

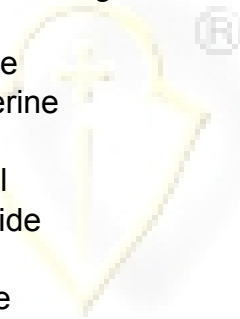
NATPRO CREAM

Description of Contents

Natpro is an aqueous cream made exclusively of vegetable based ingredients. It is supplied in tubes, each of which contains 60 grams (2 oz) of cream. Each tube is sufficient for one month at the start of use. **Natpro** is supplied in sets of three tubes as research has established that for the majority of people the full benefits may only be realised after 3 months use.

Each tube of **Natpro** contains:

- Spring water
- Macadamia Oil
- Progesterone 2000 mg
- Citrus extract
- Glyceryl stearate
- Vegetable glycerine
- Sodium borate
- Cetearyl alcohol
- Cetearyl glucoside
- Vitamin E
- Titanium dioxide
- Silver chloride



Spring water – deep underground water that has been tested free of pathogens.

Organic Virgin Pure Macadamia (*Macadamia ternifolia*) Oil - Many other transdermal creams use either a refined vegetable or mineral oil. The heating or refining of any vegetable oil or fat causes oxidative damage to occur. The beneficial `cis' fatty acids that are found in vegetable oils are turned into `trans' fatty acids and the resultant free radicals are highly carcinogenic. Mineral oils, being petrochemicals, are potentially harmful, owing to possible oestrogenic effects. Mineral oils absorb the oil soluble vitamins A, D,

E & K from the body which are then excreted, thereby depleting the body of vital nutrients. Analysis of virgin pure macadamia oil shows that no damage occurs during the extraction process. Oil from the macadamia nut is one of the best natural emollients and being high in monounsaturated fatty acids (like olive oil), is more stable than other oils. The following is a per cent by weight analysis of the cold pressed oil:

- * Saturated fatty acids 16.6 grams/100gm
- * Monounsaturated 80.5 grams/100gm
- * Polyunsaturated 2.5 grams/100gm
- * Alpha tocopherol (vitamin E) 0.1 grams/100gm
- * Gamma tocopherol (vitamin E) 0.1 grams/100gm
- * Notice that the natural Vitamin E content has not been destroyed.

Progesterone Ph. Eur. USP JP (origin: soy) - Is derived principally from stigmasterol, a steroidal sapogenin, found in the soya-bean. Yams (genus *Dioscorea*), contain diosgenin, which fell out of use as the principal sterol from which to synthesise progesterone in 1976. In the southern United States the sweet potato (*Ipomoea batatas*) is called a yam, as are some edible members of the aroids. These plants do not contain any sapogenins.

Organic citrus extract (*citrus aurantium*) - This complements the preservative system as it has been shown to have excellent anti-microbial properties.

Glyceryl stearate (source palm oil) - This is used to stabilise and thicken the cream after emulsification.

Vegetable glycerine - It is excellent for hydrating the skin and although there are many other equally effective substances for doing this, most are synthetic and therefore potentially harmful.

Sodium borate – part of the preservative system.

Cetearyl alcohol (source wheat) - This is a PEG-free emulsifier. Any substance with 'PEG' as part of its name means it could be contaminated with dioxane, a known carcinogen. (PEG – polyethylene glycol).

Cetearyl glucoside (source wheat) - This is also a PEG-free emulsifier which complements the action of cetearyl alcohol.

Vitamin E - Standard preparations contain only 0.1%. However, in addition to the vitamin E found naturally in macadamia oil, **Natpro** contains a further 0.2%. All emulsions made with vegetable oils have the potential to go rancid. For this reason an antioxidant is needed. Vitamin E is a natural one. Most aqueous cream preparations use the two synthetic antioxidants BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene). As a result of animal studies both of these are suspected of causing cancer and haemorrhaging. Both are harmful xenoestrogens. They are used in foods and cosmetics which contain fat such as: biscuits, breakfast cereals, pastries, hand, face and body creams etc. **Natpro** does not contain any synthetic antioxidants.

Titanium dioxide and silver chloride (non toxic preservative system) - A solution of silver chloride that has been embedded in a titanium dioxide matrix.

Natpro does **not** contain:

- * animal derivatives
- * mineral oils
- * colourants
- * scents

Natpro has a slight smell of nuts because the oils are cold pressed and unrefined.

Natpro has a pH of 4.5 which is in balance with that of the skin.

Natpro can be used by anyone with a dietary, environmental or religious concern.

When And How Much Natpro to Use

A 60gm (2oz) tube contains 2000 mg of progesterone. The cream can be used at any time of the day and, if preferred, on more than one occasion. It can be applied to any part of the body. For further advice please refer to the website – <http://www.progesteronetherapy.com>

Women

For the first three months it is advisable to use a full tube per month, or more if symptoms are serious. Thereafter the amount may be reduced subject to the reappearance of symptoms. Here are the suggested daily quantities for the various stages in a woman's life :

1. **Menstruating** - almost 1 teaspoon (that is 4.25 ml) after ovulation i.e. for the last 14 days of the cycle.

2. **Post menopausal** - almost half a teaspoon (2 ml) from day 1 to 23 inclusive (taking Day 1 as the 1st of a calendar month) or continuously if symptoms return during days 25-28. Many post-menopausal women prefer to use the cream continuously, it is perfectly safe to do so.

3. **Hysterectomies** - almost 1 teaspoon (that is 4.25 ml) after ovulation i.e. for the last 14 days of the cycle. NB. After two to three years the ovaries will have atrophied. Thereafter follow the instructions for post menopausal women.

4. **Oophorectomy** - almost half a teaspoon (2 ml) from day 1 to 23 inclusive (taking Day 1 as the 1st of a calendar month) or continuously if symptoms return during days 25-28.

5. **Pre-pubertal, pubertal and peri-menopausal** – As there are no

cycles or very erratic ones during these times in a woman's life, use almost half a teaspoon (2 ml) of cream between days 14-28 to regulate the periods or almost 1 teaspoon (4.25 ml) continuously if symptoms persist during the off days.

Men

Use from one eighth of a teaspoon (0.6 ml) to almost half a teaspoon (2 ml) with continuous application.

Important note for women: If you have been on HRT (hormone replacement therapy) or have a naturally high level of oestrogen, progesterone will make you more sensitive to the oestrogen in your body. Because of this, for the first two or three months the symptoms caused by excessive oestrogen may affect you. If this is the case it is advisable to increase the daily application of **Natpro** until these symptoms have gone, with the advice of your health specialist. The main symptoms of oestrogen sensitivity or “dominance” are:

- * breast tenderness
- * bloating/weight gain from water retention
- * spotting or a temporary reappearance of your periods
- * hypoglycaemia
- * bruising
- * depression
- * chronic fatigue
- * hot flushes

For those women on HRT who wish to discontinue it, the gentlest course is to taper off taking the pills/patches/inserts over a period of 2-6 months. Depending on the severity of previous symptoms and how long the HRT was taken, the longer the tapering off period should be.