



## Using your Dr. Randolph's Natural Balance Progesterone Hormone Cream

### **WHEN**

Apply as directed by your Health Care Provider: this can be daily, twice daily in the morning and evening or only during certain days of your cycle. If only applying once a day, it can be beneficial to do so at bedtime as some find it helps reduce sleep disruption.

### **WHERE**

There are 4 ideal areas to apply your cream:

- Right and left outer breast
- Right and left inner thigh

It is recommended that you rotate the area of application to avoid irritation.

We do not recommend using the abdominal area as this could cause gas.

### **HOW**

New bottles need to be pumped several times to prime them. Once primed, press the pump fully to **apply one full pump directly to inner wrist**. (One pump is 25 mg) Rub for at least one full minute in a small area of skin. Note: if using your hands, it is a good idea to use inexpensive gloves as there may be a possibility of "sharing" your hormone cream with other family members or pets. Think about who you share a bathroom sink with as cream could get on faucet handles, doorknobs, etc.