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ProMensa

WHAT IT IS:

- Natural, bio-identical progesterone cream

WHY YOU NEED IT:

- Supports healthy progesterone levels
- Important for patients with PMS symptoms
- Formulated for patients with mood balance and sleep concerns

HOW IT HELPS:

During a normal menstrual cycle, progesterone blood levels start to rise during the second half of the cycle and peak on Day 21. As progesterone levels fall during the last week before menstrual flow, some women experience PMS symptoms such as irritability, bloating, fluid retention, cramping, fatigue, headaches, and food cravings.

ProMensa is a natural, bio-identical progesterone cream that supports normal progesterone levels which support women looking to target PMS symptoms. The natural progesterone in ProMensa also provides a calming effect which can also assist patients looking for relief from insomnia, particularly during the second half of the menstrual cycle.

Each pump of ProMensa contains four (4) mg of natural progesterone. ProMensa may be used throughout the menstrual cycle as some women always have suboptimal progesterone levels. Typically, the dose for the first part of the menstrual cycle (which begins on the first day of menstrual flow) is half the dose for the second part of the menstrual cycle (which begins after ovulation, typically on day 14 of a 28 day cycle).

Usage: At bedtime, apply one to five pumps of ProMensa to the inner arms as directed.