

Suggested Use for ProgesterAll

The following information is for general use and not intended to encourage self-diagnosis or self-treatment, or to replace the guidance of your healthcare professional.

Gently massage 1/8 to 1/4 teaspoon of cream per day into areas of thinner skin where you blush such as the neck, face, chest, inner arms or thighs, palms of the hands, or soles of the feet (unless your hands or feet are heavily callused). The optimal approach is to divide the above amount into a larger dose at bedtime and a smaller dose in the morning, or as



directed by your healthcare provider. If this does not work well for you, just pick one time of the day when it's most convenient to use it and apply the whole dose. Rotate areas daily to avoid saturation.

The back of the ProgesterAll tube has a small dot on it that you can use as a simple measuring device. If you put a round, pea-shaped dab of cream on your skin that is as wide as the dot, you will be applying approximately 1/16 teaspoon of the cream. To apply 1/8 teaspoon on a daily basis, apply two pea-shaped dots. To apply 1/4 teaspoon, apply four pea-shaped dots.

A few tips about using ProgesterAll: Apply the cream after a warm shower or bath, not before it. When it is used on the face, let it soak in completely before applying makeup, and do not apply ProgesterAll on top of makeup.

Guidelines for Premenopausal Women: If you have an average 26- to 30-day menstrual cycle, you can begin your first month of cream use between day 10 to 12 of your menstrual cycle, counting the first day of your period as day 1. Continue until a day or two before your expected period, which for most women is between 26 and

30 days. If your period starts before your chosen last day, stop using the cream and begin counting again to day 10, 11, or 12. The closer you can get to using the cream when you ovulate or just after, the more in tune with your own cycle you will be. It may take two or three cycles to find the synchrony your body desires.

Guidelines for Menopausal Women: The majority of menopausal women can use 1/8 teaspoon to 1/4 teaspoon of ProgesterAll for 24 to 26 consecutive days. Many women find it easiest to start using the cream on the first day of the month and stop from day 24 to 26 until the next month. Other women prefer to take their hormone break for the first five to six days of the calendar month and then use the cream until the end of the month.

ProgesterAll Ingredients

Deionized Water, Caprylic/Capric Triglyceride, Sepigel, Progesterone (20 mg per 1/4 teaspoon and 960 mg per 2-ounce tube), Lecithin, Alcohol, Glycerin, Simugel (a plant-based thickener), Grapefruit Seed Extract, Sodium Hydroxymethylglycinate, Citric Acid, Potassium Sorbate, Tocopheryl Acetate.

Net Weight: 2 fluid ounces.

Contains no artificial fragrance or color.

Caution: For external use only. Avoid contact with the eyes. Do not expose to excessive heat.

This product is not intended to diagnose, treat, cure, or prevent any disease or disorder. The statements contained herein have not been evaluated by the Food and Drug Administration.

ProgesterAll™



The Only Natural Balancing
Cream Formula That
Dr. John Lee Used

John R. Lee, M.D. was the leading researcher into the health issues that women face before, during, and after menopause.

Through his research, Dr. Lee discovered how to address these health issues with natural ingredients.

Now, John Lee M.D.

Solutions is proud to present a natural balancing cream that contains the same ingredients Dr. Lee recommended at the precise levels that he specified.

ProgesterAll™ is a fragrance-free cream that contains 20 milligrams (mg) of USP Natural Progesterone per 1/4 teaspoon of cream. Its unique liposome-mediated delivery system ensures rapid absorption of the ingredients into the skin so that they can be stored in the underlying fatty tissues for transmission to the bloodstream.

ProgesterAll contains the exact amounts of the ingredients that Dr. Lee recommended for women in his groundbreaking books, including:

- *What Your Doctor May Not Tell You About Menopause*
- *What Your Doctor May Not Tell You About Premenopause*
- *What Your Doctor May Not Tell You About Breast Cancer*

ProgesterAll is the only natural balancing cream that has the Lee family's permission to have Dr. Lee's name on it. It is the same formulation that Dr. Lee and his family have used for more than a decade. This makes ProgesterAll the perfect compliment to Dr. Lee's many books on women's health issues and reproductive science.



What Dr. Lee Said About Hormone Balance and Natural Progesterone

In his books, Dr. Lee examined hundreds of scientific studies and concluded that many menopausal women suffer from a hormonal imbalance that he called estrogen dominance. While women who suffer from estrogen dominance often have adequate estrogen levels, their progesterone levels are abnormally low relative to estrogen. According to Dr. Lee's research, this imbalance between estrogen and progesterone may cause or promote medical conditions such as fat gain, water retention, decreased sex drive, fatigue, depression, fibrocystic breasts, hair loss, headaches, insomnia, osteoporosis, breast cancer, and uterine cancer.

Based on his review of scientific studies, Dr. Lee concluded that natural progesterone supplementation could help many estrogen-dominant women experience relief from such conditions. As he stated in *What Your Doctor May Not Tell You About Menopause*:

*"The common thread running through all these conditions is estrogen dominance ... The vast majority of menopausal problems can be avoided by good nutrition, avoidance of toxins, regular exercise, and the proper supplementation, when indicated for hormone balance, of real, honest-to-God, natural progesterone and when needed, estrogen and testosterone."*¹

ProgesterAll contains natural progesterone at the levels that Dr. Lee recommended in *What Your Doctor May Not Tell You About Menopause* and his other books. This allows women to follow Dr. Lee's recommendations using the same balancing cream formula that he used and preferred.

¹Dr. John R. Lee, M.D., *What Your Doctor May Not Tell You About Menopause*, Warner Books, 2004, p. 160.

Progestins and Natural Progesterone Are Not the Same!

There is a great deal of confusion about progesterone among both healthcare practitioners and their patients. Many practitioners think that commonly prescribed progestins such as Provera® are natural progesterone or that natural progesterone is a progestin. In reality, progestins are chemicals that have been synthesized from natural progesterone and whose chemical structures have been altered. While progestins can have a few of the positive effects of natural progesterone, they can also have unwanted side effects such as allergic reactions, acne, edema, hair loss, fatigue, and nervousness, to name a few.

In addition, Dr. Lee concluded that progestins can bind to progesterone receptors within cells and thereby inhibit the action of the natural hormone.

He also concluded that traditional hormone replacement therapy—which combines estrogen with a progestin—was only marginally effective for treating osteoporosis and could cause heart disease, breast cancer, and strokes. Dr. Lee's findings were confirmed in 2002 by the Women's Health Initiative study, which showed increased incidents of these diseases among women taking Premarin and Provera (PremPro).

For all of the above reasons, Dr. Lee recommended natural progesterone instead of progestins when hormone level tests indicate the need for progesterone supplementation.

