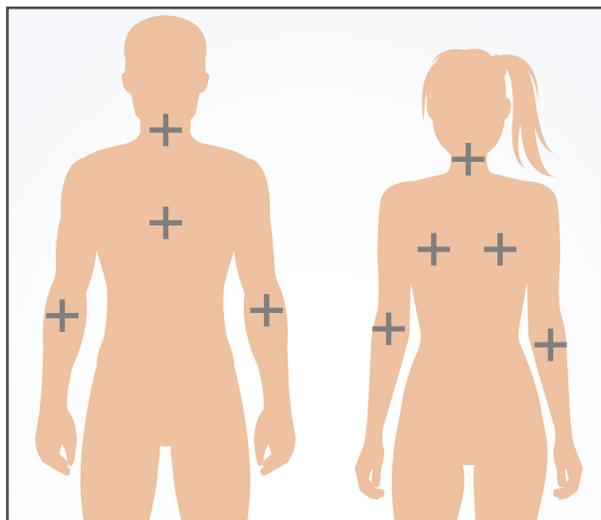




DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER

Dr. Randolph's Progesterone Cream *Application Instructions*



Apply cream twice daily, morning and evening, to one of the areas of your body shown in the illustration at left: **right forearm, right breast, chest, left breast, left forearm, or neck**. This prevents you from overwhelming your receptor sites. **No specific rotation is necessary — just choose a new location with each application.** Always apply progesterone cream above your navel to keep the liver from metabolizing it too quickly.

NOTE: If using Natural Balance Cream for enhancing fertility purposes, always consult with your healthcare provider first.

WOMEN	
PMS	Apply 1 pump 2X a day, starting the day after your period ends. Seven days before your period, increase application to 2 pumps 2X a day.
Pre-Menopause	If you have regular periods, apply 1 or 2 pumps 2X a day and stop using/do not apply during your period. Restart after period ends.
Peri-Menopause	If you have irregular periods, apply 1 or 2 pumps 2X a day. Stop using during your period and restart when your period ends.
Menopause Hysterectomy Ablation Osteoporosis	Apply 1 or 2 pumps 2X a day for 25 days, then stop using for 5 days, unless you are taking estrogen supplementation. If you are using estrogen supplementation, continue to apply cream every day of the month.
Birth Control (Cyclic)	Apply 1 or 2 pumps 2X a day while on “active” pills, (or patch/ring). Stop using while taking “inactive” pills, during period. Restart after period ends.
Birth Control (Continuous) or IUD	Apply 1 or 2 pumps 2X a day and stop using/do not apply during your period. Restart after period ends.
MEN	For men 45 years or older, apply 1 pump of Men's cream 2X a day.

Remember: If you are also on estrogen supplementation of ANY kind (bioidentical or synthetic), you should use Natural Balance Cream TWICE EVERY DAY.