

CLINICAL PROTOCOLS

MENOPAUSE SUPPORT

A Suggested Nutritional Protocol for Menopausal Support

Phyto Balance (Pure Encapsulations)

Promotes healthy estrogen and progesterone activity; reduces hot flashes.

Suggested usage: *Two to four capsules per day, in divided doses, between meals.*

DIM

DIM is a synergistic combination of plant based ingredients including DIM, curcumin, green tea and wasabia designed to support healthy hormone balance and hormonal detoxification.

Suggested usage: *Two capsules daily.*

Prim Royal

Prim Royal is a beneficial omega-6 fatty acid providing a valuable source of gamma linolenic acid (GLA). Evening Primrose oil is successfully used to ease the discomforts associated with PMS and female hormonal imbalances.

Suggested usage: *Three to six Capliques™ daily.*

OR

Krill Plex (Pure Encapsulations)

Reports suggest that krill oil provided statistically significant support for physical and emotional well being and was well tolerated. Researchers also indicated that krill oil may be supportive of mental alertness, learning capacity, and daily endurance.

Suggested usage: *2 softgels per day with breakfast for one month and one softgel thereafter or as directed by a health care professional.*

Cal-6+Mg™

A unique calcium formula containing 6 different sources of calcium, along with magnesium and other bone supportive nutrients, which are especially important during the menopausal years.

Suggested usage: *One to three tablets daily.*

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DR. COLLINS HORMONAL SUPPORT

Estro-Mend™

A synergistic blend of herbs and other nutrients designed to support healthy estrogen function.

Suggested usage: *Three capsules daily with meal.*

Progesto-Mend™

Formulated with a combination of phytoprogestones, progestogenic adaptogens, and other herbs that support optimal progesterone function by maintaining the health of progesterone-producing glands and by supporting the healthy function of progesterone-responsive tissues.

Suggested usage: Three capsules daily with meal.

Testo-Gain™

A synergistic combination of phytoandrogens, androgenic adaptogens and other herbs designed to help promote optimal testosterone-producing glands by supporting the healthy functions of testosterone-responsive tissues.

Suggested usage: *Three capsules daily with meal.*

Testo-Quench™

An herbal combination designed to support the healthy function of skin, hair, breasts, vagina, and other testosterone-sensitive tissues in women. This product will assist with bringing abnormally HIGH testosterone levels into balance.

Suggested usage: *Three capsules daily with meal.*

Normal Testosterone	Low Testosterone		High Testosterone
Adequate Estrogen Adequate Progesterone	TYPE 1	TYPE 2 TESTO-GAIN	TYPE 3 TESTO-QUENCH
Deficient Estrogen Adequate Progesterone	TYPE 4 ESTRO-MEND	TYPE 5 ESTRO-MEND	TYPE 6 ESTRO-MEND TESTO-QUENCH
Adequate Estrogen Deficient Progesterone	TYPE 7 PROGESTO-MEND	TYPE 8 PROGESTO-MEND TESTO-GAIN	TYPE 9 PROGESTO-MEND TESTO-QUENCH
Deficient Estrogen Deficient Progesterone	TYPE 10 PROGESTO-MEND ESTRO-MEND	TYPE 11 PROGESTO-MEND ESTRO-MEND TESTO-GAIN	TYPE 12 PROGESTO-MEND ESTRO-MEND TESTO-QUENCH

More information available through Dr. Joseph Collins at www.YourMenopauseType.com

Ask for Dr. Collins Hormonal survey to assist with product selection and combinations.

