

## Please read the following prior to product use:

Application is intended for external cosmetic use. Consult a qualified health care professional before using this product if you have concerns about your health, if you have a medical condition, if you are or may become pregnant, or if you are nursing.

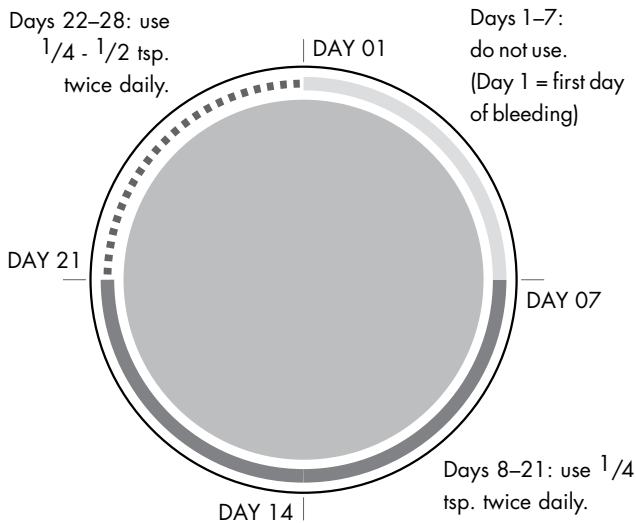
Do not use if you are allergic to any ingredient it contains. If irritation occurs, discontinue use. Do not use around the eye area. Product not intended for children. Keep out of reach of children. Store at room temperature.

## Pro-Gest® Suggested Use

Pro-Gest is best used according to your menstrual status. The following are general recommendations that should be confirmed or modified in concert with your health care provider.

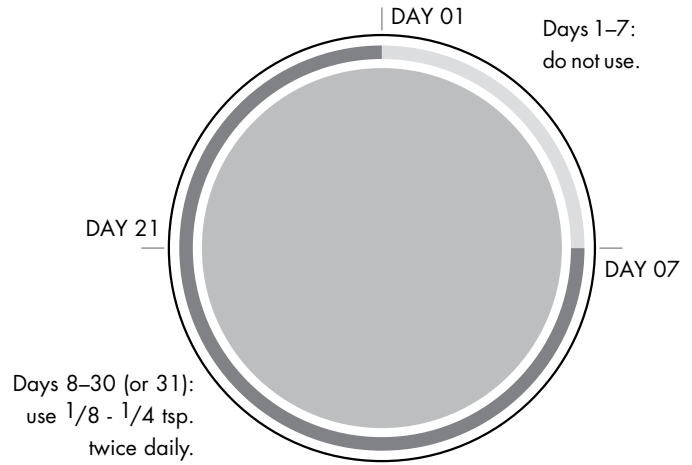
### Women who are perimenopausal

**(still menstruating, with cycle changes):** Pro-Gest is best used during days 8-28 of your monthly cycle. If your period begins early, STOP using Pro-Gest while you are bleeding. Count the first day of bleeding as day one, and begin the cycle again. If your period is late, use the cream for up to 3 weeks (day 28 of your cycle); then take a week off. If your period has not started by the end of the week off, resume use of the cream as described below for days 8-28 or until your period starts. STOP the cream when your period begins. Count the first day of bleeding as day one of your cycle, and begin the cycle over again.



### Women who are menopausal or post-menopausal

**(no longer menstruating or have had a hysterectomy):** Choose a calendar day (e.g. first day of the month) as day one.



## “Where do I put it?”

Pro-Gest cream is easy to use. To apply, just massage 1/8 to 1/2 teaspoon into your skin twice a day. Apply it to your inner arms, inner thighs, abdomen or chest (above the breasts), rotating the areas where applied. Allow one hour for complete absorption before bathing.

### Emerita® Pro-Gest comes in three sizes:

Pro-Gest 2oz. Tube (enough for about one month)

Pro-Gest 4oz. Value Size Tube

Pro-Gest Single Use Packets (each Pro-Gest Single Use Packet contains 20 mg of progesterone — 1.3 g of cream)

## What are Bioidentical Hormones?

They start as plant substances. Then they are manufactured to have the same molecular structure as the hormones naturally occurring in your body, so they can produce the same beneficial effects.

## Hormone Imbalance

During perimenopause hormone levels fluctuate as a result of fewer ovulations, so less progesterone is produced in the second half of the menstrual cycle. Periods can be erratic, skipped or have heavy bleeding /clots. Symptoms result from the change in ratio of estrogen to progesterone, so the imbalance creates the symptoms.

During menopause, estrogen is no longer produced by the ovaries and is made in smaller amounts by the adrenal glands and in fat tissue. Estrogen is still produced in the body but in lower amounts than in younger cycling women. The most significant hormone change of menopause is the lack of progesterone.

## Some symptoms of hormone imbalance:

Mood Swings	Anxiety
Breast Tenderness	Headaches
Insomnia	Fatigue
Cramps	Skin Changes
Belly Fat	Night Sweats
Bloating	Memory Changes
Heavy Bleeding	Irregular Periods

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improving the health and lives of women

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