

PROBALANCE  
PROBALANCE PLUS

CERTIFIED



LIPOSOMAL DELIVERY  
TECHNOLOGY



NutraRelief



# PROBALANCE PROBALANCE PLUS

ProBalance™ and ProBalance PLUS™ are fragrance-free liposomal topical creams containing **1.6% natural progesterone (from a Mexican wild Yam)**. The **PLUS** also includes (**Estriol / Estradiol**) in addition to Progesterone. Both liposomal creams have **USP Pharmaceutical grade progesterone**.

Our registered and trademarked, **Certified Liposomal Delivery Technology (LDT)** is used in both creams which assists in carrying the bio-active ingredients directly into the circulatory system bypassing the need for oral supplementation.<sup>1</sup> For most women, hormonal balance is achieved by gently rubbing a pea-sized dab of the cream into the thin-skinned areas.





Blending The Best Of Science And Nature

# Liposomal Delivery Technology

## USING PROBALANCE™ / PROBALANCE PLUS™

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.

## WHAT IS PROGESTERONE?

Progesterone is sometimes thought of as the miracle hormone. It has a calming effect on both the mind and the body. Depleted amounts can cause mood swings and increased anxiety and/or depression. Progesterone is also classified as a neuro-steroid which means that it stimulates normal brain processes and helps the nervous system to function properly.

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.<sup>3</sup>

## Nature intended that estrogen and progesterone be balanced.

### Progesterone may support:<sup>2</sup>

- Hot Flashes
- 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
- Effective in treating PMS, ovarian cysts and breast fibro cysts
- Effective in treating endometriosis pelvic disorders and uterine fibroid tumors
- Protects against reproductive organ and breast cancer



### PROBALANCE:

- Progesterone: 20mg / ¼ tsp
- Approx. 2 pumps

### PROBALANCE PLUS:

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

### HOW TO USE:

- Gently massage 1/8 to ¼ teaspoon (about the size of a pea) of cream into clean thin-skinned body areas: Breasts, inner arms or inner thighs, face, neck or soles of the feet.
- Apply in the morning and before retiring for bed or as directed by your healthcare provider. Rotate areas daily to avoid saturation.
- Apply twice a day in monthly cycles of 3 weeks on and 1 week off if you still have your monthly period. If no period, no need to cycle on and off simply stay on daily application.



## WHAT DOES PROGESTERONE DO?

Benefits of taking natural progesterone may include and support with <sup>4,5</sup>

- Supports eliminating hot flashes.
- Protecting the endometrium (lining of the uterus).
- Preventing uterine cancer.
- Maintaining HDL cholesterol levels (also known as the “good” cholesterol).
- Eases anxiety.
- Promotes memory.
- Helps with symptoms of PMS.
- Increases ability to handle stress.
- Helps to lower triglycerides.
- Essential for bone growth.
- Reducing adverse side effects of synthetic hormones.
- Helps prevent fibrocystic disease and ovarian cysts.
- Assists in the proper function of the thyroid gland.
- Assists in preventing plaque from forming on arterial walls.
- Reducing symptoms associated with menopause, like mood swings.
- Helps the metabolism by contributing to the use of fat for energy.
- Helps to prevent overgrowth of cells of the endometrial lining and prevent endometriosis from forming.
- Helps to prevent overgrowth of certain types of cells, which can help protect against some cancers including those of the breast or the uterus.

## ADDITIONAL BENEFITS OF PROGESTERONE <sup>5</sup>

May Support With:

- Can help to slow down the aging process
- Improves insomnia
- Improves libido
- Reduces or eliminates migraine
- Reduces inflammation and joint pain
- Regulate menstrual cycles
- Reduce hot flashes
- Reduce weight gain

### ESTROGEN VERSUS PROGESTERONE

Estrogen refers to a steroid hormone that is important in the reproductive development in females

Produced by the growing Graafian follicle

Secreted by ovaries prior to ovulation; also produced by the placenta during pregnancy

Secretion is regulated by FSH

Involved in the formation and maintenance of secondary sex characteristics; also important in bone resorption

Involved in the enlargement of the uterus and breasts during pregnancy

Progesterone refers to a steroid hormone that prepares the uterus for pregnancy

Produced by the corpus luteum

Secreted by the ovaries after the ovulation; also produced by the placenta during pregnancy

Secretion is regulated by LH

Involved in the formation and maintenance of endometrium and uterus

Involved in the reduction of contractility of the uterus and stimulates the growth of mammary glands



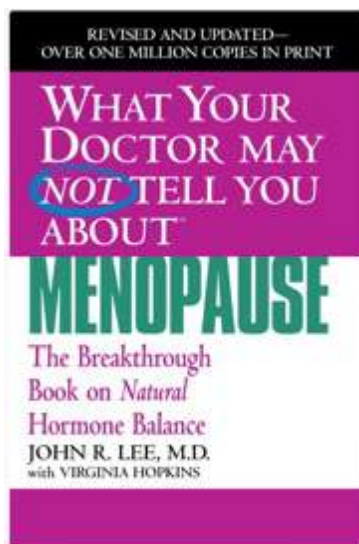
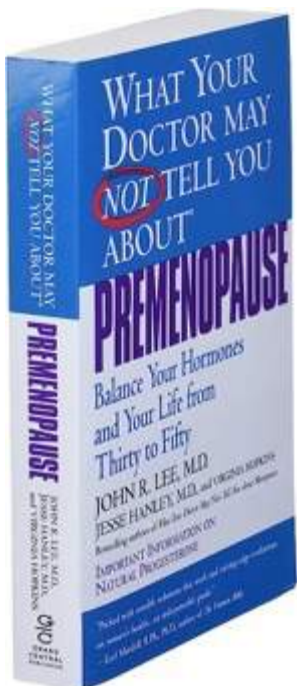


## SPECIFIC APPLICATION INFORMATION:

- For PMS and Premenopausal Symptoms, begin using the cream 10 to 12 days after the first day of your period. Apply the cream 2x/day from either Day 10 or 12 through Day 26 or 48 hours before the scheduled start of next period. If your period starts early, stop using the cream - Mother Nature is trying to balance your hormone levels. When your period starts count forward 12 days (10 if you normally have a shorter cycle than 28 days) and begin the program on that day. Be patient, it may take three cycles before you achieve synchrony with your normal cycle. If you have cramps, headache, swollen breasts etc., the cream may be applied directly to the problem area.
- Menopausal Women NOT taking estrogen have a wider latitude in using the cream. For convenience, you may choose a dosage schedule based on the calendar month. Use the cream 2x/day from the 2nd to the 14<sup>th</sup> or 21<sup>st</sup> of each month and none from the 15<sup>th</sup> or 22<sup>nd</sup> to the end of the month. Some women report that using a larger dab of cream at night helps them sleep better.
- Menopausal women taking estrogen should reduce their dosage by half when starting to use progesterone cream. This is important because in women deficient in progesterone, the cream may temporarily increase the sensitivity of estrogen receptors. If estrogen intake is not reduced, you may experience estrogen dominance during the first couple of months. You may try lowering your estrogen dose by half again every 2-3 months. (The estrogen should be low enough that monthly bleeding does not occur, but high enough to prevent vaginal dryness and hot flashes.) Estrogen and progesterone can be used together for up to 25 days each month, with 7 days without either hormone.
- Menopausal women taking an estrogen-progesterone combination should refer to Dr. John Lee's book, *What Your Doctor May Not Tell You About Menopause* (Time-Warner Books).



- Every Women is different. You may want to use 1/16 to ½ teaspoon twice a day. If your symptoms are relieved, you are using enough.
- Apply the cream to thin-skinned areas of the body, palms of hands, soles of feet, chest neck, face (great for wrinkle prevention), breasts, behind the knees, inside of elbows or inner arms - rotating the sites of application to maximize absorption.
- In General, using half a bottle over a two-week period should provide the physiological benefits of progesterone. For women with estrogen dominance symptoms, one bottle may be necessary. Keep in mind that because each woman is unique, the amount of cream to use daily, the time required to reach hormonal balance, and the amount of cream needed for maintenance will vary from woman to woman.



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#### References:

- <sup>1</sup> John R. Lee, M.D., "What Your Doctor May Not Tell You About Menopause" / "Natural Progesterone: The Multiple Roles of a Remarkable Hormone".
- <sup>2</sup> John R. Lee, M.D., "What Your Doctor May Not Tell You About Menopause" / "Natural Progesterone: The Multiple Roles of a Remarkable Hormone".
- <sup>3</sup> <https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/progesterone>
- <sup>4</sup> <https://www.healthline.com/health/natural-progesterone#pros-and-cons>
- <sup>5</sup> John R. Lee, M.D., "What Your Doctor May Not Tell You About Menopause" / "Natural Progesterone: The Multiple Roles of a Remarkable Hormone".



Superior natural absorption

# Benefits of *Liposomal* Delivery Technology



## Cellular Compatibility

Liposomes are made of the same material as most cells therefore, your body recognizes them as phospholipid friendly substance.



## Increase Absorption

Protects against the harsh environment of the GI tract and increases bioactive uptake absorption.



## Self Regulating

Liposomal topicals can optimize cellular uptake and effectiveness and can be easily adjusted to a lower or higher dose to meet individual needs.



## Larger Payload

Provides a larger nutrient payload per particle. Offers higher bioavailability and absorption compared to conventional capsules.



## Penetration Enhancer

Once applied on the skin, liposomes rupture and diffuse as a lipidic mixture that acts as a penetration enhancer.



## Avoids Digestion

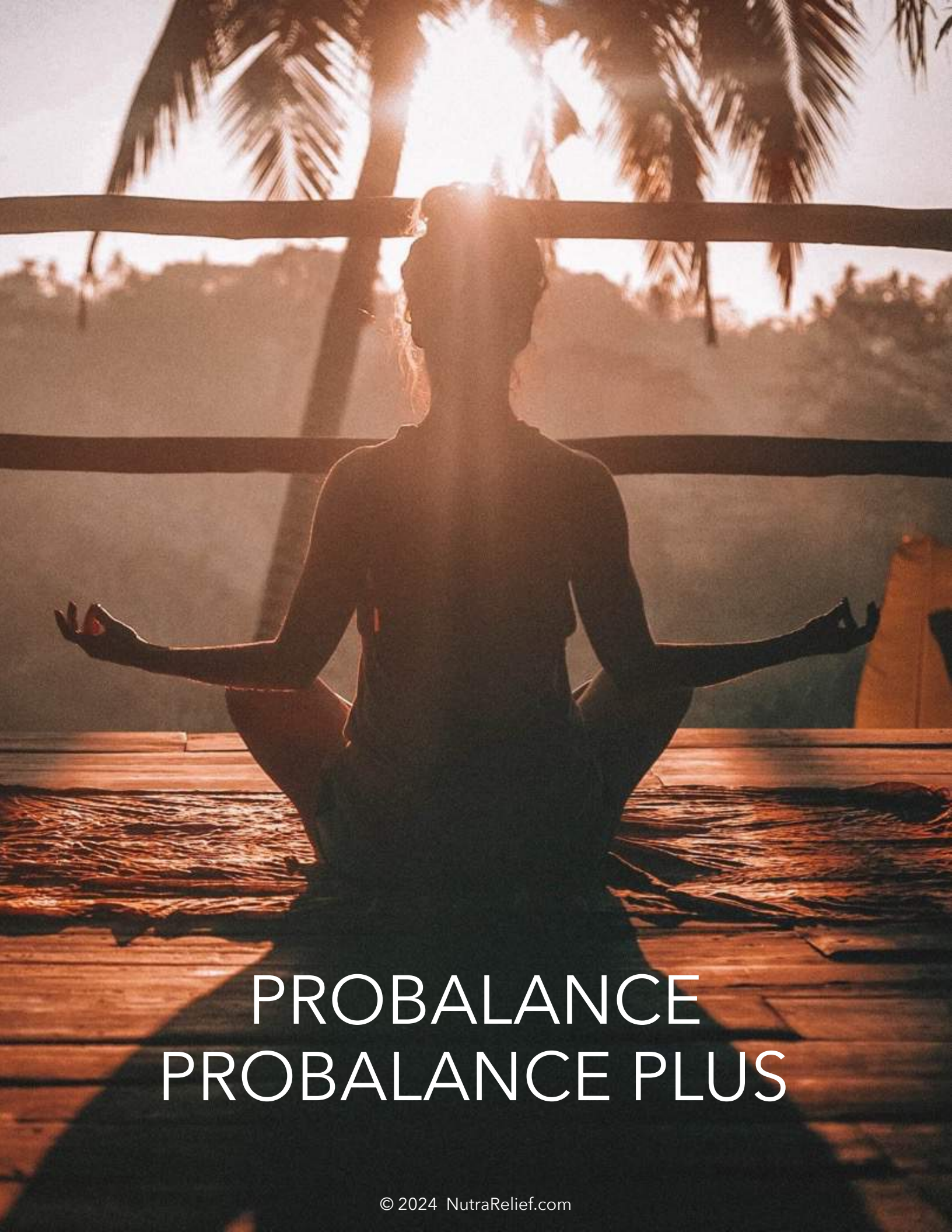
Timing of the dose does not require accompaniment or exclusion of food as the absorption via the liposome avoids the digestive process.



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