

# Sensitivo's PS960™



## All Natural Progesterone Cream

*Since all people are different, it is impossible to recommend a precise amount of cream to use that works across the board. John R. Lee M.D., states that 20 milligrams, which is ¼ teaspoon, is a normal physiological amount. Pregnant women in the third trimester -- the peak when their natural health is the strongest -- produce up to 400 milligrams per day.*

*Informed women have discovered that imitating the body's natural hormone release cycles when applying natural progesterone results in the most comfort and success. The body naturally expects a hormone release twice a day. John R. Lee M.D. recommends applying 1/8 to ¼ teaspoon early in the morning and at bedtime into soft tissue areas such as face, neck, chest, inner arms, palms of hands and soles of feet.*

### **MEN**

For prostate inflammation, and for men with other symptoms of estrogen dominance (rage, breasts, mood swings, abdominal fat gain, hair loss, insomnia, etc), use 1/8 tsp 2 times per day, every day. No break is needed. For prostate inflammation, the cream can be applied directly to the private perineal area.

### **WOMEN**

**INFERTILITY** – Start applying cream 14 days after the first day of your period and stop on day 28. Use approximately 1/8 tsp in the early morning and at bedtime.

**IRREGULAR CYCLES** – Start applying the cream 10 days after the first day of your period and stop on day 28. If your period begins before day 28, stop using the cream until the 10<sup>th</sup> day after your period starts. Resume and stop again on day 28. It may take 3 to 6 months to regulate the cycle.

**MENOPAUSE, POST-MENOPAUSE, HOT FLASHES, HYSTERECTOMIES AND OSTEOPOROSIS** – Apply the cream for 22 - 25 consecutive days. Stop for 3 to 5 days, then resume use. Repeat cyclically. Ideally you want to simulate a 28 day cycle. You can use a 30 – 31 day cycle if you wish, but the most natural cycle is 28 days. Some use the full moon as a calendar.

**Regarding All Postmenopausal use** -- An important thing to know is that as your hormones balance through the use of natural progesterone, excess estrogen is flushed from the body. Also the estrogen receptors become more sensitive. This means that you may actually experience some estrogen side effects like breakthrough bleeding, tender breasts, pimple breakouts or hot flashes. You will not start menstruating again, but if you do experience a temporary period, this is a good sign that your body is ridding itself of stored estrogen. Be glad! It may take 3 to 6 months to balance out the hormones. Please don't stop midstream because of discomfort – you'll be happy if you keep going and get beyond it.

**PMS** – Start applying cream 12 days after the first day of your period and continue using it through day 26 – 28, depending on length of your cycle. The cream may be used in a crescendo pattern using

a little more at the end of the cycle than at the beginning to control the PMS symptoms. Listen to your body and experiment to find your body's own balance point for optimum comfort.

**PRE-MENOPAUSE** – Start applying cream 8 days after the first day of your period and use it through day 26 – 28.



**Ingredients:** Purified Water, Natural Glycerin, Simugel (a plant based thickener), Vitamin E, Coconut Oil, Natural Progesterone (USP), Aloe Vera, Grapefruit Seed Extract, Vitamin A, Saw Palmetto, Cramp Bark, Sarsaparilla, Carrot Oil, Lemon Grass Oil.