



Progesterone Deficiency

Dr. Teresa Roberson has counseled thousands of women concerning the use and benefits of natural progesterone cream during the last decade.

The relief women have found from hot flashes, night sweats, depression, sleepless nights, PMS, weight gain, problems associated with low thyroid and loss of libido (sex drive), inspired her to formulate Bellatude.

Utilizing her vast knowledge of natural health and her insights as a woman, she believes that she has created the most unique and effective progesterone cream available.

Women have long needed a better choice than taking potentially deadly, synthetic Hormone Replacement Therapies (HRTs) and suffering through the miseries associated with PMS and menopause.

BELLATUDE IS THAT CHOICE!

It offers every woman a way to naturally balance her hormones without the deadly side effects of HRTs.

Jerilynn C. Prior, M.D.

An endocrinology professor at the University of British Columbia found that 50% of the women in North America are severely deficient in progesterone by the age of 35. Dr. Prior also learned that during the menopausal years progesterone levels decrease by 40 to 50 percent. This imbalance is a syndrome known as Estrogen Dominance. When this hormonal imbalance occurs, estrogen becomes 'toxic' to the body.



Treatment with natural progesterone restores the balance between estrogen and progesterone thereby eliminating the need for synthetic hormone therapies and their undesirable side effects.

To Use

Remove overcap and press white lever to dispense. If product does not dispense properly, push the piston inside of base UP. Store below 80°.

Directions

(See Inside This Brochure for More Detailed Instructions)

Apply to thin skin areas. Massage well into skin both A.M. and P.M. Alternate areas of application every four days. Ex.: First day A.M. apply to right inner arm. First day P.M. apply to left inner arm. Second day A.M. apply to right inner thigh. Second day P.M. apply to left inner thigh, etc. 1 tube of Bellatude lasts up to 30 days.

Ingredients

Purified Water, Stearic Acid, d-alpha Tocopherol (Vitamin E), Natural Glycerin, Avocado Oil, USP Certified Natural Progesterone, Aloe Vera Oil, Rosemary Extract, Vitamin A Palmitate, Carrot Oil, and Lemon Grass Oil.



To find out more about Bellatude and how natural progesterone can positively affect you and those you love, read Dr. Roberson's book:

'The New Natural Hormone Revolution.'

Special Price: \$10 per copy!

Bellatude Is Available from:

www.MyNutritionSource.com

Nutrition Source

4324 Midmost Drive Mobile, AL. 36609

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BELLATUDE®

THE ESSENCE OF FEMININE BALANCE

The most effective method of restoring physiological levels of natural progesterone is by transdermal application cream (via the skin).

Bellatude is a technologically advanced, light, greaseless, moisturizing formulation of natural progesterone in a hypoallergenic, non-comedogenic (won't clog pores) vitamin E base that is fragrance-free.



You Should Use Bellatude If...

...you have PMS symptoms – those symptoms that occur a week to 10 days before your menstrual cycle and stop when it begins or shortly thereafter.

...you have Estrogen Dominance symptoms. These include water retention, breast swelling, fibrocystic breasts, uterine fibroids, loss of sex drive, mood swings, depression, cravings for sweets, weight gain, fat deposited around your hips, thighs and stomach.

...you have had a hysterectomy, oophorectomy (ovaries removed) or menopausal symptoms. Many women experience hot flashes

following a premenopausal hysterectomy and in the beginning of the natural onset of menopause. Natural progesterone cream is effective for relieving the symptoms of hot flashes. Most women report that hot flashes stop within 3 to 8 weeks of using Bellatude.

Where Should I Apply Bellatude?

Bellatude can be applied to the face, chest, breasts, inner arms, inner thighs, behind your knees or on the soles of your feet.

The cream is readily absorbed and leaves no trace after a few minutes. During absorption the cream bypasses the liver and goes directly to specific progesterone receptor sites.

A 1-inch strip from the pump is equal to 1 application.

Alternate areas of application every four days. Example:

First Day A.M. – apply to right inner arm.

First Day P.M. – apply to left inner arm.

Second Day A.M. – apply to right inner thigh.

Second Day P.M. – apply to left inner thigh

See other locations listed above.

PLEASE NOTE: Everyone is different. Some women require more progesterone cream to alleviate symptoms, while others can use less.

For how much and when to use Bellatude see the section entitled:

When And How Do I Use Bellatude? Try to follow the instructions for at least 3 months before attempting to reduce or increase the amount of cream you use. If, after this time, you feel that you need more or less you should feel free to experiment with the dose. Remember that in most cases, more is not better. If you do not get the results you desire, seek consultation.

It is important to stop using Bellatude for at least 5 days each month except when you are pregnant. If there is a possibility you are pregnant, do not stop using the cream until you take a pregnancy blood test at day 26. If the test is negative, then stop using the cream and resume the 12 thru 26 day schedule.

These statements have not been evaluated by the FDA. This product is not meant to diagnose, treat or cure any disease or medical condition.

When And How Do I Use Bellatude?

If you are still **menstruating**, count the day your period begins as Day 1. From **Day 1 – 11 do NOT use Bellatude. From Day 12 – 26 use 1 full pump of cream twice a day.** If your period starts early, stop using

Bellatude while you are bleeding. Count the first day of bleeding as Day 1 of your cycle and start your 11 day countdown again. Bellatude isn't used while you are bleeding but, if you experience menstrual cramps, rub a small (pea-sized) amount of Bellatude on your lower abdomen. For migraines, rub a pea-sized amount on the back of your neck. If you are menstruating AND have endometriosis or uterine fibroids, **use 1 full pump to 2 full pumps** of Bellatude twice per day following the above instructions.

If you are **PERI-menopausal** (still menstruating but not ovulating) use Bellatude based on the calendar month (i.e., **use ½ pump twice per day from Day 1 – 20 of each calendar month and then stop until Day 1 of the next month.**)

If you are **POST-menopausal**, use **1 full pump from Day 1 – 25 and then stop until Day 1 of the next month.**

What Exactly Is Natural Progesterone and How Does It Differ From Synthetic Progesterone?

Natural progesterone, a cholesterol derivative, comes from Mexican wild yams. It matches the chemical formulation of your body's own progesterone and causes no side effects. Manufacturers of synthetic progesterone alter the chemical makeup of progesterone to create progestins. Progestins, due to their altered molecular state, may cause many side effects such as birth defects or miscarriages, fluid retention, epilepsy, migraines, asthma, cardiac or kidney dysfunction and depression. Recent studies have shown an increase in the risk of heart attacks, strokes, breast cancer, uterine cancer and Alzheimer's disease with the use of synthetic hormone replacement therapy (HRT).

Should Estrogen Be Used Without Natural Progesterone?

Definitely not. It is very important that natural progesterone be used with any form of estrogen. Estrogen without progesterone can cause endometrial and vaginal cancers. Estrogen blocks thyroid production and causes water retention and it can cause fibrocystic breast disease and even fibroid tumors and cysts in the ovary area.

Can Bellatude Be Used During Pregnancy?

Yes. Natural progesterone is not only safe for use during pregnancy, it is often recommended to help maintain pregnancies. From conception use **2 – 3 full pumps** of Bellatude twice a day. Discontinue approximately two weeks before scheduled delivery time. Apply primarily to abdomen, breasts, lower back and upper thighs (where it will tend to prevent skin from stretching). **If postpartum depression occurs you can resume Bellatude 1-month after delivery – use ½ pump twice per day using the instructions above.**

I'm Post Menopausal, Will I Start Menstruating Again If I Use Natural Progesterone?

Occasionally, upon beginning the use of natural progesterone, a post menopausal woman could experience some breakthrough bleeding or a 'period'. This is a perfectly normal response as the hormone is simply causing your body to rid itself of excess stored estrogen and this can sometimes stimulate a uterine shedding. If bleeding continues for several months you should consult a doctor.

Can Younger Girls Use Bellatude?

Yes. Low hormone levels can adversely affect the general health of girls between the ages of 9 – 13. Often, for a year or more after the onset of menstruation, blood calcium levels are so low that young girls often develop symptoms associated with menarche (which are usually accepted as normal behavior) including: emotional outbursts, irritability and the compulsive eating of sweets. During puberty, maturing ovaries require calcium to produce estrogen thus diverting calcium from metabolic processes. Introducing Bellatude at this time can alleviate most of the symptoms mentioned above. Continued use of Bellatude throughout the teen years will help maintain a high level of wellness with few or no PMS complaints.

Can I Use Bellatude If My Family Has a History Of Breast Or Uterine Cancer?

Yes. Breast and endometrial cancers occur in tissues that are sensitive to gonadal hormones (unopposed estrogen is the only known cause of endometrial cancer through other factors may be involved). Natural progesterone helps to balance the estrogen levels in the body thus lessening the risk of developing the cancers.

Can Natural Progesterone Help Relieve Vaginal Dryness and Fight Against Osteoporosis?

Yes. Normal use of Bellatude intra-vaginally (outside of the vagina) will help relieve vaginal dryness and those over 50 years of age can use Bellatude to aid in the prevention of osteoporosis.

Are There Any Other Benefits Of Natural Progesterone Use?

Additional benefits for women include: improved brain function, diminished muscular aches and pains, improvement of skin problems including acne, seborrhea, rosacea, psoriasis and keratoses and improved sleep patterns.

Can Men Use Bellatude?

Men over 45 can use natural progesterone. One benefit is an increase in sex drive because progesterone is a precursor of testosterone. This is important as testosterone can stimulate new bone formation and a lack of the same can cause osteoporosis. Men should use **¼ of a pump per day** from **Day 1 - 25** applied directly to their testicles. Do not use Bellatude from day 26 until Day 1 of the next month.