

What you should know about  
**“Progesterone Creams”**

Look at the active ingredients. If the product contains “wild yam extract or concentrate”, it does not contain natural progesterone. Wild yam extract contains diosgenin which is a precursor chemical that can only be converted to natural progesterone in a laboratory. There is no evidence that the human body is able to convert topically applied diosgenin into natural progesterone.

Our topical creams contain 100% natural micronized progesterone in an elegant moisturizing cream. Our creams require a prescription – but they still cost 40% less than comparable amounts of health food store progesterone cream. Plus, because it is available as a prescription, it is frequently reimbursed by your insurance.



## **APOTHECARY OPTIONS**

A Professional Compounding Pharmacy

3006 Esplanade, Suite 'I', Chico, CA 95973 ♦♦♦ phone 530-345-RxRx (7979) ♦♦♦ fax 530-345-9797

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What you should know about  
**“Phytoestrogens”**

Phytoestrogens are plant-derived products that have estrogen-like effects. They do not contain human estrogen. Black Cohosh (*Cimicifuga racemosa*) and Chaste Berry (*Vitex agnus*) are two of the best known phytoestrogens. At most, they have 1-2% of the potency of natural human estrogen. For some women, herbal phytoestrogen remedies may be able to alleviate some of the symptoms of PMS and menopause. For other women, these products are not effective.

Our products contain 100% natural estrogens which are identical to what the body produces. Natural estrogen creams are only available with a prescription.



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