



## Changes To Progessence™ Cream Label

Due to the Proposition 65 regulation, the state of California has mandated that a cancer warning appear on all progesterone-containing products sold in their state. Our product Progessence Cream is one of the affected products, and Young Living has complied with the new labeling requirement. The warning on the label states, "CAUTION: This product contains a chemical known to the state of California to cause cancer." If the cancer warning were to be omitted from the label, the product could not then be sold in the state of California. Young Living feels it unfair to exclude California residents from the benefits of natural progesterone creams, so we have elected to place the Proposition 65 disclaimer on the label rather than remove the progesterone.

Young Living has always been absolutely convinced of the safety and efficacy of natural progesterone, which is the compound contained in Progessence Cream. According to Gary Young, many people are confused between natural progesterone, which occurs in the human body, versus the synthetic and very distinct analogues of progesterone that are sold as hormone replacement solutions by pharmaceutical companies. Synthetic progesterone is quite different molecularly than natural progesterone, and according to a 2007 Harvard Medical School study, has been found to "produce a number of significant side effects." Natural progesterone, however, was reported by the same study to be a "safe and effective alternative" to synthetic progesterone.\*

\* Goletiani NV, Keith DR, Gorsky SJ. Progesterone: review of safety for clinical studies. *Exp Clin Psychopharmacol.* 2007 Oct;15(5):427-44.

Nature-identical progesterone is one of the safest known hormones in the human body. A normal, nonpregnant women shows average levels of about 5 ng/ml during the luteal phase of her menstrual cycle. When she becomes pregnant, these levels jump to 20 during the first month and steadily rise thereafter, eventually reaching a peak of between 175 and 300 ng/ml during her third trimester. This means that at the end of her pregnancy, the average woman has blood levels of progesterone 50 times that of when she was not pregnant, and the fetus thrives in this environment. So, the question is: if megadoses of natural progesterone circulating in the blood are safe for human infants, can they be harmful to a full grown woman?

Harvard trained physician John R. Lee MD dedicated several decades of his practice to administering natural-identical progesterone to pre- and post-menopausal women and achieved uniformly impressive positive results in virtually all of the thousands of women he treated.

Gary Young has always been absolutely convinced of the safety and efficacy of natural progesterone. According to Gary, however, many people are confused between natural progesterone which occurs in the human body ***versus the synthetic and very distinct analogues of progesterone that are sold as hormone replacement solutions by pharmaceutical companies.*** These synthetic progesterone "lookalikes" are structurally very different from the natural progesterone found in the human body and have been shown to have a number of negative side effects, including increased risk of breast cancer and heart disease. In contrast, natural progesterone has been show to have the opposite effects. *However, there is still much confusion in lay public's mind on the difference between the natural and synthetic progesterones and how vastly different they are in the human body.*

The progesterone cream Progessence has been one of Young Living's best selling products for over 10 years with no adverse events reported to date among the tens of thousands of regular users. However, recently the state of California has mandated that a cancer warning appear on all progesterone-containing products. *The reason for this had nothing to do with science or safety, but with politics and power of cash.*

The cancer-causing warning on the Progessence is only included because of a politically-prompted Prop-65 regulation pushed through the state of

California by lawsuit-happy litigious groups who singled out progesterone as a way of extorting money from natural health care companies. The way Prop65 works is that you have to prove that progesterone doesn't cause cancer, otherwise they force you to put an ugly warning on the label. (Normally the opposite is true: your product is safe until proven unsafe). This was the case here, where no one wanted to spend the zillions of dollars required to defend a natural, nonpatented ingredient like progesterone.

The warning could easily be eliminated from the label; however, the product could not be sold in the state of California (although it could be sold in any other state of the union). *We feel it unfair to exclude California residents from the benefits of natural progesterone creams, so we have elected to place the Prop65 disclaimer on the label rather than remove the progesterone and the warning*

# Progescence™ Plus



## Product Summary

Progescence Plus serum is formulated for maximum performance. All natural, USP-grade super-micronized progesterone from wild yam is blended with vitamin E and essential oils for optimal absorption. Studies indicate that limonene from frankincense and bergamot and menthol from peppermint oil can enhance substance penetration through the skin.

## Product Story

Progescence Plus allows women to have natural balance the way nature intended. Specifically formulated by Dr. Dan Purser and D. Gary Young, Progescence Plus maximizes the effects of progesterone by utilizing an innovative delivery system. Pure USP-grade super-micronized progesterone from wild yam is melted into a therapeutic-grade essential oil-infused serum that enhances substance penetration through the skin.

Containing frankincense, bergamot, and peppermint essential oils to aid in absorption, Progescence Plus is the first-ever progesterone serum on the market. It is portable, has a pleasant smell, and does not require the cycling of application sites like other progesterone supplements.

## Primary Benefits

- + Naturally encourages the body's optimal balance.
- + Serum is portable, better smelling, and absorbs more quickly than other progesterone supplements.
- + Most progesterone supplements require cycling of the application site—this is not necessary with Progescence Plus.

## Product Use

For women only. Can be used by all menstruating females over the age of twelve.

Begin using one day after menstrual cycle ends. Apply 2–4 drops twice daily on neck area. For added effect, apply 1–2 drops along forearms twice daily for 21 consecutive days. Discontinue use for 7 days then repeat.<sup>1</sup>

Individual needs may vary. Dosage and duration could vary from person to person based on age, current progesterone levels, and menstruation (pre-menopausal, post-menopausal).

If used at bedtime, Progescence Plus can be calming and help aid sleep.

# Progressence Plus

## Cautions

- + Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use. Do not use in conjunction with contraceptives containing progesterone.
- + This product contains a chemical known to the state of California to cause cancer.
- + Progressence Plus should be used after—not before—a warm bath or shower.
- + This product should not be used with medically prescribed progestins.

## Key Scientific Studies

- 1 Lee, John, M.D. What Your Doctor May Not Tell You About Breast Cancer. Warner Books 1995 pg 197-201.

Here is my story...and it's a good one!

Menopause is the pits! Since the late 90's, I have been taking estrodiol every day. A year and a half ago I went off of it cold turkey, and have had a HUGE problem with hot flashes, night sweats and mood lows. I am always hot...always. Regardless of the temperature, I am sweating.

Then at the convention, when I found out about Progessence Plus, I immediately purchased a bottle hoping it would make a difference.

I put one drop on my carotid artery, as we were told, and then I rubbed my palms together and rubbed the remainder on the upper inside of my forearms. I became engaged in conversation, and therefore forgot about applying the oil...when I was surprised by a rush of energy and feelings of wellbeing. This was about 45 minutes after applying it.

That evening, for the first time in I don't know how long, I slept through the night without night sweats. After using it for about a week now, I still have ups and downs, but far fewer hot flashes and night sweats. I think as I continue to use it, I will eventually be rid of them altogether. I am so thankful for a way to manage this issue without having to rely on chemicals or soy.

## Progressence Cream - 1.4 oz



Progesterone creams are supposed to soothe and comfort, yet many products contain harmful petrochemicals that can cause allergic reactions, skin irritation and clogged pores. Young Living's Progressence Cream contains only safe, natural ingredients formulated to rejuvenate your skin. Progressence Cream contains a powerful blend of therapeutic-grade essential oils, progesterone,

richly antioxidant wolfberry oil, herbs including wild yam and black and blue cohosh, MSM and vitamins. Because of their unique ability to penetrate into the heart of cells, essential oils increase the effectiveness of this soothing formula.

### How to Use

Apply 1/4 to 1/2 tsp. one to two times daily for 21 consecutive days. Discontinue use for 7 days then repeat. Massage cream thoroughly into soft tissue areas of the body until absorbed. Individual needs may vary. Application intended for external use only.

### Ingredients

Deionized water, MSM (methylsufonylmethane), caprylic/capric triglyceride, sorbitol, wolfberry oil, shea butter, glyceryl stearate, aloe vera gel, sodium PCA, stearic acid, calendula extract, chamomile extract, rosebud extract, orange blossom, St. John's wort extract, Ginkgo biloba extract, grape seed extract, algae extract, tocopheryl acetate (vitamin E), hydrolyzed wheat protein, locust bean gum, allantoin, lecithin, kelp, retinyl palmitate, tocopheryl linoleate, ascorbic acid (vitamin c), lecithin, progesterone from soybean extract, eleuthero (*Eleutherococcus senticosus*), trace mineral complex, ylang ylang, clary sage, Canadian fleabane, flax seed oil, wheat germ oil, wild yam extract, black cohosh, blue cohosh, geranium, fennel, yarrow and sage