Pro-G-Yam-500®

Stock #4949-3 (2 oz. tube)

Pro-G-Yam-500 is a fragrance-free moisturizing cream containing natural progesterone, herbal extracts and botanical oils. Pro-G-Yam-500 is designed to supplement a woman's natural progesterone levels and may help relieve symptoms associated with a progesterone deficiency. Pro-G-Yam-500 also provides important nutrients to help counteract the effects of aging on a woman's body. Pro-G-Yam-500 contains the following active ingredients:

Progesterone helps maintain a woman's hormonal balance and buffers the negative effects of elevated estrogen levels. During a woman's menstrual cycle, progesterone levels drop drastically, allowing estrogen levels to rise unchecked, which can lead to a variety of PMS symptoms. Progesterone production is also greatly reduced during menopause, often causing uncomfortable symptoms such as depression, hot flashes, insomnia, mood swings and vaginal dryness. A review of the scientific literature indicates that progesterone can relieve menopausal symptoms. In addition, progesterone plays a role in skeletal homeostasis and may help reduce the risk of osteoporosis. A preliminary two-year study found that topical application of progesterone cream provided bone-sparing effects in postmenopausal women. Furthermore, progesterone may help slow the post-menopausal aging process of women's skin. A double-blind, randomized study found that topical application of progesterone cream increased the elasticity and firmness of the skin of both peri- and postmenopausal women, specifically producing a greater reduction in wrinkle counts and wrinkle depth.[1-10]

Macadamia ternifolia oil - Macadamia oil is highly regarded for its cosmetic benefits for the skin and its antioxidant and antimicrobial effects. Macadamia oil is used to hydrate dry and rough skin and reduce the appearance of fine lines. Macadamia oil contains a high amount of palmitoleic acid, a monounsaturated fatty acid found in young skin that is significantly reduced in older skin.[11-15]

Dioscorea villosa (Wild yam)has traditionally been used as an antispasmodic and anti-inflammatory agent, particularly to soothe ovarian and uterine pain and dysmenorrhea (severe uterine pain during menstruation), as well as relieve hot flashes and other menopausal symptoms. Wild yam contains the steroidal saponin diosgenin, which acts as a weak phytoestrogen and has been shown to increase progesterone activity in the saliva. In addition, diosgenin has been shown to relieve anxiety, as well as prevent bone loss in animal studies.[16-26]

Glycine soja (Soybean) contains compounds referred to as phytoestrogens, due to their ability to bind to estrogen receptors. Although the estrogenic effect of soy phytoestrogens is minimal compared to estrogen (only about 2% as strong at best), this weak activity actually enables soy phytoestrogens to have a balancing action on the effects of estrogen—if estrogen levels are low, the weak estrogenic activity of soy phytoestrogens produces an increase in estrogen effects; if estrogen levels are high, the estrogen receptor-binding activity of soy phytoestrogens enables them to compete with estrogen at binding sites, thus decreasing the effects of estrogen. This activity may help explain soy's use for relieving hot flashes. In addition, soy appears to help prevent bone loss, particularly in women in later menopause. Furthermore, topical application of soy provides natural antioxidant protection to the skin, which may provide anti-aging benefits.[27-34]

Citrus grandis oil (Chinese grapefruit) - Grapefruit oil tones and tightens the skin and helps eliminate water retention. In addition, grapefruit oil's pleasant citrus aroma provides a mild antidepressant effect that is also used to enhance mental clarity and awareness and relieve nervous exhaustion.[35-38]

Citrus aurantium bergamia oil (Bergamot) - Bergamot oil is often used to relieve stress and tension and relax muscle spasms. Bergamot oil is also employed as a gentle antidepressant, providing an uplifting effect that is beneficial for states of depression and weepiness associated with PMS.[39-41]

Cananga odorata oil (Ylang ylang) - Ylang ylang oil's moisturizing qualities have a rejuvenative effect on the skin. Ylang ylang has also been shown to provide a calming, relaxing effect following topical application, which helps support the use of ylang ylang for relieving stress and depression.[35,36,38,42]

Cimicifuga racemosa (Black cohosh) - The German Commission E has approved black cohosh as a natural treatment for menopause. Even the American Medical Association (AMA), which publishes the *Journal of Women's Health*, featured a review article confirming black cohosh's safety and effectiveness as a natural remedy for menopausal symptoms, especially in cases where hormone replacement therapy is contraindicated. Black cohosh has also been shown to significantly reduce anxiety and depression in both peri- and post-menopausal women. In addition, black cohosh may offer benefit in the treatment of PMS symptoms, particularly in reducing anxiety, mood swings and tension.[1,17,18,43-49]

Caulophyllum thalictroides (Blue cohosh) is predominantly known for its use in female health issues. Blue cohosh has been extensively used to balance a woman's menstrual cycle and relieve dysmenorrhea and symptoms of PMS, including menstrual cramps. Blue cohosh also provides diuretic and antispasmodic properties, as well as anti-inflammatory and antimicrobial activity.[17,40,50-56]

Glycyrrhiza glabra (Licorice) has demonstrated estrogen receptor-binding activity, as well as the ability to suppress the breakdown of progesterone. Thus, by affecting the estrogen-progesterone ratio, licorice root may help decrease symptoms associated with PMS and menopause. In addition, licorice has demonstrated effective antioxidant effects in topical formulas designed to protect the skin against free radical damage.[1,57-61]

Aloe barbadensis (Aloe vera) has been shown to be an effective ingredient for improving skin hydration and, as a result, is used in moisturizing formulas for the treatment of dry skin. Aloe vera also improves skin permeation, which can help improve the absorption of other substances into the skin. In addition, aloe vera contains salicylic acids, which provide anti-inflammatory activity and also help heal wounds. According to one study, aloe vera's anti-inflammatory effects were found to be comparable and in some cases even superior to 1% hydrocortisone.[59,62-68]

Panax ginseng has many well-documented anti-stress properties and is used in Traditional Chinese Medicine to "calm the spirit" and treat symptoms such as heart palpitations associated with anxiety, forgetfulness, insomnia and restlessness. A randomized, controlled trial confirmed that ginseng improved anxiety and mood in postmenopausal women. Plus, ginseng also exhibits significant anti-fatigue effects. Furthermore, ginseng has been shown to promote collagen production in human skin cells and may be an effective wrinkle-reducing agent in topical applications.[49,69-71]

Ginkgo biloba has been shown to be effective against some symptoms of PMS, including breast pain and tenderness. Ginkgo has also demonstrated beneficial effects on mood, including anti-depressive and anxiolytic (ability to reduce anxiety, agitation or tension) effects. Plus, ginkgo provides skin-protective benefits, including enhanced cell oxygenation and skin circulation, as well as antioxidant protection against free radical damage. Free radical damage is widely accepted as the leading cause of skin aging.[17,19,43,53,72-76]

Tocopheryl acetate (Vitamin E) - Vitamin E is the main fat-soluble antioxidant in the skin. Vitamin E provides beneficial effects on skin health, including relieving dry, itchy skin conditions and aiding in the healing of wounds. Topical application of vitamin E can help restore the antioxidant defense barrier of the skin. In addition, some anti-aging benefits may be seen by applying vitamin E topically to wrinkles and prematurely-aged skin, since vitamin E helps prevent free radical damage, which is widely accepted as the leading cause of skin aging.[76,77-81]

Pro-G-Yam-500 contains 500mg of progesterone per ounce.

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