

NutraRelief®

Natural Hormone Support

Balance. Nurture. Thrive.



Supports hot flashes



Supports thyroid
hormone function



Helps support libido



Supports emotional
wellness



Supports PMS balance



Supports healthy
metabolism



DOCTOR TRUSTED • MADE IN THE USA • LIPOSOMAL TECHNOLOGY

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.





ProBalance™ / ProBalance Plus™

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



Powered by Certified Liposomal Delivery Technology (LDT®)

Our registered and trademarked, Certified Liposomal Delivery Technology (LDT®) is used in both creams which assists in bypassing the need for oral supplementation and instead designed to **support absorption through the skin** as part of your daily wellness routine.



Simple. Effective. Daily.

For most women, hormonal balance is achieved by gently applying (**2 pumps**) of the cream into thin-skinned areas.



LIPOSOMAL
DELIVERY
TECHNOLOGY
CERTIFIED EXCELLENCE



The liposomal delivery system helps protect and transport active ingredients across the skin barrier, optimizing absorption and efficacy.¹



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Liposomal Delivery Technology

Blending the Best of Science and Nature



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USING PROBALANCE™ / PROBALANCE PLUS™

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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. ³

NATURE INTENDED THAT ESTROGEN AND PROGESTERONE BE BALANCED.

Progesterone may support: ²

- | | |
|---|---|
| <ul style="list-style-type: none">❏ 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 | <ul style="list-style-type: none">❏ 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 |
|---|---|



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How to Use

ProBalance™ and ProBalance Plus™ Liposomal Topical Creams



PROBALANCE™

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



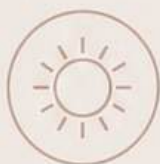
PROBALANCE PLUS™

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

HOW TO USE



Gently massage (2 pumps) of cream onto clean thin-skinned body areas: **breasts, inner arms or inner thighs, face, neck, soles of the feet** or as directed by your healthcare provider.



You may also split the 2 pumps (1 in the morning and 1 in the evening) as an additional protocol. **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.^{4,5}



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.



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Additional Benefits of Progesterone⁵

MAY SUPPORT:

-  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		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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Personalized. Consistent. Powerfully Effective.

Every woman is unique. Follow this guidance to support your body's natural hormone balance with **ProBalance™** products.



1. EVERY WOMAN IS DIFFERENT.

You may want to use **2 pumps daily**.
If your symptoms are relieved, you are using enough.



2. APPLY TO THIN-SKINNED AREAS.

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.



3. USE CONSISTENTLY.

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.

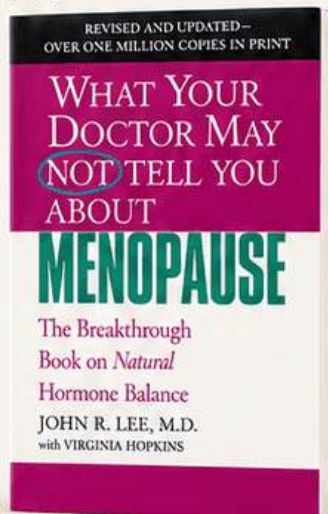
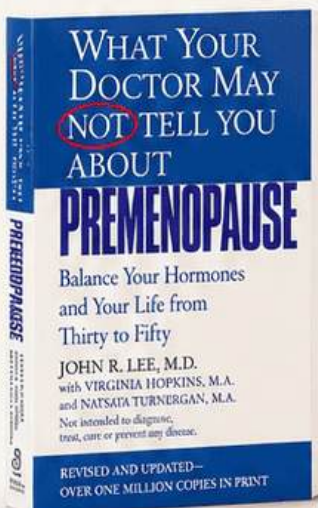


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For detailed use information, refer to the following books by **John R. Lee, M.D.:**



RECOMMENDED READING



REFERENCES

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



NATURAL SUPPORT.
TIMELESS WELLNESS.

ProBalance™ and ProBalance Plus™ are designed to work with your body—helping you feel balanced, vibrant, and empowered every day.





SUPERIOR NATURAL ABSORPTION

Benefits of *Liposomal* Delivery Technology



LIPOSOMAL DELIVERY
TECHNOLOGY

CERTIFIED EXCELLENCE

Liposomal Delivery Technology (LDT®) enhances the way nutrients are absorbed, protected, and delivered—so your body can utilize them more effectively.



Cellular Compatibility

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



Increases 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.

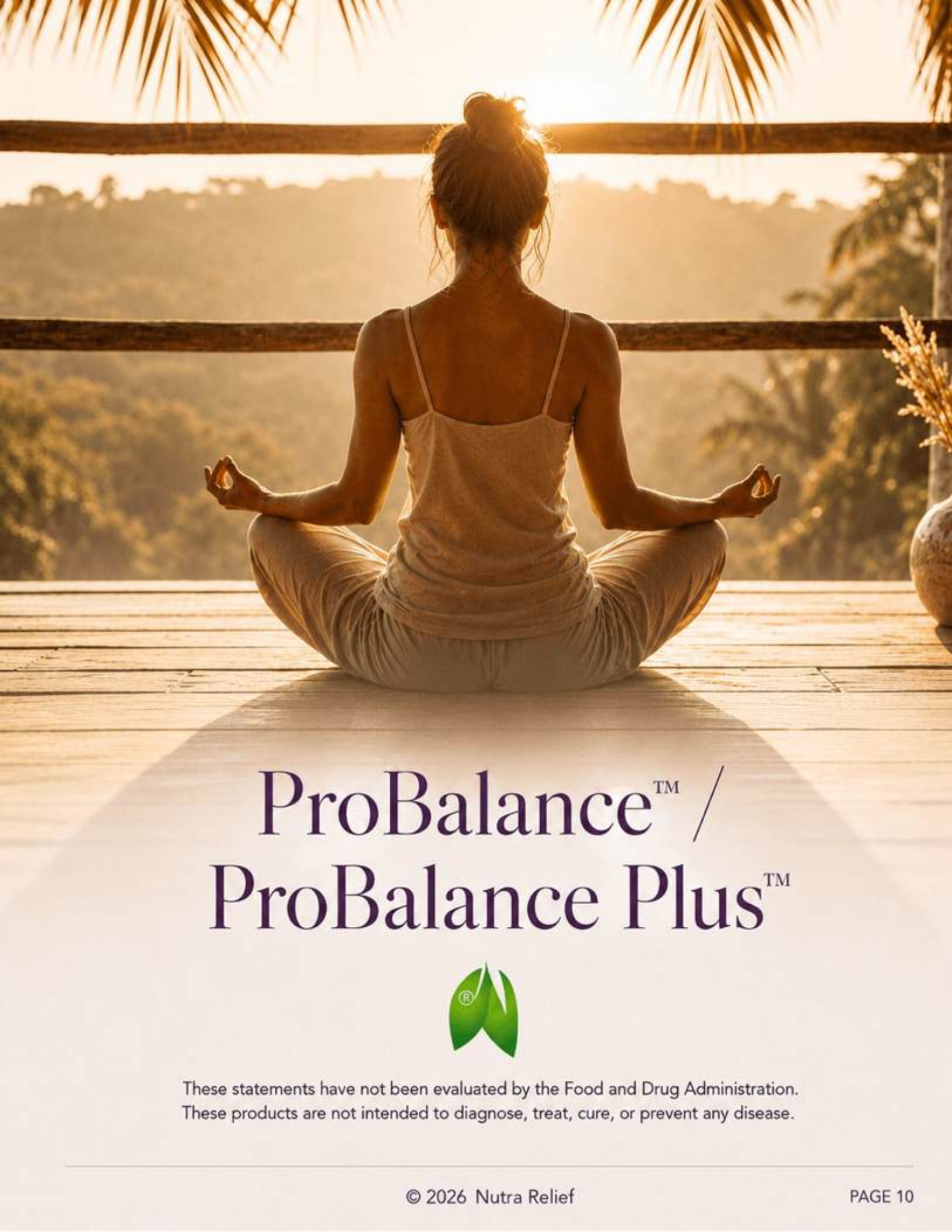


Smart Delivery. Superior Results.

LDT helps active ingredients cross the skin barrier, optimizing absorption and efficacy for more noticeable, consistent, and long-lasting results.



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A woman with her hair in a bun is sitting in a meditative lotus position on a wooden deck. She is wearing a light-colored tank top and pants. Her hands are resting on her knees in a mudra. The background shows a sunset over a hilly landscape with palm trees. The sun is low on the horizon, creating a warm, golden glow. A wooden railing is visible behind her.

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