

Progest-Avail™



Ultra-absorbed bioidentical progesterone serum

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Progest-Avail™ is a natural topical progesterone serum providing 20 mg of bioidentical progesterone in each 1 ml serving. This highly bioavailable progesterone serum contains just four ingredients: micronized USP progesterone, dimethyl isosorbide, caprylic/capric triglyceride (from coconut), and vitamin E. This product is free of parabens, mineral oil, and petroleum.

Progest-Avail™ consists of a super-micronized form of natural progesterone in a proprietary triglyceride carrier that facilitates better progesterone absorption than conventional creams. This serum also contains a natural sugar-based complex, dimethyl isosorbide, which increases progesterone solubility and facilitates deeper penetration through skin at a faster rate. Additionally, this compound helps preserve the potency of the progesterone, in contrast to water-based products, which are susceptible to reductions in potency of as much as 30% or more within the first 60-90 days of manufacturing due to hydrolysis of the active components.

Bioidentical Progesterone

Many of the health challenges women face are the result of imbalances in estrogen and progesterone. In some cases there is an absolute progesterone deficiency, while in others, very elevated estrogen (“estrogen dominance”) can induce a relative progesterone deficiency, and raising the progesterone level while also working to reduce estrogen can help correct the imbalance. Natural bioidentical progesterone can normalize hormone imbalances with fewer side-effects than synthetic progestins.¹ The advantage of a topical product over an oral form is that a much lower dose is needed, as it does not need to be metabolized by the liver.

Progest-Avail™ is formulated to be used by women of reproductive age as well as by menopausal and post-menopausal women in order to ease symptoms of hormone imbalances and the normal fluctuations that occur with aging.

Women of Reproductive Age

Hormone imbalances resulting from inadequate progesterone in women of reproductive age are responsible for many of the unpleasant issues younger women experience, such as uterine fibroids, endometriosis, weight gain, pelvic pain, excess bleeding, and pre-menstrual irritability, bloating, and water retention. Progesterone supplementation may increase the likelihood of a successful pregnancy for women with unexplained recurrent miscarriages and may also reduce the risk for preterm delivery.²⁻⁵ With regard to conception, while many factors affect female fertility, progesterone supplementation may improve the odds of conceiving in women undergoing intrauterine insemination or those with endometriosis who are employing in vitro fertilization.⁶⁻⁸

Progest-Avail™ may be beneficial for:

- Correcting hormonal imbalances
- Restoring libido
- Stimulating osteoclast activity
- Reducing hot flashes
- Decreasing mood swings
- Uterine fibroids
- Endometriosis
- Decreasing bloating
- Reducing water retention
- Excess bleeding
- Pelvic pain

Menopausal and Post-Menopausal Women

The natural decline in progesterone levels that occur with aging may result in hormone imbalances producing hot flashes, mood swings, urinary incontinence, hair loss, vaginal dryness, poor concentration, uterine fibroids, loss of libido, and an overall decline in health and quality of life. Data suggest that mean serum progesterone (and estradiol) concentrations are significantly lower among menopausal women reporting hot flashes compared to those not reporting hot flashes, and that higher levels of these hormones are associated with decreased odds of hot flashes.⁹ Micronized progesterone supplementation has been shown to significantly decrease moderate to severe vasomotor symptoms compared to placebo in early postmenopausal women, and does not cause a rebound increase in occurrence when treatment is stopped.¹⁰ There may also be a role for transdermal progesterone as a hormone therapy for osteoarthritis, owing to its anti-inflammatory actions and potential beneficial effects on bone remodeling and maintenance of healthy cartilage.¹¹

Suggested Use:

- Apply 1-2 times per day to smooth skin areas, such as wrists, inner arms or thighs, throat, neck, abdomen or chest, or as directed by a health care practitioner.
- For optimal use, rotate the areas of application.
- **Menstruating women:** Apply 1 ml of Progest-Avail™ once or twice per day on days 14 through 27 of the menstrual cycle, or as directed by a health care professional.
- **Menopausal and post-menopausal women:** Apply 1 ml of Progest-Avail™ once or twice per day for 25 consecutive days, followed by a 5-day break, or as directed by a health care professional.

Note: Monitor patients' sex hormone levels regularly to guide dosing and treatment strategies.

Ingredients: Caprylic/capric triglyceride (from coconut), dimethyl isosorbide, USP bio-identical progesterone (ultra-micronized), vitamin E.



References

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