

PROMEDICS BOTANICAL BOOTCAMP

HORMONE REGULATION

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
HYPERPROLACTINEMIA	CHASTE TREE TABLET OR 1:2 LIQUID	2 bid (4ml)	1 mo, then decrease dose	1. Agg spastic dysmenorrhea (use FemCo instead) 2. CI-OCP
PMS		2 bid (4ml)	For 3-6 mo	
FERTILITY - LOW PROGESTERONE		2 tabs (2ml)	Until pregnant	
PCOS - TO DECREASE ANDROGENS		2-5 tabs/d (2-5ml)	For 6 mo	
INSOMNIA		2-5 tabs/d (2-5ml)	For 4 wks (takes 2 wks to regulate melatonin)	
ACNE		3-4 tabs/d (3-4ml)	For 3 mo (will start clearing w/i 1 mo)	
PCOS - OVULATION		TRIBULUS FORTE	1 tid	Day 5-ovulation, stop once pregnant
PCOS - AMENORRHEA	2 bid		For 3 mo, then lower dose	
INCREASED LIBIDO	1 tid		For 3 mo	
NIGHT SWEATS	FEMCO	2 bid	For 8 wks, then decrease dose	CI - pregnancy
OCP - COMING OFF OR PMS WHILE ON		2 bid	For 3 mo	
MENOPAUSE (VAGINAL DRYNESS OR HOT FLASHES)	WILD YAM COMPLEX	2 tid	For 1 mo, then decrease dose	CI-estrogen sensitive cancer
FERTILITY - LOW ESTROGEN		2 bid	For 3 mo, check blood levels on day 7, 14 and 21	
AUTOIMMUNITY	REHMANNIA COMPLEX	1 bid	3-6 mo	
MIGRAINES		1 bid	4-6 wks	
BLOOD SUGAR DYSREGULATION	GYMNEMA	1 bid before meals	1-4 wks	
ELEVATED TRIGLYCERIDES		1 bid before meals	for 3-6 mo	
METABOLIC SYNDROME		1 bid before meals	1-4 wks	
DIABETES		1 bid before meals	18-20 wks	