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PlattPro

Progesterone Protocol

A major benefit of this cream is that it has been specially formulated to provide maximal effectiveness. In this regard, it is the strongest OTC progesterone available. The advantage of using progesterone in a cream form is that people can adjust the amount in accordance with the benefit they are seeking. After awhile, one should be able to lower the amount originally used.

PlattPro is a 5% strength, which means that one pump provides 50 mg of progesterone. For some of the actions of progesterone, please refer to the Progesterone Information Sheet.

Depending on how it is used, one bottle should last anywhere from 1-2 months.

After it is applied, progesterone only lasts for about 5-6 minutes in the bloodstream because it is so readily picked up by receptor sites. Since it is so short acting, the best time to use progesterone is 1-3 minutes before eating. The most important time of day to use progesterone is before lunch. Insulin levels are the highest in the afternoon, which, of course, is why many people get sleepy between 3-4PM. Please keep in mind that when sugar levels drop, the body will be releasing adrenaline to raise the sugar levels back up.

Recommended Dose

Strength: 50 mg per pump

Apply ½-1 pump to inside of one forearm and rub forearms together

Do this up to 3 times a day, 1-3 minutes before meals

If you have trouble sleeping at night, it is recommended that you eat a low-glycemic carbohydrate just before going to bed. In addition, some people apply the cream again just before eating a bedtime snack.

Please note: Progesterone can effect people differently, so that it is common to have to adjust dosages. In this regard, if the issues you had originally seem to be improved, then you can cut back on the amount or strength of the progesterone and reevaluate.