

METABOLIC HORMONE | SUPPORT PROTOCOL[‡]

[Developed by Dr. Penny Kendall-Reed, N.D.]⁺

Protocol Objective:

To help manage metabolic hormones and healthy body weight using symptom assessment, diet, and supplementation. Recommendations are made for genetic testing of metabolic SNPs (Single Nucleotide Polymorphisms) that are modifiable through nutrition and lifestyle.^{‡†}

Clinical Objective [†]	Assessment	Select from the following Recommendations [*]	Dosing
Support Satiety	Serum leptin, adiponectin, ghrelin Self-reported food cravings, hunger, excessive eating, especially when stressed	Tri-Metabolic Control™	2 capsules, 30 minutes before meals (2-3 meals daily)
		Whey Satisfied™	1 scoop with a meal, 1-2 times daily
		Sereniten Plus	1-2 capsules, twice daily without food. No snacking.
Support Adiponectin	Serum adiponectin Lipid profile Fasting glucose, HbA1c, and/or related metabolic testing BMI	Tri-Metabolic Control™	2 capsules, 30 minutes before meals (2-3 meals daily)
		Whey Satisfied™	1 scoop with each meal
Support Leptin Sensitivity	Serum leptin Self-reported postprandial hunger and food cravings, especially in the evening BMI	Tri-Metabolic Control™	2 capsules, 30 minutes before meals (2-3 meals daily)
		Whey Satisfied™	1 scoop with dinner and 1 scoop 2 hours after dinner if needed
		L-Carnosine	500 mg, twice daily, 30 minutes before meals
		Sereniten Plus	1-2 capsules, twice daily without food. No snacking.
Support Ghrelin	Serum ghrelin, BMI and self-reported hunger, cravings and excessive eating, especially when stressed	Tri-Metabolic Control™	2 capsules, 30 minutes before meals (2-3 meals daily)
		Whey Satisfied™	1 scoop with a meal, 1-2 times daily
		Sereniten Plus	1-2 capsules, twice daily without food. No snacking.
Support Melanocortin 4	BMI Fasting glucose, HbA1c, and/or related metabolic testing Self-reported postprandial hunger and food cravings; libido	Tri-Metabolic Control™, L-Carnosine, Sereniten Plus	Refer to dosing recommendations above
		Whey Satisfied™	1-2 scoops with each meal. No snacking, higher lean protein, low sugar.
		Cal/Mag 2001	2 tablets daily with food.
Modulate PPAR (Peroxisome Proliferator Activated Receptor)	BMI or body composition Self-reported energy level, cognitive function	Tri-Metabolic Control™, L-Carnosine, Sereniten Plus	Refer to dosing recommendations above
		Resveratrol	1-2 capsules, twice daily, on an empty stomach
Adrenal Support for Hyperadrenal States	Orthostatic vital sign measurement Self-reported sleep quality Self-reported stress, irritability BMI	Sereniten Plus	1-2 capsules, twice daily, without food
		Melatonin Prolonged Release 3 mg	1 capsule, before bed
		Rest Reset™	1 capsule, 30 minutes before bed, without food
		GABA	500 mg, twice daily, without food [optional]

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

Clinical Objective†	Assessment	Select from the following Recommendations*	Dosing
Adrenal Support for Hypoadrenal States	Orthostatic vital sign measurement Cortisol levels Self-reported sleep quality BMI	Sereniten Plus	2 capsules, twice daily, with a gradual decrease to 1 capsule, twice daily, without food
		Adrenplus-300 or AdrenoMend™	1-2 capsules daily 2-4 capsules daily
		Melatonin	6-9 mg before bed
Healthy Stress Response	Cortisol levels Monitor levels: DHEA Estradiol Progesterone Bioavailable testosterone	Sereniten Plus	1-2 capsules, twice daily (1 daily as maintenance)
		Relora®-Plex or GABA	1 capsule, twice daily 500-1,000 mg daily, without food
		DHEA	5-50 mg if indicated

Available for download at douglaslabs.com/metabolichormonesupportprotocol

*Please note that patients may not require all supplements listed.

†Dr. Penny Kendall-Reed is a retained advisor to Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.