

# DOCTOR'S<sup>®</sup> CHOICE

P: 1-866-226-1722 • F: 1-866-226-1822 • [info@doctorschoice.ca](mailto:info@doctorschoice.ca) • [www.doctorschoice.ca](http://www.doctorschoice.ca)

## #31P PROGEST LIPOSOME CREAM

Doctor's Choice Progest Liposome Cream is an excellent option to help balance the female hormones during the different phases of the cycles of life, from menstruation to menopause. The silky, luxurious texture of this all-natural cream makes "taking your medicine" a delight.

To use this female balancing cream, massage it into your skin until it is noticeably absorbed. Progest Liposome Cream can be applied to any area of the skin, such as the chest, breasts, lower abdomen, inner thighs, wrists/inner arms, and neck. It is recommended that you periodically rotate the area of the body where the cream is applied. Some women notice results from using Progest Liposome Cream immediately, and for others it may take a few weeks. Progest Liposome Cream is absorbed into the skin and taken up by the fatty layer beneath; it is then transferred into the bloodstream, where it circulates to receptor sites throughout the body.



## SUGGESTED USE OF PROGEST LIPOSOME CREAM

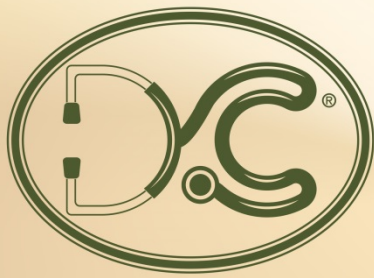
Hormonal levels naturally rise and fall during the menstrual cycle, and some women experience negative symptoms known collectively as Pre-Menstrual Syndrome, or PMS. Some common symptoms of PMS are water retention, breast soreness, migraines, mood swings and cramping. Supplementing with natural Progest Liposome Cream will simulate the body's own hormone production and helps to bring the body back to its equilibrium and may help decrease symptoms.

Progest Liposome Cream may help symptoms which occur with menstruation (dysmenorrhea) such as cramping, diarrhea, constipation and heavy bleeding. Everyone is different; some women require more Progest Liposome Cream than others to help alleviate symptoms. The correct amount of Progest Liposome Cream differs from one person to another, so start with the following schedule for the cream, and adjust as needed:

## PREMENSTRUAL SYNDROME

Day 1-14, do not use the cream; day 15-18, use 1/8 tsp. twice per day; day 19-23, use 1/4 tsp. twice per day; day 24 to day period starts, use 1/2 tsp. twice per day. Adjust this schedule to meet your individual needs, gradually cutting

**Disclaimers:** The statements regarding our products are solely for use by healthcare practitioners. The product information provided on this page is based on scientific evidence about each ingredient, and has not been evaluated by Health Canada. The information provided is not intended to replace medical advice offered by a healthcare practitioner, nor should this information be used to treat any health problems without first consulting a healthcare practitioner.



# DOCTOR'S<sup>®</sup> CHOICE

P: 1-866-226-1722 • F:1-866-226-1822 • [info@doctorschoice.ca](mailto:info@doctorschoice.ca) • [www.doctorschoice.ca](http://www.doctorschoice.ca)

back on the amount of cream used each month as improvements warrant. Using this cyclic schedule, day 1 is the first day of menstrual flow. Although the time of ovulation varies from woman to woman, the time from ovulation to menstruation is generally 12-14 days. For example, in a 28 day cycle, ovulation usually occurs on the 14th day, if you have a 35 day cycle, ovulation generally occurs around the 21st day. You will want to use Progest Liposome Cream from ovulation until the onset of your period.

The time of ovulation can be determined by the dramatic change in basal body temperature (a sudden fall and subsequent rise) and by change in vaginal secretion (from a thin discharge to a thick mucus). Some women also experience lower abdominal pains during ovulation. You do not need to use cream during menstruating; if, however, you experience cramps or other symptoms during menstruation, you may use Progest Liposome Cream until the symptoms dissipate.

Try rubbing the cream on your lower abdomen during menstrual cramping. If you have migraines during your cycle, rub cream on the back of your neck or on your temples. It is best to use the cream at the time of ovulation. If you have symptoms prior to ovulation (i.e., migraines), you may begin using Progest Liposome Cream earlier, and use until menstruation begins. Try cutting back each month on the amount used, if symptoms return resume the above usage, and try to cut back the following month. Ultimately your goal is to be symptom-free; if symptoms recur, use Progest Liposome Cream on an as-needed basis.

## SUGGESTED USE FOR MENOPAUSAL SYMPTOMS

At the onset of menopause, estrogen and progesterone production by the ovaries tapers off, and many women experience symptoms such as vasomotor flushes (hot flashes), night sweats, mood changes, and vaginal dryness and/or discomfort. Many women also experience irregular periods, rather than regulate the menstrual cycle of a menopausal woman, natural Progest Liposome Cream helps with many of the symptoms of menopause. These same symptoms may occur after hysterectomy (removal of the uterus) and / or oophorectomy (removal of the ovaries), which are sometimes referred to as "surgical menopause."

All women experience menopause differently: some women need more Progest Liposome Cream than others. The correct amount of cream for one will not necessarily be right for another, we recommend using the following schedule as a guide.

**Disclaimers:** The statements regarding our products are solely for use by healthcare practitioners. The product information provided on this page is based on scientific evidence about each ingredient, and has not been evaluated by Health Canada. The information provided is not intended to replace medical advice offered by a healthcare practitioners, nor should this information be used to treat any health problems without first consulting a healthcare practitioner.



# DOCTOR'S<sup>®</sup> CHOICE

P: 1-866-226-1722 • F: 1-866-226-1822 • [info@doctorschoice.ca](mailto:info@doctorschoice.ca) • [www.doctorschoice.ca](http://www.doctorschoice.ca)

## MENOPAUSE (WHILE STILL MENSTRUATING)

Day 1 (period starts) -7, do not use cream; day 8-21, use 1/4 tsp. twice per day; day 22-1st day of next menstruation, use 1/2 tsp. twice per day. If you are no longer menstruating, follow the suggested schedule below, based on the calendar month.

For vaginal dryness or discomfort use 1/4 - 1/2 tsp. once a day intervaginally, this may be in addition to or instead of your daily applications of the cream elsewhere. You may use cream for immediate relief of symptoms: for hot flashes or night sweats, use 1/4 - 1/2 tsp. every fifteen minutes for one hour following the episode.

Some women find that they must use 1/2 tsp. twice per day, every day, to get relief from menopausal symptoms. If skipping the first seven days' application leaves you with uncomfortable symptoms, you may use this cream every day of the month. If symptoms have not receded after several weeks use, then a small amount of Progest Liposome Cream for a limited time may be appropriate.

**Recommended Dosage:** Apply ½ teaspoon of cream twice daily into smooth skin areas such as wrists, face, throat or chest. For topical use only. Do not use on mucous membranes. Individual needs may vary.

**Warnings:** See your health care provider if you are pregnant or breastfeeding, taking medication or under any medical care. Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Ingredients: 59g

Aqua, Aloe barbadensis leaf juice, Lecithin, Persea gratissima (avocado) oil, Punica granatum extract, Rosmarinus officinalis (rosemary) leaf oil, Soy isoflavones, Trifolium pretense (clover) leaf extract, Glucose, Tocopheryl acetate, Citrus grandis (grapefruit) seed extract, Glucose oxidase, Lactoperoxidase

Contains no wheat, corn, yeast or dairy. V-capsules are made from vegetarian source, no gelatin used.

Non-GMO, Cruelty Free

Endometrial, breast and liver safety of soy isoflavones plus Lactobacillus sporogenes in post-menopausal women.

[Colacurci N<sup>1</sup>](#), [De Franciscis P](#), [Atlante M](#), [Mancino P](#), [Monti M](#), [Volpini G](#), [Benvenuti C](#).

[Author information](#)

<http://www.ncbi.nlm.nih.gov/pubmed/23194023>

**Disclaimers:** The statements regarding our products are solely for use by healthcare practitioners. The product information provided on this page is based on scientific evidence about each ingredient, and has not been evaluated by Health Canada. The information provided is not intended to replace medical advice offered by a healthcare practitioners, nor should this information be used to treat any health problems without first consulting a healthcare practitioner.