

# PRODUCT INFORMATION

## *Estro Pro Cream*

**Balanced Natural Estrogen and Progesterone to Promote Healthy Female Function\***

**Prescribing Physicians Only**

Estro Pro Cream is a transdermal, naturally derived progesterone and estrogen cream that can be beneficial in coping with symptoms associated with the decrease in hormone production during perimenopause, menopause and following a hysterectomy. The formula has been designed to match the natural pattern of circulating estrogens found in the female body: 80% estriol, 10% each of estrone and estradiol (1). Progesterone should be no less than 480 mg per ounce of cream (2). The patented delivery system has been designed to enhance bioavailability. The advantage of transdermal application is absorption. The cream is absorbed through the skin into the blood stream, thereby eliminating problems associated with poor digestion and liver metabolism that can occur with oral supplementation.

Oposing Estrogen with Progesterone is highly recommended

### Ingredients:

Each Jar Contains:

<b>Progesterone</b>	<b>1.9%</b>	<b>(37.4 mg per ¼ teaspoon)</b>
<b>Estriol</b>	<b>0.08%</b>	<b>(1.6 mg per ¼ teaspoon)</b>
<b>Estrone</b>	<b>0.01%</b>	<b>(0.2 mg per ¼ teaspoon)</b>
<b>Estradiol</b>	<b>0.01%</b>	<b>(0.2 mg per ¼ teaspoon)</b>

### Derived from Mexican Wild Yam

25 applications (1/4 tsp) per container

### Other Ingredients:

Aloe Vera Gel	Glycerin
Purified Water	Polysorbate 65
Methyl Sulfonyl Methane	d-Alpha & Mixed Tocopherols
Octyl Palmitate	Citrus Oils
Cetyl Alcohol	TEA Carbomer
Rose Hips Oil	Sodium Hyaluronate
Panthenol	Grapefruit Seed Extract
PEG 8 Stearate	
Stearic Acid	



**1.75 Ounce Jar**

1. Wright, JV, Morgenthaler, J. Natural Hormone Replacement, Smart Publications, Petaluma CA, 94955, 1997.
2. Lee, JR, Hopkins, V. What your Doctor May Not Tell You About Menopause, Warner Books Inc., 1271 Avenue of Americas, New York, NY 10020, 1996.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any diseases.

# USE OF TRANSDERMAL CREAMS

## DOSAGES

### Hysterectomy at any age:

- No symptoms:** Apply ¼ teaspoon of PROFEMINELL CREAM (natural progesterone) each day from first day of the month to day 26 of the month.
- With symptoms:** Apply ¼ teaspoon of ESTRO PRO CREAM twice daily from the first day of the month to day 26 of the month.

### Age 40 to 50 still menstruating:

- No symptoms:** Apply ¼ teaspoon of PROFEMINELL CREAM (natural progesterone) each day from day 12 through day 26 of the cycle.
- With symptoms:** Apply ¼ teaspoon of ESTRO PRO CREAM twice daily from day 12 through day 26 of the cycle.

### Age 50 and over if postmenopausal:

- No symptoms:** Apply ¼ teaspoon of PROFEMINELL CREAM (natural progesterone) each day from the first day of the month to day 26 of the month.
- With symptoms:** Apply ¼ teaspoon of ESTRO PRO CREAM twice daily from the first day of the month to day 26 of the month.

## BE PATIENT

Most failures in getting response to transdermal creams are due to not applying enough cream and not waiting long enough for a positive response. It may sometimes take two to three months of maximum use before maximum benefits are experienced. After this period of time the amount can usually be reduced significantly.

## APPLICATION

Depending on the situation, application of transdermal cream must coincide with certain days during a woman's menstrual cycle. The first day of a woman's period, or menses, is the day when bleeding begins. The days are then numbered or counted forward from this day until the next bleeding begins which is usually, but not always, 26 to 28 days.

**Example:** If you are going to start application on day 12 of your cycle, start counting from the first day of bleeding, and start application of cream 12 days later.

Apply ¼ to ½ teaspoon of the transdermal cream in the morning after bathing and at night after bathing and before going to bed. In applying the cream, use areas on the body that are relatively thin skinned, such as the hands, face, neck, inner arms and thighs, upper chest and abdomen. Rotate body sites daily to prevent cream build up that may slow absorption of the cream.