

TestoQuench™ for Women Professional Guide

The primary functions of *TestoQuench™ for Women* is to decrease excessive testosterone production and to decrease the effects of excessive testosterone and other androgens on testosterone sensitive tissues in women.

The formulation uses phytoantiandrogens, a class of phyto-compounds that decrease tissue sensitivity to androgens or decrease androgen activity, such as through the action of 5-alpha-reductase inhibition, which decreases conversion of testosterone to the more androgenic dihydrotestosterone. Other actions include decreasing testosterone production, or androgen receptor antagonists.



TestoQuench™ for Women has a synergistic combination of specific herbs that control the effects of excessive testosterone and other androgens by a number of actions including:

- Anti-androgenogenic herb that decrease the production of testosterone.
- 5-alpha-reductase inhibiting herbs that decrease production of Dihydrotestosterone (DHT)
- Androgen receptor antagonists – that protect cells from excessive testosterone by blocking receptors
- Supporting feminization of tissues with herbs that have estrogenic properties
- Promoting healthy production and function of estrogens and progesterone, the endogenous hormones that naturally control the actions of testosterone in women.
- Supporting healthy blood sugar levels
- Anti-inflammatory actions decrease inflammation caused by androgen sensitivity.
- Supporting healthy brain function, memory, and cognition, and enhancing mood while promoting tranquility

Decrease Testosterone Production & Function



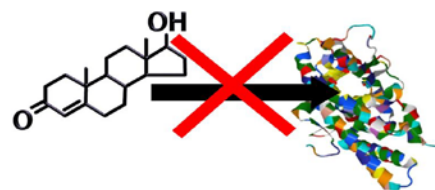
Decreased Testosterone Production

TestoQuench™ for Women inhibits the production of testosterone in the theca cells of the ovaries 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*, 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. *Serenoa repens* interferes with binding of dihydrotestosterone to androgen receptors. Together, these herbs efficiently inhibit androgen receptor function.

How is TestoQuench™ for Women used?

TestoQuench™ for Women is used by healthcare professionals to decrease hypersensitivity to testosterone and other androgens in tissues that are sensitive to androgens. It can restore and support healthy function of tissues by decreasing testosterone production, decreasing conversion of testosterone to dihydrotestosterone (DHT), preventing testosterone and other androgens from binding to androgen receptors. *TestoQuench™ for Women* improves patients with many conditions including:

- **PCOS & PCO-Like syndrome.** Androgen excess and hypersensitivity to androgens is almost universal in patients with polycystic ovary syndrome as well as patients with the atypical phenotype presentation of PCO-Like syndrome. *TestoQuench™ for Women* can effectively decrease excessive androgen production by polycystic ovaries and decrease sensitivity of androgen sensitive tissue due to the androgen receptor antagonist activity of herbs in the formulation. The formulation also has anti-hyperglycemic properties, which is very important for PCOs patients.
- **Menopause Types® 3, 6, 9 & 12.** These Menopause Types® have signs and or symptoms of androgen excess that respond well to the anti-androgen properties of the herbs in *TestoQuench™ for Women*. By controlling menopause associated androgen excess, *TestoQuench for Women™* can decrease the cardiovascular and blood sugar health risks associated with androgen excess in women.
- **PMS/PMDD.** Some forms of PMS/PMDD involve some degree of androgen excess, or androgen sensitivity, even in patients that do not have PCOS or PCO-like syndrome. PMS/PMDD associated androgen excess may present with cycle related increase in acne, oily skin, water retention, mastalgia, abdominal bloating and mood changes including increased anger, irritability, and increased intrapersonal conflicts.

The Herbs of TestoQuench™ for Women



Paeonia lactiflora (Peony) decreases testosterone production by inhibiting the conversion of delta 4-androstenedione to testosterone in the ovary, while stimulating aromatase activity in the ovary to promote estradiol synthesis. Paeoniflorin and other constituents bind to androgen receptors (AR) and act as AR antagonist. Paeoniflorin also has neuroprotective properties, and may normalize stress induced dysregulation of hypothalamic-pituitary-adrenal (HPA) axis, which has been implicated in the pathogenesis of depression.



Trigonella foenum-graecum (Fenugreek) interferes with androgen function due to the presence of beta-sitosterol, palmitic-acid. Palmitic-acid and beta-sitosterol both have 5-alpha-reductase inhibiting activity. Fenugreek has anabolic activity that maintains lean muscle without being androgenic. It is primarily recognized as having estrogenic activity. Of interest, in resistance trained men it caused a 26.6% increase in estradiol, with only a slight 6.57% increase in testosterone. Fenugreek is highly regarded for its ability to normalize blood glucose, an attribute which is supported by antioxidant, neuroprotective and the ability normalize blood lipids. This is important because women with excess androgens are at increased risk of developing type 2 diabetes.



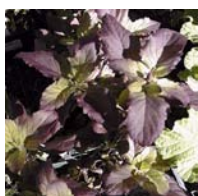
Serenoa repens (Saw Palmetto) interferes with androgen function through its ability to inhibit both type 1 and type 2 isoenzymes of 5 alpha-reductase as well as its ability to interfere with binding of dihydrotestosterone to cytosolic androgen receptor. Though popular for its ability to decrease 5 alpha-reductase in prostate tissue, animal studies have demonstrated that Serenoa repens acts on ovary cells. In addition, it has been shown to reduce sebum production in both men and women. The affect that Serenoa repens has on 5alpha-reductase is important because elevated 5alpha-reductase activity in polycystic ovaries play a role in the pathogenesis of PCOS. Decreasing the excessive 5alpha-reductase activity may also interfere with the progression of hirsutism.



Foeniculum vulgare (Fennel) interferes with androgen function through the constituent ability to inhibit both type 1 and type 2 isoenzymes of 5 alpha-reductase as well as its estrogenic properties. The antiandrogen properties are due to some of the long chain fatty acids in fennel cause inhibition of 5alphaR1 and 5alphaR2 activity. These antiandrogen properties that have traditionally been used to treat hirsutism.



Pygeum africanum (Pygeum) interferes with androgen function through the actions of atraric acid and N-butylbenzene-sulfonamide, which are both complete and specific androgen receptor (AR) antagonists. The androgen antagonistic activity is receptor specific and does not inhibit the closely related glucocorticoid or progesterone receptors. It does not inhibit estrogen receptors.



Ocimum sanctum (Holy Basil) decreases androgen function due to antiandrogenic properties, which appear to diminish two weeks after the herb is stopped. There is also considerable research showing that Ocimum sanctum decreases elevated serum glucose and also decreases hyperlipidemias. Even normal-weight women with PCOS exhibit oxidative stress and can have excess androgen excess. Ocimum sanctum has antioxidant properties that have demonstrated neuroprotective properties. Ocimum sanctum is highly regarded as an adaptogen which promotes recovery from stressors, normalizes corticosterone response to stress, and modulates glycemic and biochemical response to stress. This stress adaptation is important for women with PCOS, who are more like to have a physiologically disturbed stress response.



Urtica dioica (Nettles) may have its antiandrogen affect due to β -sitosterol and scopoletin, which have 5 α -reductase inhibitory potential. The antiandrogen properties may also be due to some of the long chain fatty acids in Nettles which can cause inhibition of 5alphaR1 and 5alphaR2 activity. There has been one study suggesting that Urtica dioica has estrogenic properties, which may account for the anti-androgen affect. Urtica dioica also has a normalizing affect on blood sugar, which is beneficial because women with androgen excess disorders are at increased risk of developing type 2 diabetes mellitus.



Vitex-agnus castus (Chasteberry) can exert its anti-androgen affect by decreasing both LH and testosterone levels. Conversely, Vitex agnus castus has been shown to increase progesterone levels and consequently support regulation of luteal function. Significant increases in plasma progesterone and total estrogens levels were shown, as were significant reduction in luteinizing and plasma prolactin hormones. A number of studies demonstrate its efficacy in relieving PMS as well as premenstrual mastodynia and other menstrual disorders (amenorrhoea, dysmenorrhoea). The benefits may in large part due to the ability of Vitex agnus castus to normalize excessive prolactin levels. This is important because there is a high comorbidity of hyperprolactinemia with PCOS.

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

Synergy of Phytotherapeutic Agents in TestoQuench for Women™


TestoQuench™ for Women is a very unique formulation that is designed to restore and support proper hormone balance in women with androgen excess disorders. It accomplishes this through the synergistic use of herbs that are anti-androgenic due to one or more of the following actions: 1) decrease the production of testosterone, 2) decrease conversion of testosterone to the more androgenic dihydrotestosterone (DHT) & 3) prevent androgens from affecting tissues due to androgen receptor antagonist activity.

In addition, **TestoQuench™ for Women** supports feminization of tissues with herbs that have estrogenic actions by either increasing estrogen production, or having strong phytoestrogenic properties.

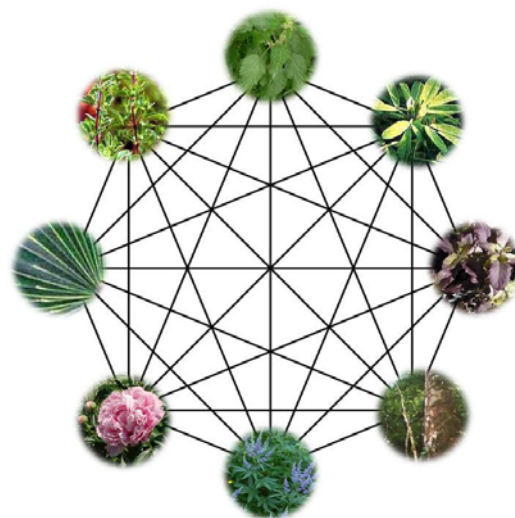
The synergistic formulation of herbs in **TestoQuench™ for Women** can also decrease symptoms and risks commonly associated with androgen excess disorders in women due to the anti-inflammatory, antioxidant, analgesic, anti-proliferative and anti-hyperglycemic properties of herbs in the formulation.

Synergy comes from the Greek word synergos - συνεργός - meaning “working together”.

Specific Actions of TestoQuench™ for Women

	anti-androgenic	androgen receptor antagonist	decrease testosterone production	5-alpha-reductase inhibitor	estrogenic properties	anti-inflammatory	antioxidant	analgesic	anti-proliferative	anti-hyperglycemic	nootropic / neuroprotect	anxiolytic	adaptogenic
 Peonia lactiflora	X	X			X	X	X	X	X	X	X		
Trigonella foenum-graecum	X				X	X	X	X	X	X	X	X	X
Serenoa repens	X	X		X		X	X	X	X				
Foeniculum vulgare	X				X	X	X	X	X		X		
Pygeum africanum	X	X		X		X	X	X	X				
Ocimum santum	X		X			X	X	X	X	X	X	X	X
Urtica dioica	X			X		X	X	X	X	X	X		
Vitex agnus-castus	X	X			X	X	X	X	X		X	X	

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Synergy of Herbs in TestoQuench™ for Women

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The synergy of **TestoQuench™ for Women** is grounded in the fact that it is a Hormone Specific Formulation™, designed to specifically and aggressively address the unique problems associated with androgen excess disorders in women. In addition to addressing high androgens and androgen sensitivity, the estrogenic properties also help control the effects of excess androgens. Decrease androgenic activity and increase estrogenic activity in turn improves other physiological functions such as blood sugar control. In women, either high androgens or low estrogens can cause insulin resistance with increased risk of developing diabetes.

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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Formula #201352

Supplement Facts

Serving Size 2 Vegetarian Capsules 4 Vegetarian Capsules
Servings Per Container 60 30

Amount Per Serving %DV %DV

Herbal Proprietary Blend 1,440 mg * 2,880 mg *
Paeonia root Extract (*Paeonia lactiflora*, standardized to 10% paeoniflorin), Fenugreek seed (*Trigonella foenum-graecum*), Saw Palmetto berry Extract (*Serenoa repens*, standardized to 25% fatty acids), Fennel seed (*Foeniculum vulgare*), *Pygeum africanum* Extract (bark, standardized to 2.5% sterols), Holy Basil (*Ocimum sanctum*, leaf), Nettle leaf Extract (*Urtica dioica*, standardized to 1% silica), *Vitex-agnus castus* (Chastetree berry, standardized to 0.5% agnuside and 0.4% aucubin)

*Daily Value not established.

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

TestoQuench™ for Women 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 Women** 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 Women may be taken in the **evening** to gently support sleep. Or, **TestoQuench™ for Women** may be taken in the **morning** to mildly decrease day-time anxiety. The **TestoQuench™ for Women** 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 Women** 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 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 Women**. Once patients experience the desired response, I advise them to stay on that dosage "until you have evidence of restored healthy tissue or feel good for at least two to 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 Women** is **4 (four)** capsules each morning 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 to 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 **TestoQuench™ for Women** is **2 (two)** capsules each morning with food.

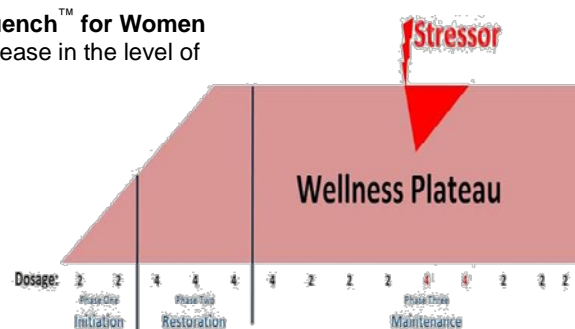
Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration, 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 **TestoQuench™ for Women** 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 **TestoQuench™ for Women** higher place of wellness, indicated by the Wellness Plateau.

In Phase Three (MAINTENANCE) the **TestoQuench™ for Women** 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

TestoQuench™ for Women 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.TestoQuenchforWomen.com