

PROBALANCE PLUS

WHY DO I NEED THIS PRODUCT

ProBalance PLUS™ is a fragrance-free liposomal cream containing 1.6% natural Progesterone (from Mexican Wild Yam), Etriol and Estradiol. USP Pharmaceutical Grade Progesterone. It's non-greasy, absorbs quickly and has no carcinogens or unnecessary ingredients. We have yet to find a doctor who has been recommending ProBalance Plus to his/her patients switch to any other brand of progesterone, estriol and estradiol cream. The saliva test results prove the effectiveness, and the feel makes applying it a pleasure.



WHAT IS PROGESTERONE?

Fertility and menstruation are largely controlled by hormones, and one of these hormones is progesterone. Progesterone is a steroid hormone belonging to a class of hormones called progestogens. It is secreted by the corpus luteum, a temporary endocrine gland that the female body produces after ovulation during the second half of the menstrual cycle.²

WHAT DOES IT DO?

Benefits of taking natural progesterone may include:³

- Protecting the endometrium (lining of the uterus).
- Preventing uterine cancer.
- Maintaining HDL cholesterol levels (also known as the "good" cholesterol).
- Reducing symptoms associated with menopause, like mood swings.
- Reducing adverse side effects of synthetic hormones.

The information herein is for general use and not intended to encourage self-diagnosis, self-treatment or replace the guidance of your health care professional. For detailed use information, refer to the following books by John R. Lee, M.D.:

"What Your Doctor May Not Tell You About Menopause"

"Natural Progesterone: The Multiple Roles of a Remarkable Hormone"





APPLICATION INSTRUCTIONS

Massage 1/8 to 1/4 teaspoon (about the size of a pea) onto clean thin-skinned body areas until fully absorbed: Breasts, inner arms, inner thighs, wrists, abdomen or bottom of feet. Apply in the morning and before bedtime or as directed by your healthcare provider. Rotate to avoid skin saturation..

- Progesterone: 20mg/ ¼ tsp
- Estriol: 0.9mg/ ¼ tsp
- Estradiol: 0.1mg/ ¼ tsp
- Approx.: 2 pumps/ ¼ tsp

PROGESTERONE SUPPORTS:⁴

Effective in treating endometriosis pelvic disorders and uterine fibroid tumors
 Effective in treating PMS, ovarian cysts and breast fibrocytes
 Protects against reproductive organ and breast cancer
 Stimulation of bone growth
 Helps the body use fat for energy
 Is a natural diuretic
 May normalize blood clotting
 Aids thyroid hormone action
 Helps to normalize blood sugar levels
 Helps to restore libido
 Is a natural antidepressant

Sources:

- 1 John R. Lee, M.D.
- 2 <https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/progesterone>
- 3 <https://www.healthline.com/health/natural-progesterone#pros-and-cons>
- 4 John R. Lee, M.D.

30 SECOND EXTRA RUB:

Rub cream gently on skin for 30 seconds longer than normal until cream is fully absorbed. The rubbing acts as a mechanism for the cream to fully penetrate the skin.

ESTROGEN VERSUS PROGESTERONE

Estrogen refers to a steroid hormone that is important in the reproductive development in females	Progesterone refers to a steroid hormone that prepares the uterus for pregnancy
Produced by the growing Graafian follicle	Produced by the corpus luteum
Secreted by ovaries prior to ovulation; also produced by the placenta during pregnancy	Secreted by the ovaries after the ovulation; also produced by the placenta during pregnancy
Secretion is regulated by FSH	Secretion is regulated by LH
Involved in the formation and maintenance of secondary sex characteristics; also important in bone resorption	Involved in the formation and maintenance of endometrium and uterus
Involved in the enlargement of the uterus and breasts during pregnancy	Involved in the reduction of contractility of the uterus and stimulates the growth of mammary glands



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