Progesterone 50

Fast Acting, Natural Cosmetic Cream

Ovarian Function

Pregnancy Support

Menstrual Regulation

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Progesterone 50

Each Pump Delivers Approximately 50mg Progesterone USP (5%)

Progesterone is one of the 2 main hormones, the other being estrogen, produced each month by the ovaries of menstruating women. Progesterone is also produced in smaller amounts by the adrenal glands, as are other hormones. Progesterone is the major female reproductive hormone, especially during the latter 2 weeks of the monthly menstrual cycle, where it is made by a part of the ovary called the corpus luteum. It is normal for the levels of progesterone to rise and fall during the monthly cycle of pre-menopausal women. Progesterone levels also fluctuate during perimenopause.

During the pre-menopausal years, **progesterone** production starts to ramp up just prior to ovulation each month and increases rapidly after ovulation, preparing the uterine lining for pregnancy. The monthly drop in progesterone levels triggers menstruation. During pregnancy, progesterone is also produced by the placenta to maintain a healthy pregnancy. In fact, many 'symptoms' experienced during pregnancy are a result of high progesterone levels. During pregnancy, progesterone helps prevent the uterus from contracting prematurely by relaxing smooth muscle and ligaments all over the body. This leads to some of the typical symptoms experienced during pregnancy such as constipation, heartburn, sinus congestion, and headaches.

Progesterone plays a wide variety of roles in the body in addition to its role in reproduction. This hormone plays roles in stress, cognition, and mood, and can influence mental health and behavior via progesterone receptors in the brain and central nervous system. For example, studies have shown that the synthetic progesterone used in birth control can influence neural processes as myelination and neuroprotection, exerting protective effects against stroke.

Progesterone supplementation is often recommended to support healthy aging and hormone balance, when progesterone levels are tested or suspected to be low.* Some women using supplemental progesterone notice improvements in sleep, hair growth, and mood.*Research shows that progesterone play may demonstrate benefits for sleep disturbance and in restoring a narrowed thermoneutral zone toward normal, i.e. reducing hot flashes and night sweats.

This product is designed to be used topically and would be applied to smooth skin areas of the body. A typical dose would start with 20-40 mg applied to the skin, such as the neck, chest, abdomen, wrist, or inner arm, inner thigh, or throat. Rotate the application site daily. Some doctors recommend using progesterone for half the month only (luteal phase) in pre-menopausal women, while other doctors recommend using it all month long except while menstruating. Menopausal women might be instructed to use topical progesterone for 21 days, discontinue for 7 days and repeat. Always defer to your provider's individualized instructions. Wash hands before and after use. Transdermal progesterone applications are associated with fewer side effects and adverse effects compared to oral progesterone.

Cautions: Not for use in children or in people under the age of 18. Do not use if pregnant or lactating unless under direct recommendation from a licensed healthcare provider. Discontinue use if skin irritation or redness occurs.

Directions: Apply once or twice daily. Massage into inner arms, thighs, chest, or apply to inner forearm and rub arms together, or use as directed by your healthcare pracitioner..

Ingredients: Purified Water, Micronized Progesterone, USP (Wild Yam), Glycerin (Plant source -kosher), Aloe Vera Gel, Caprylic/ Capric Triglyceride, Stearic Acid, MSM (Methylsulfonylmethane), Olive Oil, Coconut Oil, Isopropyl Palmitate, Stearyl Alcohol, Vitamin E, Herbal-Active® (Natural Preservative), Carbomer, Allantoin, Shea Butter, Sunflower Lecithin, Sodium Bicarbonate

Warnings: For external cosmetic use only. If pregnant or nursing, consult a healthcare professional before using this product. Cease using this product and seek medical attention if skin irritation or other negative reactions occur. Do not use with any other progesterone or progestins.

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