sensitive prostate disease. A low maintenance dosage of 2 capsules (or even 1) per day may be used to control testosterone sensitivity and protect prostate tissue.
- **Patients who have benign prostate hyperplasia.** All of the herbs are universally recognized as decreasing benign prostate hyperplasia. This potent anti-androgen formulation will lower testosterone and DHT levels and block androgen receptors, allowing the prostate time to heal and return to normal function.
- **Patients who have proliferative prostate disease.** The lowering of testosterone and DHT levels and blocking androgen receptors will affect androgen responding tissues throughout the entire body, including proliferative prostate cells. The full dosage causes androgen deprivation.
- **Patients with systemic invasion of proliferative prostate disease.** The lowering of testosterone and DHT levels and blocking androgen receptors will affect androgen responding tissues throughout the entire body, including proliferative prostate cells that have traveled beyond the prostate. The full dosage causes systemic androgen deprivation.

## • The Herbs of TestoQuench™ for Men



**Serenoa repens** interferes with in excessive androgen function and protects prostate health through various distinct processes. Serenoa repens significantly decreases the formation of DHT (the active androgen on prostate cell proliferation) by its ability to inhibit both type 1 and type 2 isoenzymes of 5 alpha-reductase. Serenoa repens interferes with binding of dihydrotestosterone to cytosolic and whole cell androgen receptor (AR) and notably down-regulates the level of androgen receptor in the nucleus. Serenoa repens strongly inhibits 3 ketosteroid reductase mediated conversion of DHT to 5 alpha-androstane-3 alpha, 17beta-diol (3alpha-diol). In addition to the potent androgens, 5alpha-androstane-3alpha, 17beta-diol (3alpha-diol) activated signaling may represent a novel pathway responsible for the progression to androgen-independent prostate cancer. Potential accumulation of 3alpha-diol in cancerous prostate may continue to support prostate cancer growth in the presence of androgen deprivation. Future therapeutic strategies for treating advanced prostate cancer might need to block intraprostatic 3alpha-diol accumulation. Serenoa repens can also block prolactin (PRL) a hormone that controls prostate gland growth by inhibiting several steps of PRL receptor signal transduction



**Pygeum africanum** interferes with androgen function through the actions of atraric acid and N-butylbenzene-sulfonamide, which are both complete and specific androgen receptor (AR) antagonists. These compounds have been shown to inhibit prostate cell growth. Research suggests antiproliferative and apoptotic on proliferative prostate fibroblasts and myofibroblasts. The androgen antagonistic activity is receptor specific and does not inhibit the closely related glucocorticoid or progesterone receptors. It does not inhibit estrogen receptors. Pygeum africanum inhibits 5 alpha-reductase. It could also suppress the oxidative stress status in diabetic bladder by raising catalase and superoxide dismutase activities significantly, and may slow down the process of diabetic cystopathy.



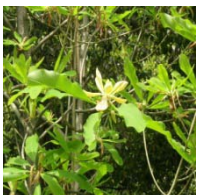
**Piper cubeba** extracts restores normal function to androgen-dependent prostate tissue via several mechanisms: Piper cubeba inhibits 5 alpha-reductase II activity in the prostate, which is responsible for converting testosterone to its active form, dihydrotestosterone (DHT); Piper cubeba is an androgen receptor (AR) antagonist, and down-regulated AR levels; and Piper cubeba suppressed cell growth and prostate-specific antigen (PSA) secretion stimulated by physiological concentrations of DHT. In addition to anti-androgenic properties, Piper cubeba also demonstrates anti-estrogenic and anti-inflammatory properties. These results support the potential use of Piper cubeba in phytotherapy against benign prostatic hyperplasia (BPH).



**Urtica dioica** may have its antiandrogen affect due to  $\beta$ -sitosterol and scopoletin, which have 5 $\alpha$ -reductase inhibitory potential. The antiandrogen properties may also be due to some of the long chain fatty acids acids in Urtica dioica such as oleic and linoleic which can cause inhibition of 5alphaR1 and 5alphaR2 activity. Urtica dioica has demonstrated beneficial effects in the treatment of symptomatic BPH, with significant improvement of relief of lower urinary tract symptoms. Urtica dioica also has a normalizing affect on blood sugar.



**Ocimum sanctum** can decrease androgen function due to antiandrogenic properties, and androgen deprivation which appears to diminish two weeks after the herb is stopped. Ocimum sanctum is highly regarded as an adaptogen in Ayurvedic medicine, due to significant antistressor properties, which promote recovery from stressors, normalizes corticosterone response to stress, and modulates glycemic and biochemical response to stress. There is also considerable research showing that Ocimum sanctum decreases elevated level of serum glucose and also caused to reverse the cholesterol, triglyceride, HDL and LDL.



**Magnolia officinalis** is able to protect the health of the prostate through various compounds. Honokiol, a soluble nontoxic natural product derived from Magnolia Honokiol was shown to inhibit prostate tissue growth, exhibit, apoptotic (programmed cell death), and antiangiogenic effects, and depress serum PSA in mice. Honokiol-induced apoptosis irrespective of their androgen responsiveness of unhealthy human prostate cells. Honokiol, which is used in traditional oriental medicine for the treatment of various ailments, may be an attractive agent for treatment and/or prevention of human prostate cancers. Obavatol, a biphenolic compound found in Magnolia officinalis and other Magnolia species, inhibits prostate cancer cell growth via induction of apoptotic cell death, and that inhibition of NF-kappaB may be a significant as its action mechanism.

For additional information, and references, please visit: [www.TestoQuenchforMen.com](http://www.TestoQuenchforMen.com)

## Synergy of Phytotherapeutic Agents in TestoQuench™ for Men

**TestoQuench™ for Men** is a unique formulation that is designed to restore and support healthy prostate function by decreasing testosterone production, decreasing conversion of testosterone to dihydrotestosterone (DHT), preventing testosterone and other androgens from binding to androgen receptors, and protecting the prostate by various mechanisms. This is possible because of the synergy that exists when multiple anti-androgen herbs are used together in effective dosages.

All of the herbs have documented antiandrogenic, anti-inflammatory, antiproliferative and analgesic properties that decrease androgen stimulation, inflammation, proliferation and discomfort in the prostate.

In addition to the universal documented antiandrogenic, anti-inflammatory, antiproliferative and analgesic properties, three of the herbs are effective androgen receptor antagonists, which prevent any remaining testosterone from binding to cells throughout the body. Four of the herbs are effective 5-alpha-reductase inhibitors, which prevent any residual testosterone from being converted to the more potent dihydrotestosterone (DHT). Most of the herbs have antioxidant properties, which is important for prostate health. *Serenoa repens* can also decrease prolactin induced prostate hyperplasia. *Ocimum sanctum* decreases testosterone production.

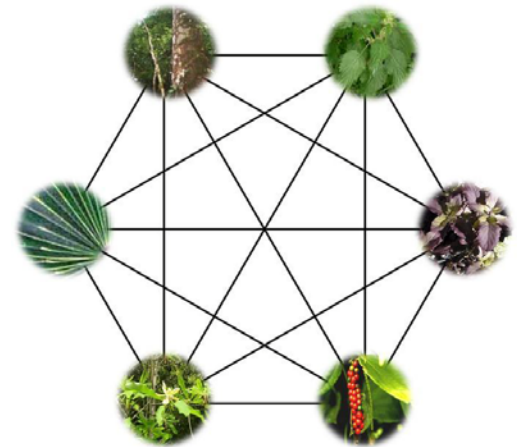
The synergy of the **TestoQuench™ for Men** formulation makes it a valuable formulation for restoring prostate health.

### Specific Actions of TestoQuench™ for Men



	antiandrogenic	androgen receptor antagonist	5-alpha-reductase inhibitor	decrease testosterone production	prostate protection	anti-inflammatory	antiproliferative	decrease prolactin induced hyperplasia	antioxidant	analgesic	antihyperglycemic	antihyperlipemic	adaptogenic	detoxification
<i>Serenoa repens</i>	X	X	X		X	X	X	X		X				
<i>Pygeum africanum</i>	X	X	X		X	X	X		X	X				
<i>Piper cubeba</i>	X	X	X		X	X	X		X	X				
<i>Urtica dioica</i>	X		X		X	X	X		X	X	X	X		
<i>Ocimum sanctum</i>	X			X	X	X	X		X	X	X	X	X	X
<i>Magnolia officinalis</i>	X				X	X	X		X	X			X	

© 2013 Joseph J Collins, RN, ND & Your Hormones, Inc.



Synergy of Herbs in TestoQuench™ for Men

© Joseph J Collins, RN, ND & Your Hormones, Inc.

The synergy of **TestoQuench™ for Men** is grounded in the fact that it is a Hormone Specific Formulation™, designed to specifically and aggressively address the unique problems associated with androgen hypersensitivity in prostate tissue. The combination of synergy and high potency herbs can effectively decrease androgen hypersensitivity. The full dosage can suppress testosterone and androgen production function to the point that sexual function can diminish due to androgen deprivation. Once prostate health has been restored, the formulation can be weaned if desired. The androgen deprivation will diminish two weeks after the formulation is stopped.

**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 #201351

### 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 *
Saw Palmetto berry Extract ( <i>Serenoa repens</i> , standardized to 25% fatty acids), <i>Pygeum africanum</i> (bark, standardized to 2.5% sterols), <i>Piper cubeba</i> (fruit), Stinging Nettle leaf Extract ( <i>Urtica dioica</i> , standardized to 1% silica), Holy Basil ( <i>Ocimum sanctum</i> , leaf), <i>Magnolia officinalis</i> bark Extract (standardized to 5% honokiol).		

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

## TestoQuench™ for Men 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 **TestoQuench™ for Men** 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.

**TestoQuench™ for Men** may be taken in the **evening** to gently support sleep. Or, **TestoQuench™ for Men** may be taken in the **morning** to mildly decrease day-time anxiety. The **TestoQuench™ for Men** 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 **TestoQuench™ for Men** 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 restore the health of tissue and an improved quality of life and decreased risk of recurrence. *In order to fully achieve reduction in androgen production and function and a decreased response in tissues throughout the body to testosterone, DHT and other androgens, it is important to maintain consistent and proper dosages of the **TestoQuench™ for Men**. Once patients experience the desired response, I advise them to stay on that dosage "until you have evidence of restored healthy tissue for feel good for at least two – preferably four months." If the patient has a long history of relapses, then I advise them to stay on the restoration dosage long term.*

The **restoration** dosage for **TestoQuench™ for Men** is **4 (four)** capsules each day with food. This should be done for at least **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.

**Note:** For cases with significant dysfunction taking **4 capsules 2 times a day** (eight capsules a day) can be very effective in dramatically lowering androgen levels and androgen response of tissues.

### 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 **TestoQuench™ for Men** is **2 (two)** capsules each day with food.

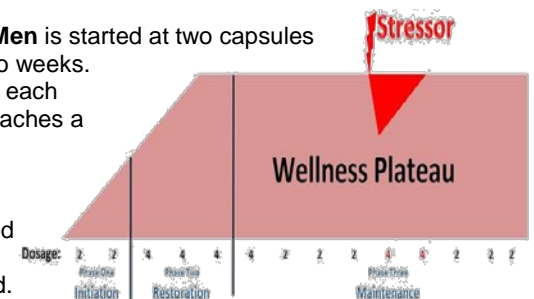
Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration, 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 **TestoQuench™ for Men** 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 **TestoQuench™ for Men** 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 **TestoQuench™ for Men** 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, such as a major stressor that affects tissue health. Once health is reacquired, the dosage may again be lowered down to two capsules each day with food.



### Hormone Specific Formulations

**TestoQuench™ for Men** 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.TestoQuenchforMen.com](http://www.TestoQuenchforMen.com)