

# BIOIDENTICAL PROGESTERONE

## WHAT IS THE DIFFERENCE BETWEEN "PROGESTIN" AND "PROGESTERONE"?

### Natural Progesterone:

It is structurally identical to the hormone produced in our bodies. The only main side effect may be some mild to moderate drowsiness. This can actually benefit the patient who suffers from sleep problems.

### Progestins:

These are synthetic, man-made molecules developed to mimic the actions of natural progesterone. Progestins do not have the full range of activity of natural progesterone.

The wide range of side effects include:

- Breast tenderness
- Acne
- Bloating
- Depression
- Vision changes
- Thrombosis
- Migraines
- Decreased glucose tolerance
- Gastric regurgitation
- Genital abnormalities in fetuses of women taking medroxyprogesterone (a progestin) the first four months of pregnancy

## WHAT ARE SOME FUNCTIONS OF BIOIDENTICAL PROGESTERONE?

- Precursor to the other sex hormones
- Normalizes blood sugars
- Normalizes blood clotting
- Uses fat for energy
- Functions as a natural antidepressant
- Functions as a natural diuretic
- Helps normalize thyroid
- Restores libido
- Protects against breast and endometrial cancer
- Protects against fibrocystic breasts and uterine fibroids
- Decreases cramping
- Necessary to maintain pregnancy
- Counter-balances estrogen
- Assists in normalizing HDL-cholesterol levels
- Ultimately reduces risk of heart disease
- Creates osteoblastic activity, leading to increased bone density

## SIGNS OF TOO LITTLE PROGESTERONE

Breast  
Tenderness

Mood Swings

Cramps

Miscarriage

Uterine and  
Breast Fibroids

Anxiety

Decreased Bone  
Density

Irregular Menses

Decreased  
Libido

Depression

Water Retention

Sleep  
Disturbances

