

A Lifetime of Progesterone

An Article Review by Jana McCullough Evenson



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.](#)