

THYROID HEALTH | SUPPORT PROTOCOL[†]

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

Protocol Objectives:

To differentiate the specific support needs for thyroid health based on symptoms, assessment, clinical observations and lab tests. Thyroid hypersensitivity to estrogens and/or generalized, multi-system fatigue may also occur with suboptimal thyroid function.[†]

Clinical Objective	Assessment	Recommendations	Dosing
Support thyroid health[†]	Labs: Assess T3, T4 and/or Reverse T3 (rT3), T3/rT3 ratio, anti-TPO and anti-TG levels Patient presents with weight gain, cloudy thinking, fatigue, hair loss, cold hands and feet, constipation, feelings of sadness	ThyroMend™	2 to 4 capsules daily with food
Support of thyroid-immune health[†]	Lab: Assess anti-TG antibodies Patient presents with mild generalized aches and whole body discomfort	If indicated, Add: Wobenzym® Plus	2 tablets twice daily without food
Support thyroid cell health[†]	Lab: Assess anti-TPO antibodies	If indicated, Add: Seleno-Methionine 200 mcg	1 capsule daily
Support function of endogenous anti-estrogens, thereby helping decrease the production of estrogens[†]	Labs: Assess estrogens (estradiol & estrone or total estrogens), T:E ratio Women present with breast discomfort and men present with increased breast size	If indicated, Add: EstroQuench™	2 to 4 capsules daily with food
Support stress adaptation[†]	Lab: Assess Cortisol or DHEA levels Patient presents with adrenal fatigue, generalized fatigue, or multiple system fatigue; takes longer to recover from routine stress such as a full day of work or recreational activity; difficulty recovering from physical or emotional stress	If indicated, Add: AdrenoMend™	2 to 4 capsules daily with food
Generalized support of HP Axes[†] (Adrenal, Gonadal, and/or Thyroid function) & glycemic support[†]	Lab: Assess full hormone panel Refer to Hypothalamic-Pituitary Axes Support Protocol	Endocrine Complete™ for Foundational Hormone Health	4 capsules daily with food. Take in AM or AM & NOON

*Joseph J. Collins, R.N., N.D. is a retained Clinical Advisor of Douglas Laboratories

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