



# GUIDE TO **BEAUTY SUPPORT** FOR HEALTHY AGING<sup>†</sup>



 **DOUGLAS**  
LABORATORIES®

PUSHING POTENTIAL.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Douglas Laboratories®** researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements, and provides customized practice support. With a 60-year heritage of innovating and designing products to meet the needs of healthcare professionals, we push the potential of both clinical practices and patients to continually perform at their personal best, today and in the future. Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products.†

BEAUTY

Over time, many factors contribute to changes in our hair, nails and skin. Dietary, environmental and genetic factors, as well as lifestyle, all contribute to our physical appearance and well-being. These factors can affect the pigmentation, elasticity, hydration, thickness, and luster of hair, nails and skin. Outward appearance is a reflection of our internal cellular and metabolic health. Dietary supplementation with specific, scientifically studied nutrients can help to support our appearance as we age. Douglas Laboratories is committed to staying at the forefront of new research where the science of supplementation and beauty intersect.†

- BEAUTY | FOUNDATION
- BEAUTY | HAIR & NAIL INTEGRITY†
- BEAUTY | SKIN SUPPORT†
- BEAUTY | VEIN HEALTH†
- BEAUTY | CLINICAL PROTOCOLS

Beauty Support Protocol† .....8

Women’s Wellness Support Protocol† .....9

CLINICAL ADVISOR:

Shelena Lalji, M.D.††



Known as “Dr. Shel,” Shelena Lalji is the founder and medical director of the Dr. Shel Wellness & Aesthetic Center in Sugar Land, Texas. Dr. Shel is a board-certified obstetrician and gynecologist. She is a national trainer and an international speaker on several integrative/functional medicine topics and on advanced aesthetic treatments. Dr. Shel is a published author and an advocate for her patients and her local community, as well as a firm believer in addressing the root causes of her patients’ health and well-being.

††Dr. Shelena Lalji has been retained as a medical consultant in advising Douglas Laboratories.

# FOUNDATION



Ultra HNS supplies high-dose biotin, methylfolate, vitamin C, zinc and Cynatine® HNS, a patented, solubilized keratin for the health of hair, nails, and skin.<sup>†</sup> Cynatine® HNS has demonstrated that it can improve the strength, brightness and appearance of hair, nails and skin, as well as reduce hair loss associated with washing.<sup>‡</sup>

[ Formulated by Shelena Lalji, M.D. ]

## Ultra HNS Hair, Nails, Skin Formula

### Formula

201345

### Size

90 Vegetarian Capsules

Suggested Usage: 3 daily

View the **Beauty & Women's Wellness Support Protocols**<sup>†</sup> on pgs. 8-9

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid) .....	250 mg 417%
Folate (as L-Methylfolate, Metafolin®).....	200 mcg 50%
Biotin .....	6,000 mcg 2,000%
Zinc (Krebs <sup>†</sup> ) .....	25 mg 167%
Cynatine® HNS (soluble keratin).....	500 mg *
PABA (Para-Aminobenzoic Acid).....	75 mg *
Lemon Bioflavonoid Complex .....	75 mg *

\*Daily Value [DV] not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate and silica.

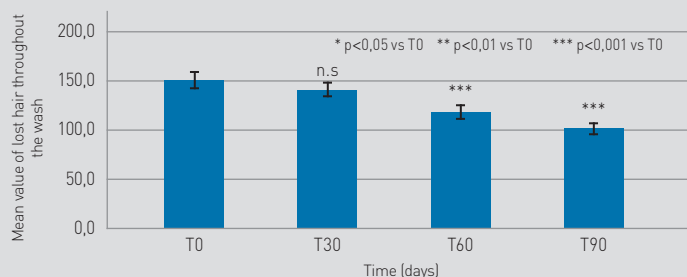
<sup>†</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Cynatine® HNS is a registered trademark of Roxlor, LLC.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

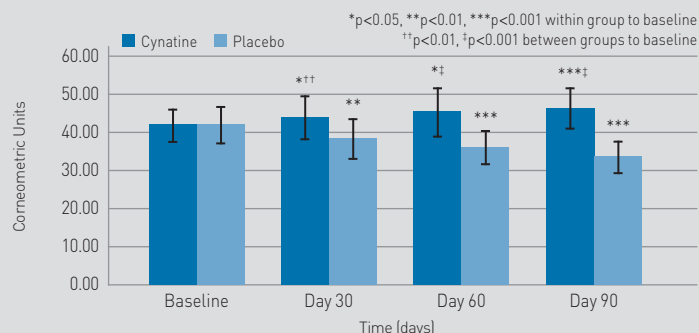
## Cynatine® HNS (Solubilized Keratin): Results from a Clinical Trial

### Mean Reduction in Hair Loss from Washing



• Hair loss from washing decreased by 30% in 90 days.<sup>‡</sup>

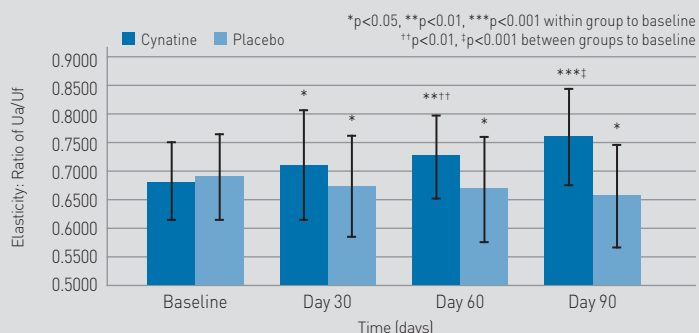
### Mean Change in Skin Moisture



• Cynatine® increased the moisture of skin after 30 days.

• Results were statistically significant compared to baseline and placebo at 30, 60 and 90 days.<sup>‡</sup>

### Mean Change in Skin Elasticity



• Cynatine® increased the elasticity of skin after 60 days.<sup>‡</sup>

• Results were statistically significant compared to baseline and placebo at 60 and 90 days.<sup>‡</sup>

## Hair, Skin and Nails Plus

Formula	Size
82924	100 Capsules

**Suggested Usage:** 2, twice daily, with meals

Hair, Skin and Nails Plus Formula is an original formula that supplies beneficial amounts of several vitamins, minerals and other nutrients, specially formulated to support the health of hair, skin and nails.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 50

Amount Per Serving	%DV
Vitamin A (as Vitamin A Palmitate) .....	7,500 IU 150%
Vitamin C .....	62.5 mg 104%
(from Calcium Ascorbate/Magnesium Ascorbate/ Manganese Ascorbate and Ascorbic Acid complex)	
Calcium (from Calcium Malate/Citrate/Ascorbate complex) .....	80 mg 8%
Iron (as Ferronyl®) .....	7.5 mg 42%
Magnesium (from Magnesium Malate) .....	55 mg 14%
Zinc (from Zinc Krebs®/Malate/Ascorbate complex) .....	7.5 mg 50%
Manganese (from Manganese Ascorbate) .....	5 mg 250%
Bioflavonoids .....	37.5 mg *
PABA (Para-Aminobenzoic Acid) .....	37.5 mg *
Horsetail (aerial part) ( <i>Equisetum arvense</i> with silica) .....	325 mg *
Lecithin (from soy) (granules, high in Phosphatidylcholine) .....	100 mg *
Gelatin .....	75 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

†Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## QÜELL Fish Oil® EFA Plus ● new product

Formula	Size
202260	60 Softgels

**Suggested Usage:** 2 daily

View the **Beauty Support Protocol**<sup>†</sup> on pg. 8

This unique essential fatty acid formula utilizes the QÜELL Fish Oil® Supercritical CO<sub>2</sub>-extracted EPA and DHA for ultimate purity and concentration. It also contains organic borage seed oil to provide GLA and astaxanthin, an important carotenoid, to help support skin, joints, and eye moisture.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	10
Calories from Fat .....	10
Total Fat .....	1 g 2%**
Vitamin A (as retinyl palmitate) .....	500 IU 10%
Vitamin C (as ascorbic acid) .....	50 mg 83%
Vitamin D3 (as cholecalciferol) .....	1,000 IU 250%
Vitamin B6 (as pyridoxine HCl) .....	25 mg 1250%

Magnesium (from magnesium glycinate) .....	100 mg 25%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	750 mg *
Providing:	
EPA (Eicosapentaenoic acid) .....	340 mg *
DHA (Docosahexaenoic acid) .....	220 mg *
GLA (from organic borage seed oil) .....	100 mg *
Astaxanthin .....	1.5 mg *

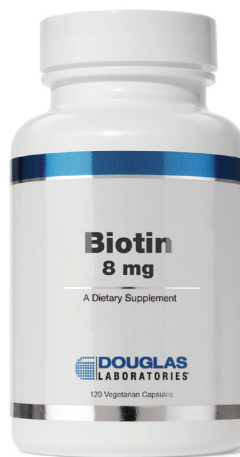
\*Daily Value (DV) not established.

\*\*Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Sunflower lecithin, beeswax, capsule (gelatin from fish [tilapia], glycerin, water, carob).

This product contains fish oil (anchovies, sardines, mackerel).

## HAIR & NAIL INTEGRITY<sup>†</sup>



Biotin, also known as vitamin B<sub>7</sub>, is a critical water-soluble vitamin that is an essential co-factor for a number of metabolic carboxylation reactions, including carbohydrate, fat and protein metabolism. Biotin may provide support for healthy glucose metabolism, nerve function and nail strength.<sup>†</sup>

## Biotin 8 mg ● new product

Formula	Size
202255	120 Vegetarian Capsules

**Suggested Usage:** 1 daily

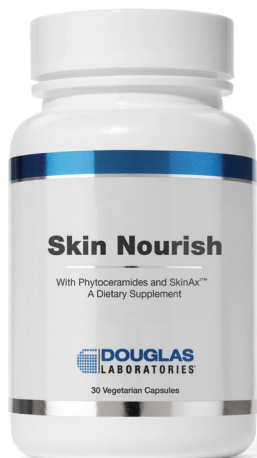
View the **Beauty Support Protocol**<sup>†</sup> on pg. 8

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 120

Amount Per Serving	%DV
Biotin .....	8 mg 2,667%
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule).	

Ultra HNS & Hair, Skin and Nails Plus  
complete our Hair & Nail Integrity Product<sup>†</sup> Section.

SKIN SUPPORT<sup>†</sup>

Skin Nourish offers a special skin nutrient blend containing polyphenolic compounds from grape seed, SOD from melon, vitamin C, and zinc, which are primary and secondary antioxidants that support the appearance of radiant skin color, contrast and integrity.<sup>†</sup> Phytoceramides work in the skin's epidermis layer to help retain moisture and improve the appearance of wrinkles and elasticity.<sup>†</sup> Silica supplied by bamboo plays a role in maintaining skin

elasticity and collagen production.<sup>†</sup> Together, these nutrients work within the body to provide skin radiance, hydration, and a nourished appearance.<sup>†</sup>

[ Formulated by Shelena Lalji, M.D. ]

## Skin Nourish

● new product

## Formula

202269

## Size

30 Vegetarian Capsules

Suggested Usage: 1 daily

View the [Beauty Support Protocol<sup>†</sup>](#) on pg. 8

## SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as ascorbic acid).....	12 mg 20%
Zinc (as zinc citrate).....	4 mg 15%
Polyphenols (from grape seed extract <i>Vitis Vinifera</i> ) .....	105 mg *
Total flavanols monomers.....	42 mg
Total flavanols oligomers.....	12 mg
Superoxide dismutase (SOD).....	31.5 IU *
(coated dried melon juice concentrate (fruit) <i>Cucumis melo</i> )	
Ceramosides™ .....	30 mg *
Ceramide wheat seed extract <sup>Δ</sup> ( <i>Triticum vulgare</i> ) (standardized to 50% glycosylceramides, 40% digalactosyl diglyceride (DGDG))	
Bamboo ( <i>Bambusa vulgaris</i> , whole plant) .....	100 mg *
(providing 50% silica)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, ascorbyl palmitate, silica, vegetable stearate, coating ingredients (ethylcellulose and palm oil).

<sup>Δ</sup>Wheat has been processed to allow Ceramosides™ to meet the FDA requirement for a gluten-free claim.

SkinAx<sup>2™</sup> is a trademark of Activ' Inside.

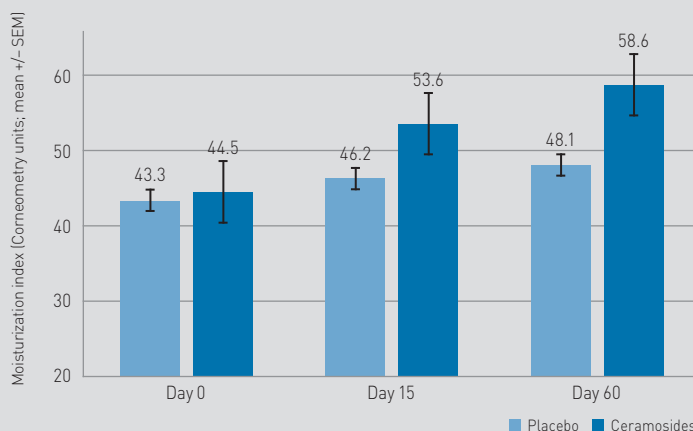
Ceramosides™ is a trademark of EPI France.

SkinAx<sup>2™</sup> and Ceramosides™ Promote Skin Hydration and Radiance<sup>†</sup>

As we age, skin production of collagen declines, which can impact skin elasticity and moisture retention. In addition, environmental stressors can result in damage to the skin cells, which may cause changes in coloration and turnover. SkinAx<sup>2™</sup> is a specialized nutrient blend of clinically studied ingredients containing polyphenolic compounds from grape seed, superoxide dismutase concentrate from melon, vitamin C, and zinc. These are antioxidants that promote skin radiance by supporting healthy skin color, elasticity, and facial luminosity to brighten dull complexions.<sup>†</sup>

Lipids called ceramides from wheat seed oil are the major constituents between the skin's layers that hold in moisture. Ceramosides™ phytoceramides have been shown to help support skin moisture 15 days after being taken orally.<sup>†</sup>

## Skin moisture with Ceramosides™ supplementation



Hydrolyzed Collagen Plus ● new product  
with Hyaluronic acid

Formula	Size
57717P	84 Grams Powder

Suggested Usage: 1 scoop, twice daily

View the **Beauty Support Protocol**<sup>†</sup> on pg. 8

Hydrolyzed Collagen Plus is a unique formulation and healthy hydration beverage for skin health.<sup>†</sup> Collagen with hyaluronic acid and co-factors supports healthy collagen production and skin elasticity, as well as hydration.<sup>†</sup> Hydrolyzed collagen peptides (from bovine) provide a source of essential and non-essential amino acids involved in collagen formation within the skin's dermis layer. Vitamin and mineral co-factors including vitamin C help with connective tissue formation, while copper and zinc help link collagen threads together.<sup>†</sup> This powdered formula is specially designed to dissolve clear, flavorless and tasteless in liquid.

SUPPLEMENT FACTS

Serving Size 1 Scoop (approx. 1.4 grams) • Servings Per Container 60

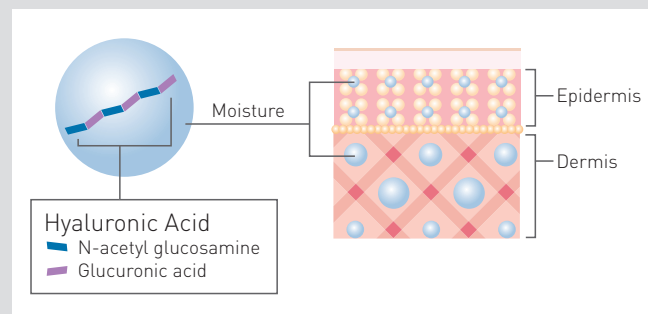
Amount Per Serving	%DV
Vitamin C (as ascorbic acid) ..... 50 mg	56%
Zinc (from zinc gluconate) ..... 0.8 mg	7%
Copper (from copper gluconate) ..... 0.1 mg	11%
Hydrolyzed collagen (from bovine) ..... 1.25 g	*
Hyaluronic acid (as sodium hyaluronate) ..... 50 mg	*

\*Daily Value (DV) not established.

Other ingredients: none.

Hyaluronic Acid

More than 50% of the body's hyaluronic acid is present in the skin, where it plays a major role maintaining extracellular spaces, preserving tissue hydration and facilitating the transport of ion solutes and nutrients to cells in the upper layer due to its water-retaining capacity.<sup>†</sup> HA supports the skin by promoting healthy turnover and renewal of keratinocytes.<sup>†</sup> Low molecular weight hyaluronic acid is efficiently absorbed by the body when orally ingested.<sup>†</sup>



- Hydrolyzed collagen and hyaluronic acid are backed by clinical research demonstrating support for skin elasticity, hydration and appearance.<sup>†</sup>

Collagen Forte

Formula	Size
99077	300 Capsules

Suggested Usage: 5 daily

Collagen Forte supplies significant amounts of Vitamin C, L-Lysine, and L-Proline in capsule form to help support healthy collagen synthesis.<sup>†</sup>

SUPPLEMENT FACTS

Serving Size 5 Capsules • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C ..... 2,000 mg	3,333%
L-Lysine HCl ..... 1,000 mg	*
L-Proline ..... 200 mg	*
L-Threonine ..... 25 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), L-Threonine, cellulose and vegetable stearate.

Hyaluronic Acid

● new product

Formula	Size
202262	60 Vegetarian Capsules

Suggested Usage: 1 daily

Hyaluronic acid (HA) is produced by keratinocytes and is a member of a large family of glycosaminoglycans, the main components of the extracellular matrix. It is abundant in tissues and fluids, with the highest concentrations in synovial fluid, vitreous humor and skin. HA helps to support joint health and provides supplemental support for skin health.<sup>†</sup>

SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

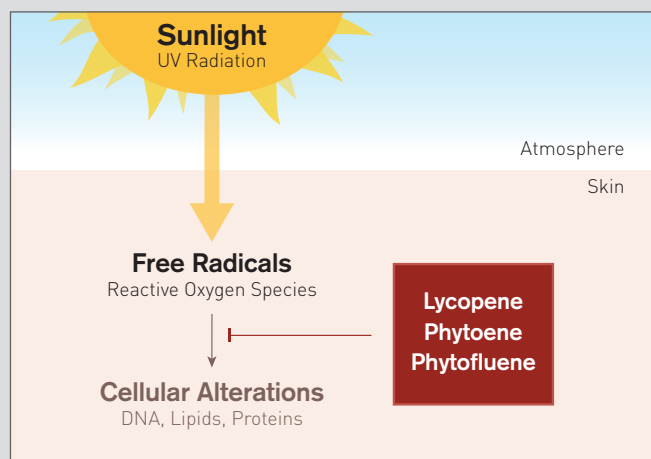
Amount Per Serving	%DV
Hyaluronic Acid (from sodium hyaluronate) ..... 70 mg (low molecular weight)	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule).

## Carotenoids Contribute to Skin Protection<sup>†</sup>

Premature aging of the skin can be caused by exposure to the sun's UVA and UVB light, as well as other stresses causing cell damage in the epidermis. Carotenoids are antioxidants that are present in human skin and contribute to ultraviolet (UV) light protection.<sup>†</sup> Naturally occurring carotenoids lycopene, phytoene and phytofluene from tomato fruit extract have been shown to help protect the skin more effectively than synthetic lycopene.<sup>†</sup>



## Skin Protect<sup>†</sup>

● new product

### Formula

202277

### Size

60 Softgels

**Suggested Usage:** 2 daily

View the **Beauty Support Protocol<sup>†</sup>** on pg. 8

Skin Protect<sup>†</sup> delivers a clinically studied combination of the antioxidants carnosic acid, lycopene, phytoene, and phytofluene to promote healthy skin from the inside out, while helping to protect skin from the effects of UV sunlight exposure and environmental stresses.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Standardized Tomato Fruit Extract.....200 mg	*
Providing:	
Lycopene.....7.5 mg	
Natural mixed tocopherols.....2.8 mg	
Phytoene and phytofluene.....2.9 mg	
Carnosic acid (from rosemary leaf extract).....2 mg	*

\*Daily Value (DV) not established.

Other ingredients: Bovine gelatin, medium chain triglycerides, glycerin, purified water, annatto extract.

Lycored Nutrient Complex Technology Inside. Lycored Nutrient Complex is a registered trademark. US Patents: 5,837,311; 6,797,303 82; 5,965,183; 2010/023256 A1.

## VEIN HEALTH<sup>†</sup>



Varitonin<sup>™</sup> contains a blend of vitamin C, hesperidin methyl chalcone, and standardized extracts of horse chestnut, butcher's broom, and gotu kola for comprehensive vascular support.<sup>†</sup>

## Varitonin<sup>™</sup>

### Formula

VRT

### Size

60 Vegetarian Capsules

**Suggested Usage:** 1 daily

View the **Beauty Support Protocol<sup>†</sup>** on pg. 8

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C (as L-ascorbic acid) .....250 mg	417%
Horse Chestnut seed .....250 mg	*
( <i>Aesculus hippocastanum</i> ), dried extract, min. 20% saponins calculated as aescin	
Hesperidin Methyl Chalcone .....125 mg	*
Gotu Kola leaf .....60 mg	*
( <i>Centella asiatica</i> ), dried extract, min. 10% asiaticosides, min. 16% triterpenes	
Butcher's Broom rhizome .....50 mg	*
( <i>Ruscus aculeatus</i> ), dried extract, 10% saponins calculated as ruscogenins	

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

Visit [www.douglaslabs.com/beauty.html](http://www.douglaslabs.com/beauty.html) for  
COMPLEMENTARY BEAUTY PRODUCTS<sup>†</sup>:

Name	Formula
Citrus-Q10 <sup>®</sup> 100 .....	200053
Organic Greens and Reds .....	57402
QÜELL Fish Oil <sup>®</sup> EPA/DHA Plus D.....	200981
Ultra Preventive <sup>®</sup> X .....	200569
Ultra Protein Green <sup>™</sup> .....	57658P

[ Developed by Shelena Lalji, M.D. ]

### Protocol Objectives:

To provide essential nutrients and supplementation for healthy hair, nails and skin, and to help build a confident, beautiful woman from the inside out.<sup>†</sup>

Clinical Objective <sup>†</sup>	Assessment	Select From the Following Recommendations <sup>**</sup>	Dosing
<b>Foundational Health for Beauty and Skin<sup>†</sup></b>	Patient desires basic support for the strength, moisture, appearance and growth of hair, nails, and skin  Dietary and/or lab assessment lacks vitamins, minerals, phytonutrients and fatty acids	<b>Ultra Preventive® X</b>	4-8 tablets daily with food
		<b>Ultra Protein Green™</b>	1 scoop powder daily in liquid of choice
		<b>QÜELL Fish Oil® EFA Plus</b>	2 softgels daily with food
		<b>Ultra HNS</b> (Hair, Nails, Skin Formula)	3 capsules daily
<b>Hair and Nail Integrity and Growth<sup>†</sup></b>	Patient presents with dull, dry hair and brittle nails with diminished growth	<b>Biotin 8 mg</b>	1 capsule daily
<b>Skin Radiance, Hydration and Elasticity<sup>†</sup></b>	Patient presents with dry skin, poor elasticity, fine lines, wrinkles, discolored pigment	<b>Skin Nourish</b>	1 capsule daily
		<b>Hydrolyzed Collagen Plus</b>	2 scoops daily mixed in liquid of choice
<b>Skin Protection from UV Light and Damage<sup>†</sup></b>	Patient presents with sun damage, including low skin density, thickness and poor texture  Patient exposed to UV light, short or long-term, and needs photo protection	<b>Skin Protect<sup>†</sup></b>	2 softgels daily
<b>Skin Complexion<sup>†</sup></b>	Patient presents with mild, non-cystic acne on face or body	<b>DIM® Enhanced</b>	1-2 capsules daily
		<b>Vitamin A</b>	1 softgel daily
		<b>Opti-Zinc™ 30</b>	1 capsule daily
<b>Vein Health and Circulation<sup>†</sup></b>	Patient presents with varicose veins and poor blood circulation	<b>Varitonin™</b>	1-2 capsules daily

<sup>\*\*</sup>Where multiple supplements are suggested, please note that the patient may not require all of them.

This protocol is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at [www.douglaslabs.com/beautysupportprotocol](http://www.douglaslabs.com/beautysupportprotocol)

[ Developed by Shelena Lalji, M.D. ]

## Protocol Objectives:

To provide essential nutrients and supplementation for healthy hair, nails and skin, and to help balance hormones, sleep, energy levels, and sexual health to build a confident, beautiful woman from the inside out.<sup>†</sup>

Clinical Objective <sup>†</sup>	Assessment	Select From the Following Recommendations <sup>**</sup>	Dosing
<b>Women's Foundational Nutrient Protocol<sup>†</sup></b>	Patient presents with poor hair, nail and skin health—dry, brittle, lack of growth, lacks luster, wrinkles, etc. Poor dietary intake of phytonutrients, vitamins, minerals, essential fatty acids Lab: Hormone panel and nutrient deficiency testing	<b>Ultra Preventive® X</b>	4-8 tablets daily with food
		<b>Ultra Protein Green™</b>	1 scoop powder daily in liquid of choice
		<b>QÜELL Fish Oil® EPA/DHA Plus D</b>	1 softgel daily
		<b>Multi-Probiotic® 40 Billion</b>	1-2 capsules daily
		<b>Cal-6+Mg.™</b>	2 tablets in the evening
		<b>Ultra HNS</b> (Hair, Nails, Skin Formula)	3 capsules daily
<b>PMS Support<sup>†</sup></b>	Patient presents with irritability, mood changes, bloating, headache, fatigue	<b>PMS Support<sup>†</sup> with BioResponse DIM®</b>	2 capsules daily with food
<b>Menopause Support<sup>†</sup></b>	Patient presents with hot flashes, mood changes, lack of menses	<b>Ultra Menoease™ with BioResponse DIM®</b>	2 capsules daily with food
		<b>DHEA 10 mg</b>	1 capsule daily
<b>Sleep Support<sup>†</sup></b>	Patient has poor sleep patterns and difficulty falling asleep	<b>Seditol® Plus</b>	1 capsule 1 hour before bedtime
		<b>Melatonin 3 mg</b>	1 capsule 1 hour before bedtime
<b>Mood Support<sup>†</sup></b>	Patient has low mood and feelings of sadness, low motivation May also have difficulty sleeping	<b>GABA 500 mg</b>	1 capsule at bedtime
		<b>5-HTP 50 mg</b>	1-2 capsules at night without food
<b>Energy Support<sup>†</sup></b>	Patient complains of fatigue, lack of energy, sluggishness, high stress Measures high/low cortisol levels	<b>Corvalen® D-Ribose</b>	1 scoop powder in liquid, 1-3 times daily
		<b>AdrenoMend™</b>	2 capsules daily with food
<b>Libido Support<sup>†</sup></b>	Patient has low sexual desire, motivation, or stimulation	<b>Female X Booster</b>	2-4 capsules daily
		<b>DHEA 10 mg</b>	1 capsule daily
<b>Weight Management<sup>†</sup> Support<sup>†</sup></b>	Patient has difficulty with weight management and appetite control Weight gain related to thyroid imbalance	<b>Metabolic Lean®</b>	1 capsule 30 minutes before breakfast and dinner
		<b>ThyroMend™</b>	2-4 capsules daily with food
<b>Digestive Support<sup>†</sup></b>	Patient presents with indigestion, irregular bowel movements, bloating, gas	<b>GI Digest</b>	1 capsule with each meal

<sup>\*\*</sup>Where multiple supplements are suggested, please note that the patient may not require all of them.

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

This protocol is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at [www.douglaslabs.com/womenswellnessprotocol](http://www.douglaslabs.com/womenswellnessprotocol)



## BEAUTY BOXES NOW AVAILABLE

Dual-formula kits specifically designed to support the health of hair, nails and skin†

### FEATURES

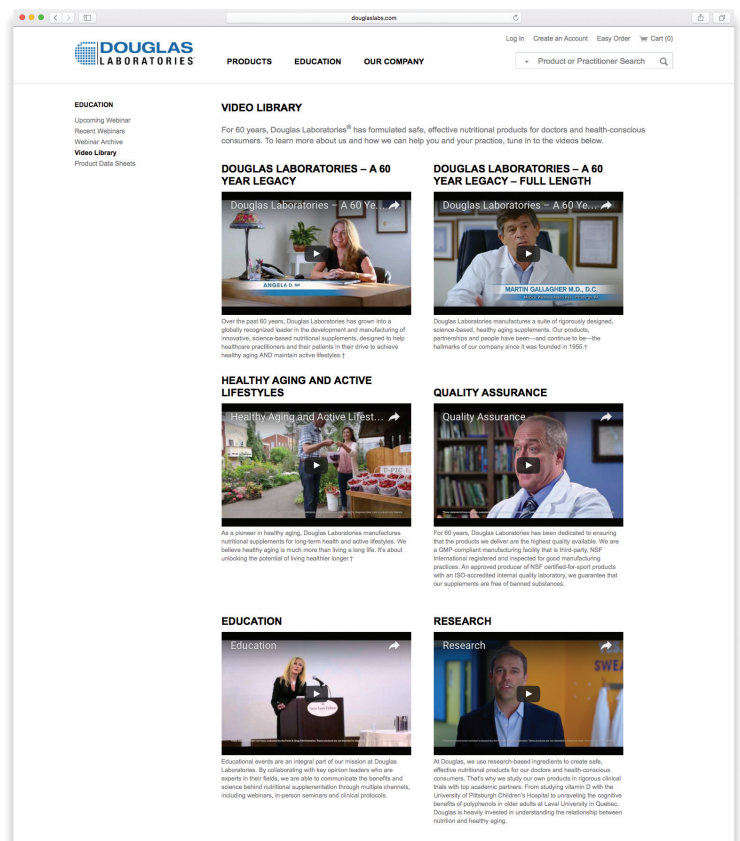
- 1-month supply of Skin Protect† and Skin Nourish or Ultra HNS and QÜELL Fish Oil® EFA Plus
- Patient-friendly brochure with dosing recommendations

## EDUCATION

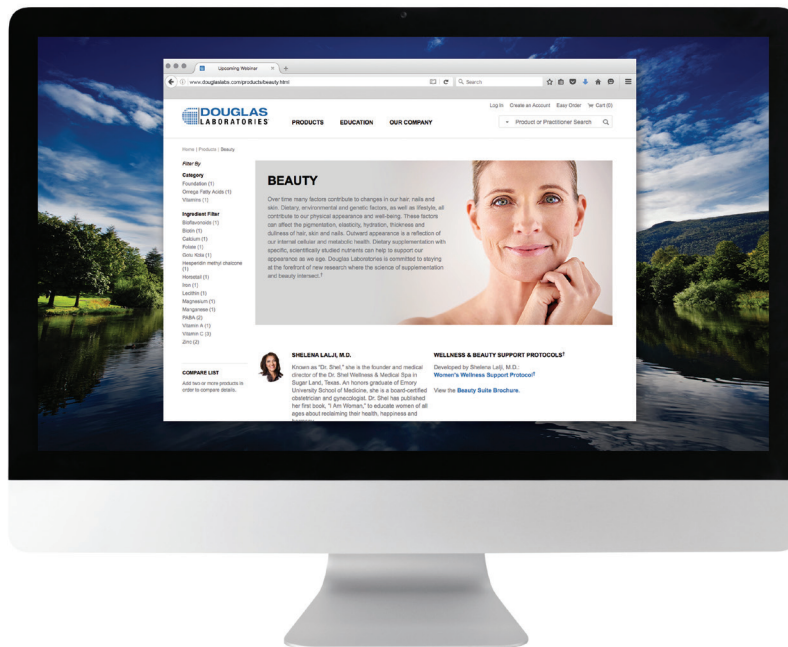
Helping practitioners make that critical link between research findings and clinical application is an integral part of our mission. We collaborate with our clinical advisory board to hold in-person seminars and webinars, as well as develop online tools.

Our website houses product selection guides, clinical protocols and recorded webinars, for round-the-clock access to accommodate busy schedules. Events are also posted online and through social media, making it easy to stay informed.

Visit: [douglaslabs.com/education](https://douglaslabs.com/education)



## COMPLETE ACCESS



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