Pro-Gest
for peri-menopausal women

Introduction

Due to the increase in anovulatory cycles, perimenopausal women often have low levels of progesterone with high or fluctuating levels of oestrogen. Low progesterone has been associated with many of the symptoms that perimenopausal and menopausal women experience including hot flashes, night sweats, anxiety, mood swings, irritability, irregular, prolonged or heavy menses, sleep disturbances, headaches and palpitations. Menstrual migraine also appears to be linked to elevated oestrogen and an increased ratio of oestrogen to progesterone.

Progesterone has a number of important roles. It is the natural balancer to oestrogen, as well as being necessary for optimum oestrogen utilization. Research over the years has also elucidated other important roles of progesterone on the heart, blood vessels, nerves, and brain. Addressing oestrogen/progesterone balance is an important long- and short-term strategy for maintaining optimum health in women.

Description

Emerita’s Pro-Gest is the original natural progesterone cream that women ask for by name. Health care professionals and leading doctors support its use as it is the only natural progesterone cream clinically tested and with nearly 30 years history of use.

What is natural progesterone?

Progesterone (referenced as USP progesterone) refers to a single molecular structure that is identical to the progesterone molecule that the body makes – it is commonly referred to as “natural” progesterone because of this.

Recommended Use

When you first start to use natural progesterone you may experience effects that are like a worsening of oestrogen dominance symptoms such as tender breasts, water retention, bloating, mood swings, etc. If this happens to you cut back a little on the dosage you are using and persevere because it is clearly having an impact. These symptoms should not last past your first break in usage. If you have any concerns in this regard please do not hesitate to call.

To apply, measure the cream into the palm of the hand (about a large pea-size amount is ¼ tsp and two of these will make ½ tsp) and rub into the inner arms, inner thighs, abdomen or upper chest, rotating the areas where applied.

Pro-Gest is best applied twice daily.

Women who are perimenopausal (still menstruating, with cycle changes):

Days 1 (first day of bleeding) - 9: Do not use Pro-Gest
Days 10 - 28: Use ¼ to ½ teaspoon of Pro-Gest twice a day.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY
Telephone Local Rate 0845 9000 107 or +44 (0) 1481 736669
admin@bio-vitality.com www.bio-vitality.com
If your period begins early, stop using Pro-Gest while you are bleeding. Count the first day of bleeding as day one, and begin the cycle again. If your period is late, use the cream for up to 3 weeks.

**Cautions and Contraindications**

If your period has not started by the end of 9 days resume the cream again. Stop the cream at any point if you begin a period.

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