



TRANSDERMAL DOSAGE CONSIDERATIONS

Dosages, intervals and applications listed below have been determined to be excellent starting points once a need for supplementation has been established through laboratory validation. Please note that these are starting dosages, which need to be monitored through laboratory and clinical follow up. Salivary testing should be done for baseline hormone levels prior to initiating supplementation with repeat laboratory testing and clinical follow up at 2-3 month intervals until hormone levels are balanced, then yearly thereafter.

	Pre-menopausal women: interested in conception	Pre-menopausal women: not interested in conception	Post-menopausal women	Men
Biest (E3:E2; 4:1)	1 mg days 1 – 12	1 mg days 1 – 25	1 mg daily	_____
Progesterone	20 – 30 mg* days 15 – 28	20 – 30 mg* days 7 – 28	20 – 30 mg* daily	5 – 15 mg daily
Testosterone	_____	.25 – 1.5 mg daily	.25 – 1.5 mg daily	5 – 20 mg daily
DHEA**	2 – 10 mg daily	2 – 10 mg daily	2 – 10 mg daily	5 – 25 mg daily

Health Disclaimer: All information given about health conditions, treatments, products and dosages are not intended to be a substitute for professional medical advice, diagnosis or treatment.