Progesterone is not a hormone with feminising characteristics and the progesterone levels of adult men are naturally higher than those in postmenopausal women.

There are progesterone receptor sites all over the body for men and women. For men, it also seems to be important as one of the regulatory mechanisms in the production of sperm.

Dr Normal Shealy recommends that men around the age of 50 who are entering the andropause (the male menopause) can use natural progesterone cream on the scrotal area to find improvement in mood and libido.

Dr John Lee was also amongst the first to report that progesterone blocks the 5 alpha-reductase enzyme which converts testosterone to DHT (di-hydro-testosterone).

What does this mean?

As a man ages more testosterone is converted to DHT, which has been linked with male pattern baldness and prostate enlargement.

By supplementing with progesterone you are:

- Helping to prevent excessive conversion of testosterone to DHT.
- Offsetting falling progesterone levels.
- Offsetting any increases in oestrogen, which also tends to happen. (The fall in testosterone and an increase of conversion to DHT causes an increase in oestrogen effect to one that is equivalent or greater than post menopausal women's.

**Suggested Use:** 1/8th teaspoon per day.

**Notes:** Take weekends off. That is dose Monday to Friday. Rotate areas of application, use: scrotum, face and neck, inside of arms, backs of knees and palms of hands.

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This information service is not intended to make any claims or provide medical advice. Please see our website for clinical references.

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