



Treatment Consideration Guide

After consulting the Progesterone/Estrogen, Cortisol and Androgen Lab Assessment - Treatment Guides, providers may consider the corresponding products on this Douglas Laboratories Treatment Guide.

Disclaimer: This form is a reference for providers and not to be considered medical advice or diagnostic for any specific case. Treatment decisions are always to be made at the discretion of a qualified provider.



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Very Low E2	Modestly Low E2	Within Range E2	Elevated E2
ProgestoMend EstroMend A B	ProgestoMend C D	ProgestoMend EstroQuench E F	ProgestoMend EstroQuench DIM Enhance Calcium-D- Glucarate G
EstroMend H	ProgestoMend I J	ProgestoMend EstroMend EstroQuench K L	ProgestoMend EstroQuench DIM Enhanced Calcium-D- Glucarate M
EstroMend N O	P Q	EstroMend EstroQuench R S	EstroQuench DIM Enhanced Calcium-D-Glucarate T U
EstroMend DIM Enhanced V	ProgestoMend W X	DIM Enhanced Y Z	DIM Enhanced AA BB
B Complex with Metafolin & Intrinsic Factor CC	B Complex with Metafolin & Intrinsic Factor DD	B Complex with Metafolin & Intrinsic Factor EE	B Complex with Metafolin & Intrinsic Factor FF

Very Low E2	Expected E2	Above Expected E2	High E2
EstroMend ProgestoMend A	ProgestoMend EstroMend B C	ProgestoMend D E	F
EstroMend DIM Enhanced G	ProgestoMend EstroMend H I J K	ProgestoMend L	ProgestoMend EstroQuench DIM Enhanced Calcium-D-Glucarate
EstroMend M	EstroMend N O P Q	EstroMend ProgestoMend	R
EstroMend DIM Enhanced ProgestoMend	DIM Enhanced S T	DIM Enhanced U V	DIM Enhanced W
B Complex with Metafolin & Intrinsic Factor R	B Complex with Metafolin & Intrinsic Factor X	B Complex with Metafolin & Intrinsic Factor Y	Z

	Low Cortisol or Low Adaptive Cortisol	High Cortisol or High Adaptive Cortisol
<p>For adrenal hormone health, the suggestions to the right may be considered.</p> <p>Proper adrenal health requires adequate levels of B vitamins and vitamin C. Ortho B Complex and Buffered C may be appropriate for these cases to address any related insufficiencies.</p>	<p>AndroMend</p> <p style="text-align: right;">ACE</p>	<p>AndroMend</p> <p style="text-align: right;">BDF</p>
	<p style="text-align: right;">GI</p>	<p style="text-align: right;">HJ</p>

Low Testosterone		Normal Testosterone		High Testosterone		Low Testosterone		Normal Testosterone		High Testosterone	
A	B	C	D	E	F	A	B	C	D	E	F
TestoGain	TestoGain TestoQuench DIM Enhanced	TestoGain	Prostasupport TestoQuench DIM Enhanced	Prostasupport TestoQuench DIM Enhanced	DIM Enhanced	TestoGain	TestoGain	TestoQuench DIM Enhanced	TestoQuench DIM Enhanced	TestoQuench DIM Enhanced	DIM Enhanced
K	L	M	N	O	P	L	M	N	O	P	Q
AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend	AndroMend
N	O	P	Q	R	S	T	U	V	W	X	Y