

# PROGESTERONE

PHYSIOLOGIC RESTORATION | BIOIDENTICAL HRT  
**10mg/twist (200mg/ml cream)**



|       | <b>+1P</b><br><i>24 ml</i> | <b>+2P</b><br><i>27 ml</i> | <b>+3P</b><br><i>30 ml</i> | <b>TWISTS</b>                   |
|-------|----------------------------|----------------------------|----------------------------|---------------------------------|
| Apply | 0 Twists                   | 0 Twists                   | 0 Twists                   | Days 1-13                       |
| Apply | 6 Twists                   | 8 Twists                   | 10 Twists                  | Twice daily on cycle days 14-15 |
| Apply | 14 Twists                  | 16 Twists                  | 18 Twists                  | Twice daily on cycle days 16-17 |
| Apply | 18 Twists                  | 20 Twists                  | 22 Twists                  | Twice daily on cycle days 18-19 |
| Apply | 22 Twists                  | 24 Twists                  | 26 Twists                  | Twice daily on cycle day 20     |
| Apply | 26 Twists                  | 28 Twists                  | 30 Twists                  | Twice daily on cycle day 21     |
| Apply | 22 Twists                  | 24 Twists                  | 26 Twists                  | Twice daily on cycle days 22    |
| Apply | 20 Twists                  | 22 Twists                  | 24 Twists                  | Twice daily on cycle days 23-24 |
| Apply | 14 Twists                  | 16 Twists                  | 18 Twists                  | Twice daily on cycle days 25-26 |
| Apply | 6 Twists                   | 8 Twists                   | 10 Twists                  | Twice daily on cycle days 27-28 |

**This medication has been compounded specifically for you. Please contact your compounding pharmacy if you have any questions about your compounded medication.**