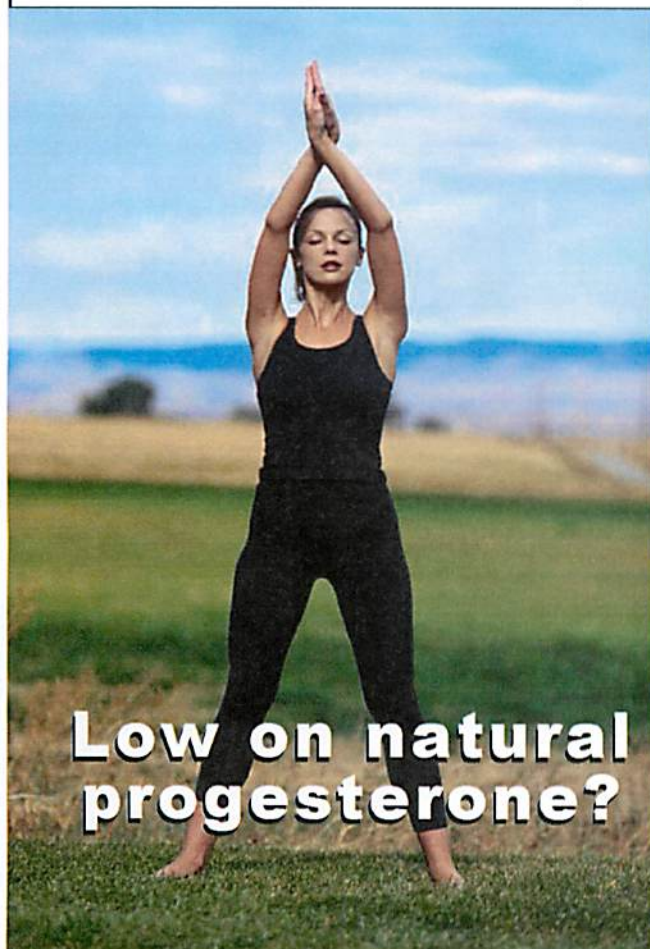


Superior PMS & Menopause Support



Quantum-R_x[™] Natural Gesterone[™] Cream

Bio-Enhanced Bone, Endocrine and Skin Support



**Low on natural
progesterone?**

Benefits of 100% Natural Progesterone Cream

- Supports healthy hormone balance with 100% natural progesterone cream (USP grade)
- Made from wild yam (*not synthetic sources*)
- Promotes healthy estrogen/ progesterone ratios
- Contains no synthetic hormones
- Preserved with highly charged plant minerals - *not toxic preservatives*

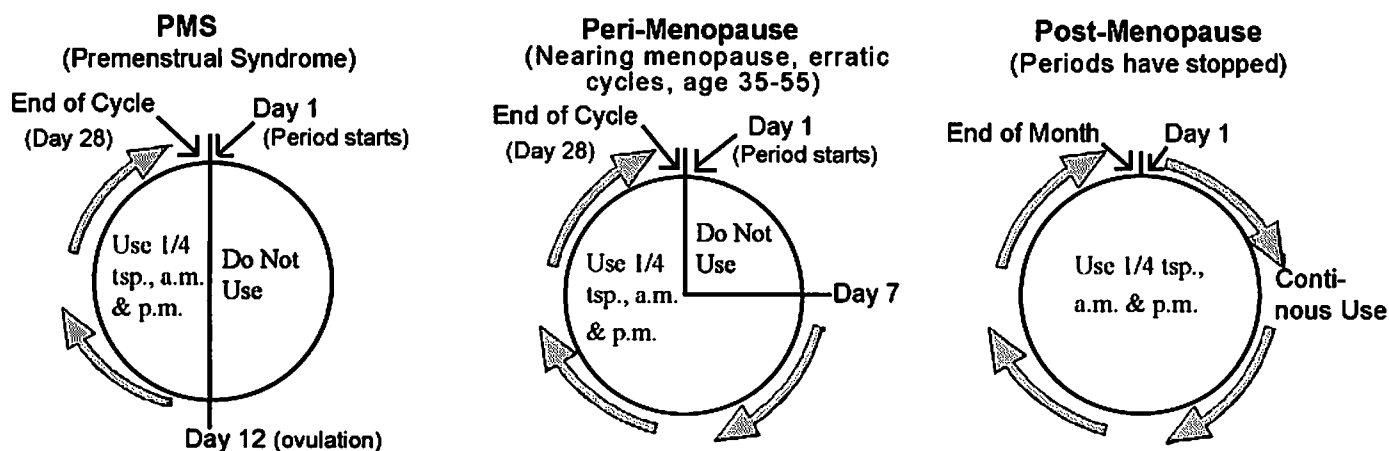
*Premier Quality
You Can Trust*

- The **Only** Natural Progesterone Cream On Earth made with our exclusive highly charged plant mineral cream base
These beneficial, bio-electromagnetically charged plant mineral ions completely eliminate the need for toxic preservatives
- 100% nontoxic cream
Absolutely no toxic tagalongs - no benzene, propylene glycol, parabens, carbomer 940, polysorbate 60, stearyl konium chloride, cetyl alcohol, peg 8 stearate or other toxics
- Unparalleled cell uptake
Up to 98% absorption by the cell as compared to 3 to 6% with ordinary creams
- Quickly absorbed by the cell
Not sticky; leaves no residue on your skin

What's The Difference?

Ours	The Other Guys
<p>1. 100% Natural Progesterone Laboratory processed to bio-identical human progesterone (wild yam source)</p> <p>a) 100% naturally active in the human body b) The Yam Scam: Beware of products that contain only wild yam. Wild yam alone <u>will not</u> work unless it's been activated (via laboratory processing) to bio-identical natural progesterone</p> <p>2. Luxurious, Natural Cream Base 100% botanical base cream made with highly charged plant mineral technology</p> <p>3. Absolutely No Preservatives Our highly charged plant mineral process naturally preserves the cream in its natural energy state so there is no need for toxic preservatives.</p> <p>4. 100% Pure, Nontoxic Ingredients Our cream is so pure it's edible, but best application is on your skin.</p> <p>5. Natural Progesterone In micronized form, stabilized with vitamin E for excellent absorption.</p> <p>6. Unparalleled Absorption Charged Plant Mineral Technology with its highly polarized herbal particles allows up to a full 98% absorption by the cell as compared to typical 3 to 6% by most ordinary creams.</p> <p>7. Quick Absorption By The Cell Within seconds, our silky, toxic-free cream is fully absorbed, leaving NO sticky residues</p>	<p>1. Other creams may not contain natural progesterone (yam source).</p> <p>a) Some creams contain wild yam but it has NOT been converted in a lab. Your body cannot convert it to real progesterone. It does NOT raise the body's progesterone levels.</p> <p>b) Some creams do have U.S.P. grade progesterone but it is synthetic (NOT from natural sources). Not biocompatible with living bodies.</p> <p>c) Some creams contain only diosgenin, a chemical from wild yam. This molecule is too large to be absorbed by your skin. It does NOT raise the body's progesterone levels.</p> <p>d) Some doctors give Provera, a prescription drug, to women who have low progesterone. But Provera is a progestin, NOT progesterone. It can drive a woman's low progesterone levels DOWN even further!</p> <p>2. Other cream bases often contain propylene glycol, a cheap synthetic petrochemical. Sometimes the cream base is non-organic, poorly grown Aloc vera which tests toxic.</p> <p>3. Toxic preservatives are common such as parabens (propyl, methyl, butyl, or ethyl) or benzene compounds.</p> <p>4. May contain many questionable and known toxic ingredients such as: propylene glycol, parabens, cetyl alcohol, peg 8 stearate, carbomer 940, polysorbate 60 stearyl konium chloride or other toxic chemicals. Remember, what you put on your skin, you are eating!</p> <p>5. Most creams are not micronized formulations, so uptake is poor. Without being stabilized in vitamin E, plant hormones can degrade rapidly.</p> <p>6. Other creams usually have poor absorption into the cell (3 to 6%) as compared with Charged Plant Mineral Technology (up to 98% absorption). Typical creams have "flat", weakly charged molecules that mostly glide into the connective tissue spaces BETWEEN the cells, rather than entering the cells themselves.</p> <p>7. Other creams often have a greasy feel and leave a sticky residue on your skin.</p>

Quantum-Rx Natural Gesterone Cream: *Recommended Use*



Directions: Apply cream to thin skin areas for best absorption, such as wrists, ankles, face, neck, etc. Massage cream well into skin. Use twice daily, in a.m. and in p.m.

Quantum-Rx Natural Gesterone Cream: *Ingredients*
Proprietary, "beyond organic", natural hormone formula: Apricot Kernel Oil, Hazelnut Oil, Grape Seed Oil, Grape Seed Extract, Horsetail Extract, Natural Progesterone, USP grade (laboratory-processed from wild yam to bio-identical natural progesterone; ¼ tsp of cream = 18 mg natural progesterone), natural vitamins A, B complex, C, E, K.

- Does not contain toxic preservatives or highly questionable additives such as paraben, stearic acid, cetyl alcohol, sodium behenoyl lactylate, phenoxyethanol, caprylyl glycol, carbomer or sorbic acid. Our revolutionary charged, high-energy herbal nano-technology allows us to naturally preserve this cream – without the use of any toxic chemicals (which you absorb if placed on your skin) – the new standard in truly natural creams.
- Does not contain synthetic progestins.

PMS? Menopause?

Weight Gain

Water retention
Fat weight gain
(especially around hips, abdomen)
Feeling bloated
Poor digestion

Menstrual Problems

Heavy or irregular periods
Menstrual cramps
Uterine fibroids
Uterine/endometrial cancer

Breast Problems

Breast swelling
Breast cysts
Breast cancer

Sleep Problems

Insomnia
Poor sleep quality
Night sweats

Osteoporosis

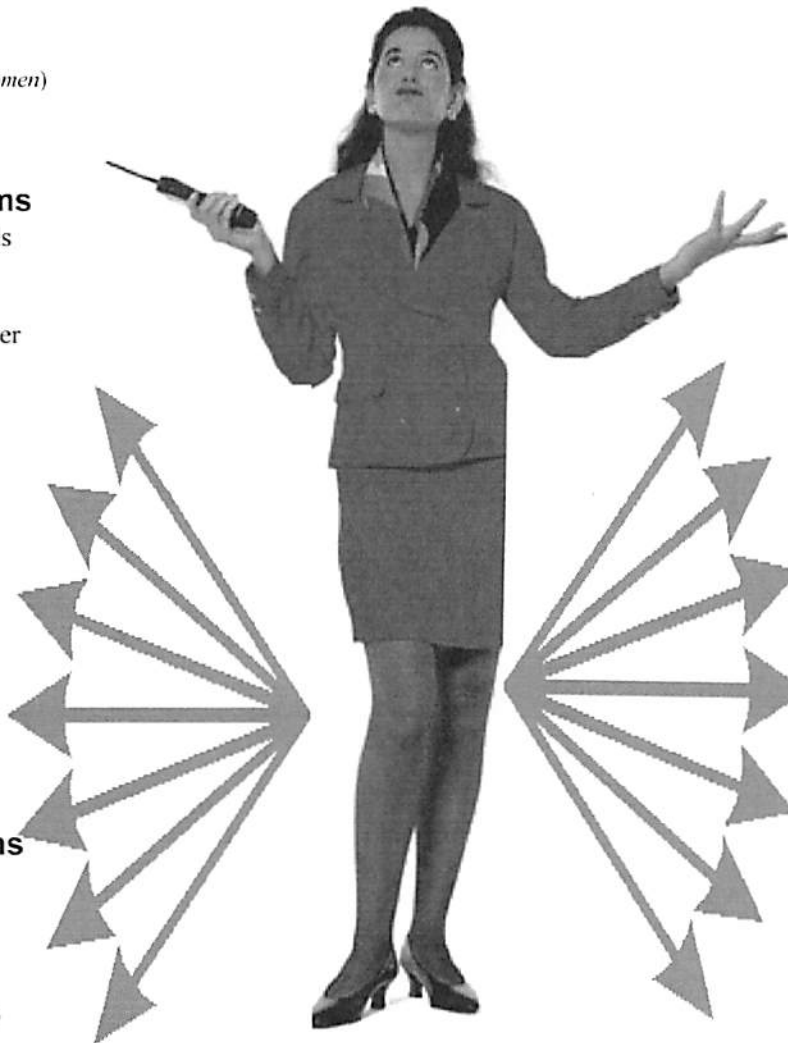
Bone mineral loss
Teeth problems

Frequent Infections

Frequent colds & flu
Bladder infections
Vaginal infections

Memory Problems

Poor memory & recall
Poor concentration



Fatigue

Feeling exhausted
Waking up tired

Food Cravings

Craving sweets, etc.
Overeating
Hypoglycemia

Emotional Problems

Depression
Frequent anger, irritable
Mood swings, nervousness
Fighting with spouse
(separation, divorce)

Low Thyroid Function

Cold hands and feet
Weight gain

Hair Problems

Hair loss
Dry, thinning hair

Skin Problems

Thinning of skin
Dry, wrinkly skin

Other Symptoms

Hot flashes
Headaches (*migranes*)
Joint pain (*arthritis*)
Back pain
High blood pressure
Asthma
Vaginal dryness/atrophy
Poor libido

The Estrogen Dominance Syndrome

When a woman's progesterone levels fall too low, her estrogen level becomes dominant.
This imbalance can help create all of the above symptoms!

The Solution

U.S.P Grade Bio-Identical Natural Progesterone

*Laboratory processed from wild yam to bio-identical natural progesterone

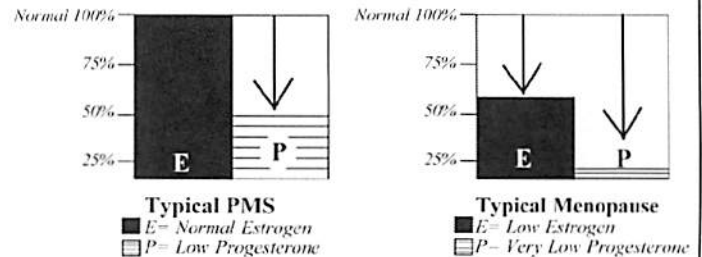
- **The Yam Scam:** wild yam cream will NOT work unless it has been laboratory-processed to natural progesterone
- **Use creams with 100% nontoxic ingredients** (avoid parabens, propyls, polysorbates, peg 8 stearate, etc.)

PMS and Menopause

The foundation of every woman's good health is based on balanced hormone levels. If a woman experiences PMS (Pre-menstrual Syndrome) or a difficult menopause, then her hormones are most likely out of balance. Two key players, estrogen and progesterone, each have a balancing effect on the other. If estrogen becomes dominant in relation to progesterone, then the roller coaster of many difficult symptoms may begin.

Estrogen Dominance

Low Progesterone



Estrogen may become dominant due to:

- 1) Exposure To Xenoestrogens (toxic, foreign estrogens replace normal estrogen at receptor sites from exposure to plastics, petrochemicals, dental composites, cleaning agents, environmental chemicals, etc.)
- 2) Birth Control Pills
- 3) Hysterectomy (which commonly induces ovary dysfunction

and atrophy; then ovaries can't produce progesterone) 4) Use of Synthetic or Conjugated Estrogen (such as Premarin) 5) Premenopause (early follicle depletion resulting in failure to ovulate and thus, lowered progesterone levels long before menopause) 6) Postmenopause (especially in overweight women, their body fat produces excess estrogen).

Progesterone: Master Precursor Hormone

Hormones are the messengers of control in a vast network of organ-system commands in the body. Progesterone, in addition to its own special hormonal effects, is a main player in the biosynthesis of many important hormones.

Progesterone is a "precursor" hormone. This means that if the body has enough progesterone, it can be converted, as needed, into other steroid hormones, such as adrenal corticosteroids, estrogen, and testosterone. For example, if your estrogen levels were too low, the body could convert some of the progesterone derived from a natural progesterone cream into the type of estrogen it needed.

Benefits Of Natural Progesterone

Natural (not synthetic) progesterone has many wonderful protective benefits, including that it:

- 1) Helps in the use of body fat for energy
- 2) Acts as a natural diuretic, decreasing salt and fluid retention
- 3) Acts as a natural anti-depressant, decreasing depression and headaches
- 4) Restores libido
- 5) Normalizes blood sugar levels
- 6) Normalizes zinc and copper levels
- 7) Helps prevent endometrial and breast cancer
- 8) Helps reverse osteoporosis by stimulating osteoblast bone building activity
- 9) Helps restore proper cell oxygen levels

Synthetic Progestins: Beware!

Synthetic progestins (e.g. Provera) are not only *not* protective, but may have many dangerous and undesirable side effects, including an increase in fluid retention and an increased risk of birth defects, epilepsy, migraines, asthma, heart and kidney dysfunction, menstrual irregularities, depression, acute allergic reactions, pulmonary embolism, weight increase, jaundice, and hair loss. Natural progesterone, by contrast, has no known side effects. Many women become so symptomatic using synthetic progestins that they discontinue use on their own.

Dr. John Lee, M.D., Dr. Ray Peat, Dr. Lita Lee, and other researchers believe that the majority of women can fare perfectly well with natural progesterone alone, without the potentially dangerous side effects of estrogen and synthetic progestins.

How To Use Natural Progesterone Cream

The cream can be massaged into any of the soft tissues of the body, such as the abdomen, inner arms, inner thighs, breasts, under the arms, low back, and face. For immediate uptake, apply the cream on the outer vaginal lips. Typically 1/4 to 1 tsp. is applied topically, one or two times daily for one to three weeks of each month. Do not use the cream during menstrual period days. Once menstruation occurs, stop usage. You may resume use after the period is over. As you first begin to use the cream, start with a smaller amount of the cream, gradually increasing the amount until you find a level that supports your body's needs the best.

Vaginal Application

If you are overweight, apply the cream to the thin skin areas of the body (i.e. ankles, wrists, low back or vaginally) for best absorption. One doctor reported that the body fat on his larger female patients kept the progesterone from being absorbed adequately into their blood. Applying the cream vaginally solved the problem. Many women, thin or overweight, find applying the cream vaginally often works the best.

After Menopause

If menopause has occurred, you may use the cream every day indefinitely. Some women discontinue the cream for a few days each month. The cream may also be used during pregnancy.

Osteoporosis

Dr. Lee's innovative research shows how natural progesterone cream can help to reverse osteoporosis. In addition to the body areas listed above, the cream may be used along the entire spinal area once or twice daily.

If You Are Currently Taking Estrogen

Since progesterone enhances receptor sensitivity to estrogen, Dr. Lee recommends that postmenopausal women on estrogen (who want to get off it) can slowly reduce their estrogen over a period of time (1 to 3 months) while slowly increasing their use of natural progesterone. He finds most women will be able to eventually eliminate the use of estrogen. Please refer to Dr. Lee's book (listed below) for details.

If You Are Currently On Synthetic Progestins

(such as Provera): For those wanting to get off progestins, Dr. Lee recommends tapering off the progestin gradually over several months. Please refer to his book for details.

Understanding Natural Progesterone

Dr. Lee discusses the use of natural progesterone cream and how to use it depending on different hormonal imbalances. He also discusses how various hormonal imbalances can result in osteoporosis, PMS, menopause, endometriosis, ovarian cysts, uterine fibroids, cervical dysplasia, etc. Dr. Lee's book is a must for understanding how natural hormones can help women with these conditions regain their health and vigor.

For Men, Too!

Natural progesterone cream can also be a tremendous natural aid for men who have hormonal imbalances. The natural progesterone can be converted into other steroid hormones, such as adrenal corticosteroids or testosterone. A Hormone Profile can help determine if hormone imbalances are present.

For men, 1/2 to 1 tsp. of the cream can be applied topically daily. The cream can be massaged into the soft tissues of the body, such as the abdomen, inner arms, inner thighs, etc.

Brown, E. and Walker, L., *Menopause and Estrogen: Natural Alternatives To Hormone Replacement Therapy*, Frog, Ltd., Berkeley, CA, 1996.

Lutz, M. and Conrad, C., *Natural Woman: Natural Menopause*, HarperCollins Pub., New York, NY, 1998.

Lee, John, *What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone*, Warner Books, New York, 1996.

Martin, R., *The Estrogen Alternative*, Healing Arts Press, Rochester, VT, 1998.

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Rev. 10/12/04