



Proféria™

There are many misconceptions regarding progesterone; in fact, it was once thought of only as a simple sex hormone, but research has shown that progesterone is vital to men and women of all ages. For women, progesterone begins to be secreted right before ovulation, while a decrease in estrogen production occurs. The amounts of progesterone produced naturally in the body are measured in milligrams, much like many of today's vitamin and mineral supplements. On the other hand, estrogen is secreted in much smaller amounts, and therefore measured in micrograms, or 1,000th of a milligram.

Due to this, it is easy to see how what would seem to be a miniscule increase in estrogen production can actually have a large effect on the body's overall hormone balance. Excessive estrogen, also known as estrogen dominance, can lead to many unpleasant changes such as lowered energy, decreased libido and even weight gain. Many women have been lead to believe that estrogen is the answer to many common hormonal challenges; however this couldn't be further from the truth.

Hormone balance is vital for those trying to achieve good health. Women are increasingly becoming susceptible to estrogen dominance from many common contaminants and environmental factors. Estrogen is commonly found in forms of oral contraceptives and hormone replacement therapy, but also in many chemicals used in the production of the foods we eat. There are over 50 chemicals that have been identified as hormonal disruptors, and many of today's pesticides actually mimic estrogen in our bodies.

It is important to understand that hormone balance can be achieved in large part by increasing the amount of progesterone in one's body. Progesterone and estrogen are obviously not the only two hormones that are at work here, but progesterone plays a role that estrogen does not, as it is a precursor to many other hormones in the body. Progesterone has a calming effect, and counteracts many of the uncomfortable symptoms one would

experience with excessive estrogen. It also has been shown to boost immune health and increase energy levels.

PROFÉRIA FAQ'S

What is Proféria?

Proféria is a topical progesterone cream that may be used to increase progesterone levels in women who are estrogen dominant. Unlike other hormones, researchers have found that progesterone is optimally delivered to the body when applied through the skin as opposed to being administered orally. Proféria is all natural, containing no synthetic hormones typically prescribed by physicians.

Why Proféria?

Proféria contains a highly soluble wild yam extract as a base for its high absorption rate, as well as 500 mg of USP progesterone per ounce. It does not contain petroleum, lanolin, or other animal derived ingredients.

Is Progesterone right for me?

Studies have been conducted that demonstrate how natural progesterone is better and safer than progestin, which is commonly administered during hormone replacement therapy. Furthermore, natural progesterone has been found to render far better results when being used to stop or slow down bone loss in women suffering from osteoporosis. It has even been found to help prevent the development of many other hormone related conditions, including: estrogen dominance, low libido, blood clots, uterine fibroids, fibrocystic breasts, menopause and endometriosis. As always, it is recommended to consult with your physician before starting any hormone therapy.

What is Mexican wild yam extract?

Mexican wild yam has been shown to be an excellent source of natural progesterone. However, the human body cannot convert this extract into progesterone on its own. The progesterone must be extracted from Mexican wild yam in a laboratory setting, where it can then be standardized and tested for safety and efficacy.



Progesterone can only be extracted from wild yam in a laboratory setting, as it is in Proféria, and the end result is a bio-identical hormone that is ideal for women suffering from hormonal imbalances such as estrogen dominance.

Is Proféria safe?

No serious or adverse side effects have been reported from taking Proféria.

Can I take other supplements while using Proféria?

Proféria can be used safely while taking dietary supplements.

How long does it take for Proféria to work?

For therapeutic regimens, the progression may be slow for some and quicker for others. Typically, anytime one is addressing hormonal imbalance with a product such as Proféria, symptoms of hormonal change can occur in a matter of days, though it is not always common to happen that quickly. This is the first step in the process, and the most important, as hormonal imbalances left in their unbalanced state can lead to an increasing variety of health concerns.

When should I apply Proféria?

Pre-Menopausal Women: For best results it is recommended to begin using progesterone creams for a period of two weeks in between each menstrual cycle. Calculated from day 1 of the menstruation cycle (the first day of bleeding), begin using Proféria on Day 12 through day 26, applying as recommended. Stop using the cream from day 27 through day 11 of the next cycle month. It is important to take these breaks each month in order to allow the body to re-sensitize to the cream. Alternate the area of application to maximize absorption.

Post-Menopausal Women: For best results it is recommended to apply Proféria as directed above for a period of 21 consecutive days during the month. Stop using Proféria for one week in order for the body to become re-sensitized to the progesterone. Alternate the area of application to maximize absorption.

Supplement Facts

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Proféria | 500 mg | † |
| Advanced Dermal Progesterone | | |
| Mexican Yam Root, Whole Leaf Aloe Vera Concentrate, Deionized Water, Safflower Oil, Stearic Acid, Cetyl Lactate, Sorbitol, Cetyl Alcohol, Wheat Germ Oil, Hydrolyzed Mucopolysaccharides, Sodium PCA, Extracts of: (Arnica, Burdock, Rosemary, Pine, Chamomile, Watercress, Nettles, Red Vine, St. John's Wort, Horse Chestnut, Marigold, Limetree, Hops, Horse Tail, Lemon, Fucus, Queen Meadows, Corn Flower), Triethanolamine, Imidazolidinyl Urea, Fragrance, Tocopherol, Retinol, Ergocalciferol. | | |
| † Daily Value Not Established | | |

Proféria is free of dairy, gluten, and soy allergens. Contains no artificial colors or preservatives.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE WITH LID TIGHTLY CLOSED.

APPLICATION: Proféria should be applied once daily or as directed by your healthcare provider. Apply to areas where your skin is thin, such as the neck, breasts, inside the arms etc. The amount needed will vary from individual to individual and dependent on the symptoms experienced, typically ¼ to ½ of a teaspoon daily.

WARNING: Do not take Proferia without the consent of your physician if you are pregnant or nursing.



***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**