Progesterone is a vital hormone for women throughout their lives and this article, from Women’s International Pharmacy in Madison, Wisconsin, lists many of the benefits that have been shown to be associated with maintaining proper levels of progesterone in the body.

This article lists the benefits of natural progesterone, and how every woman should be aware of their need for adequate amounts whether the body naturally produces a sufficient amount or if supplementation is needed.

One thing missing from this article is information regarding specific doses for the use of progesterone. I believe this is intentional because specific dosing can vary significantly among patients, and should be considered on an individual basis with regard to a specific patient.

At Collier Compounding, we believe wholeheartedly in the use of progesterone and its many benefits. In fact, we often recommend the use of progesterone as a primary therapy for hormonal imbalance and the wide array of symptoms that often accompany that imbalance.

Read “A Lifetime of Progesterone” attached and learn about the importance of Progesterone throughout a woman’s life.

Article is attached below.