

CARDIOMETABOLIC AND INSULIN SENSITIVITY

Developed with Dr. Angela Mazza*

Protocol Objective:

To address optimal cardiometabolic health and to provide additional recommendations for hormonal health that may be related to insulin sensitivity.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Insulin sensitivity, blood lipids, and cardiometabolic support	<p>Patient presents with fatigue, weight gain, and difficulty losing weight</p> <p>Physical: to include BP, weight, waist circumference +/- waist hip ratio</p> <p>Lab: assess fasting lipid panel, fasting and post-prandial blood glucose, insulin, hemoglobin A1c, vitamin D</p>	Berberine Balance Formula: 201131	1 capsule twice daily
		QÜELL Fish Oil® Ultra EPA Formula: 200979	2 softgels daily
		Ubiquinol-QH Formula: 201899	1 softgel daily
		Vitamin D 125 mcg (5,000 IU) Formula: 200562	1 tablet daily with food
Support weight management and fat metabolism†	<p>Body weight: BMI > 25</p> <p>Waist circumference: Men > 102 cm (40 in)</p> <p>Waist circumference: Women > 88 cm (35 in)</p>	Metabolic Lean® Formula: 202450	1 capsule 30 minutes before breakfast and dinner
Support insulin sensitivity and hormone health in women	<p>Patient presents with clinical signs of elevated testosterone: irregular menstrual cycles, skin or hair changes including facial hair, acne, abdominal fat, and imbalanced blood glucose levels</p> <p>Additional Labs: assess androgens/testosterone levels</p>	TestoQuench™ for Women Formula: 201352	2 capsules daily with a meal
Support insulin sensitivity and hormone health in men	<p>Patient presents with clinical signs of low testosterone: low libido, low stamina, decreased mood, fatigue, difficulty focusing, and decreased muscle mass</p> <p>Additional Labs: assess androgens/testosterone levels</p>	TestoGain™ Formula: 201397	2-4 capsules daily with food
Support insulin sensitivity associated with menopause and perimenopause	<p>Patient presents with heat intolerance, night sweats, mood changes, and change or absence of menstrual cycle</p> <p>Additional Labs: assess LH, FSH, estradiol, progesterone, and testosterone levels</p>	Ultra MenoEase™ With BioResponse DIM® Formula: 202366	2 capsules daily with a meal
Support insulin sensitivity influenced by stress	<p>Patient presents with increased emotional stress or physical stress, including chronic or acute illness. May have difficulty sleeping</p> <p>Additional Labs: cortisol assessment</p>	Sereniten Plus Formula: 201348	1 or 2 capsules twice daily without food

* Dr. Angela Mazza is a retained advisor to Douglas Laboratories.

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

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

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

Available for download at: douglaslabs.com/protocols