

3 Steps to maximize your success with
Forefront Health's Progesterone Complex

Reverse Estrogen Dominance While Feeling Calm, Collected, and Full of Energy!

Estrogen can trap you in an endless state of low thyroid function that can seem impossible to escape. Progesterone can help free you from estrogen dominance and boost your thyroid all while improving your sleep, protecting against stress & anxiety, promoting healthy, pain-free joints, and so much more!

205,364+

Thyroid Sufferers Helped

6,000+

5-Stars Reviews

1000+

Doctor Recommendations

You are
here

RE-BALANCE
your thyroid
suppressive and
thyroid supportive
hormones.

Your 3-Step Progesterone Success Plan

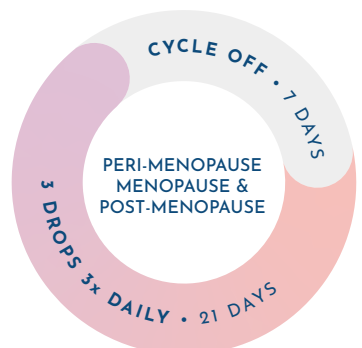
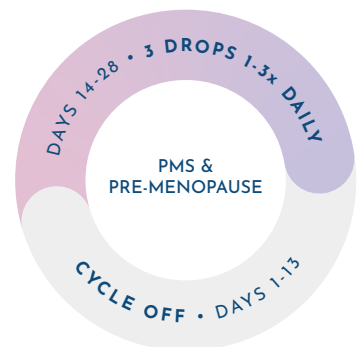
#1: SUPPLEMENT SUCCESS

PMS & Pre-Menopause

3 drops 1-3 times per day on days 14 through 28 of the menstrual cycle. Dosage (3 drops) can be repeated as needed for more severe symptoms.

Peri-Menopause, Menopause & Post-Menopause

Start with 3 drops 5 times per day for 2 to 4 weeks. Then continue with 3 drops 3 times per day. Should be cycled 3 weeks on, then 1 week off.



Apply the progesterone topically to the soft spots of your skin, or directly on the pain point, or achy joint for more relief. **Each drop provides 3mg of natural bio-identical progesterone.**

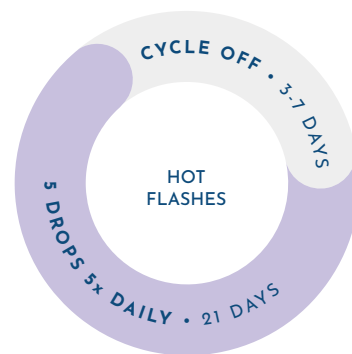
Once you find the right dosing schedule for you and your thyroid health, it's important to maintain that schedule consistently every day (remember, the key is in the dosing...if you don't feel the difference, you probably aren't using enough).

For more in depth dosing for many use cases, see our detailed Progesterone Dosing Guide by scanning the QR Code.



Hot Flashes

Start with 5 drops 5 times per day and increase as needed until hot flashes resolve. Should be cycled 3 weeks on, then 1 week off. If hot flashes return during week off, then reduce progesterone break to a minimum of 3 days.



Autoimmune Thyroid Dysfunction

Autoimmune Thyroid Dysfunction is a sign of prolonged exposure to excess estrogen. So, we generally start with a higher dosage to help compensate.

- **Pre-menopausal Women Dosing Instructions:** Start with 3 drops 3 times per day on days 14 through 28 of the menstrual cycle. Dosage (3 drops) should be increased as needed for more severe symptoms, i.e. 5 drops 5 times per day or more.
- **Peri-menopausal, Menopausal, and Post-Menopausal Women Dosing Instructions:** Start with 5 drops 5 times per day for 2 to 4 months. Then continue with 3 drops 5 times per day as long as there's no regression in symptoms. Should be cycled 3 weeks on, then 1 week off. If needed, dosage should be increased back to 5 drops 5 times per day or more.

If you are Pre-Menopausal

Results for pre-menopausal women will vary due to their menstrual cycle. Because of the hormonal fluctuations that occur during their natural cycle, their ability to handle blood sugar properly will vary significantly, depending on what phase of their cycle they are in. It is not uncommon for women to have a relapse after a couple of weeks of seeing good results, as they reach the peak estrogen-production part of the menstrual cycle. So, women should think in terms of six weeks or more to get past the cycle of ups and downs that can be associated with the menstrual cycle.

If you are Post-Menopausal

Results for post-menopausal women tend to be slower because, instead of estrogen peaking at particular times of their cycle, post-menopausal women tend to be in a perpetual state of estrogen dominance and/or progesterone deficiency. The more estrogen-dominant, the longer it takes to slow estrogen production and restore the thyroid, estrogen, and progesterone balance. With daily progesterone supplementation, it would be tangible to think in terms of two to three months for consistent results.

DID YOU KNOW?

Long-term supplementation is unnecessary, unless there is a specific need. But it's important to note that when actively using this product, you are using physiological dosages which a healthy body naturally produces. You are not using amounts that could impose any sort of potential problem. In fact, these recommendations have no negative health risks and are purely protective.

Depending on the severity of your autoimmune thyroid dysfunction, when using Progesterone

9 times out of 10, when our customers tell us they aren't feeling a difference, it's the result of improper dosing. If this happens to you, make sure you are following the dosing instructions and increasing the amount if necessary until you feel relief.

It's important to note that successfully dosing progesterone involves simply raising progesterone levels to an adequate level. The starting dosage we often recommend is generally between 27 mg and 45 mg of progesterone daily for pre-menopausal and post-menopausal women.

Considering that in cases of fertility issues and more severe menopausal symptoms, doses of 300 mg to 500 mg daily are commonly used, increasing the dosage from these starting points should not be a concern.

With the high absorption rate and bioavailability of Molecular Progesterone Complex, doses this high are not often required. However, doubling, tripling, or more the starting dosing is sometimes warranted to achieve complete relief.

Depending on the severity of your Hashimoto's, other supplements might be necessary to both assist and improve the effectiveness of the Molecular Progesterone Complex. For instance, the combination of Raw Desiccated Thyroid and Molecular Progesterone Complex can help you achieve faster results, while further improving your thyroid health.

If you feel worse when introducing Progesterone

As we commonly discuss with estrogen dominance, the issue is that the estrogen accumulates in the tissue where it has less of an effect than when in circulation. Progesterone helps to correct this by pushing estrogen out of the tissue and into circulation. So, for those with large amounts of estrogen stored in the tissue, the use of progesterone can cause one to develop more estrogenic symptoms initially because of this. There are a number of things that help with this. For example, improving liver health (supporting the glucuronidation detox pathway) which still needs to detoxify all of the estrogen that's being released into circulation. The carrot salad we use helps to lower estrogen by removing what gets dumped into the digestive tract by the liver. But anytime circulating estrogen increases, we also need more progesterone to help compensate and balance it. So, we often need to increase the progesterone dosage significantly to help offset this until the estrogen has been detoxified.

You didn't develop thyroid dysfunction overnight, and we

certainly don't want to give you the impression that it can be reversed that quickly.

So, while we love it when clients and customers experience quick results, please keep in mind, studies suggest that it can take 3 to 6 months of continuous use to achieve full results.

Each bottle is a 30-100+ day supply depending on dosage.

If you are pregnant, please contact us prior to use for revised dosing guidelines.



#2: MAXIMIZE YOUR RESULTS WITH DIET

Simple ways to amplify and enhance your success with your diet.

- ☐ Stay away from PUFA's in foods and environmental toxins as these can hinder your improvements (i.e. eliminate your use of plastics, especially for food and water storage).
- ☐ Be sure to eat balanced meals of protein, fat, and carbohydrates with an emphasis on protein to stimulate your liver to detoxify estrogen properly. Coffee/caffeine has strong estrogen-blocking effects, so consider adding our Collagen Protein Powder to our Thyro-Boost Coffee for this reason.
- ☐ Eat raw carrots, carrot salad, and/or bamboo shoots daily to reduce re-absorption of estrogen within your digestive tract and to lower endotoxin.



#3: MAXIMIZE YOUR RESULTS WITH HABITS & RITUALS

Simple ways to amplify and enhance your success by implementing simple, healthy habits.

- ☐ Focus on improving your lifestyle to limit or eliminate unnecessary sources of stress to help break the chronic-stress cycle that drives estrogen levels higher.
- ☐ Get 8 hours of sleep each night keeping in mind taking progesterone before bed may be beneficial for your sleep.
- ☐ Keep the Progesterone bottle in a visible place where you remember to take it multiple times a day (if you are traveling, keep it up right in your bag or purse to prevent spillage).

Start Your Progesterone Complex Success Plan Today...

WHAT PROGESTERONE CAN DO FOR YOU

#1 cause of hormonal imbalances in menopause is estrogen dominance

#1 cause of autoimmune thyroid dysfunction is prolonged exposure to estrogen dominance

Progesterone and Estrogen act as counter balances in your hormonal system. When it comes to **Estrogen Dominance**, the problem may not be that there is too much estrogen in your system but that **it is out of balance with your progesterone**, resulting in too much estrogen activity and the inability to detox the excess estrogen in your body.



Protect Against
Hot Flashes



Protect Against
Stress & Anxiety



Support Normalized
Water Retention



Promote Deep,
Restful Sleep



Protect Against
Autoimmune Thyroid
Dysfunction & Estrogen



Support
Healthy Joints

GET BACK TO THE HAPPY, HEALTHY YOU

“ I'm going through perimenopause and I was having extreme mood swings that were seriously ruining my life (my poor, patient husband...). Within days of starting to take this, I was feeling more like a person again & it just keeps getting better. Don't know what I'd do without it. ”

- Kelley H.,
Progesterone Complex Customer

Note: This is not a promise or guarantee. Your results may vary.

GREAT ON ITS OWN, BUT EVEN BETTER TOGETHER



RE-BALANCE

with Progesterone Complex

Progesterone can help to re-balance thyroid-suppressive hormones by reversing estrogen dominance, the aromatization of testosterone into estrogen, and deactivating the body's stress response.



RE-ACTIVATE

pair with Vitamin B Thyroid Complex

Progesterone can help to re-activate the thyroid gland and liver by activating the essential enzymes the gland needs to release thyroid hormone and suppressing the stress hormones that block the liver from converting thyroid hormone.



RESTORE

pair with Thyro-Protect Vitamin E

Estrogen directly interferes with healthy oxidative metabolism. By supporting the thyroid gland and reversing estrogen dominance, progesterone can help restore thyroid function and metabolism.

— Join the —
3Rx THYROID
Club

If you haven't already, create your routine by placing our Molecular Progesterone Complex on subscription to ship every 2 months as each bottle lasts anywhere from 30-100+ days based on your dosing schedule discussed above.

Get it delivered directly to your doorstep, when you need them, on auto-pilot, with all the perks, all while saving up to 25% Off.