



Hormone Solutions Featured Products

Estrogens

Estro2 Rejuvenation



Description: This is our flagship product. It is designed to help fight the signs of aging due to hormonal loss.

Dosage breakdown:

1 pump = .25 mg of estradiol + 1 mg of estriol.

Suggested use: For those of you using the cream for its amazing **anti-aging skin benefits**, **1-2 pumps per day** is typically enough to cover your face, neck and chest.

*Should be used with progesterone.

Estro Vitality



Description: This is our low dose estradiol cosmetic cream. It is designed to help combat the symptoms of late peri and post menopause.

Dosage breakdown:

4 pumps = .25 mg of estradiol

Suggested use: For optimal results, apply 2 pumps twice a day at to inside of forearms, chest, or inner thighs to ensure proper absorption.

*Should be used with progesterone.

Estro Vitality Pro Drops



Description: Estro Vitality Pro Oil Drops is a topical cosmetic oil formulated with bioidentical estradiol to support beauty and vitality during the menopausal transition.

Dosage breakdown:

Each drop delivers **0.1 mg of natural estradiol** in a nourishing base, formulated to support comfort during the menopausal transition and vibrant skin health.

Suggested use: Shake well before use apply 2-5 drops to the skin 1-2x a day at recommended sites, ensuring absorption into the bloodstream.

*Should be used with progesterone.

Progesterone

Progest Calm



Description: Progest Calm is a topical cosmetic cream formulated with bioidentical progesterone and is often chosen by women during their fertile, perimenopausal, and postmenopausal years as part of a holistic wellness routine.

Dosage breakdown:

Silver cap NEW 3.6 oz bottle: 4 pumps deliver 50 mg.

White cap 3 oz bottle: One full pump delivers 50mg USP grade progesterone.

Cycling women: Use the last two weeks of your menstrual cycle at bedtime.

Post Menopause: Use 2-3 weeks out of the month and take 1-2 weeks off.

Suggested use: For optimal results, apply one full pump at bedtime to inside of forearms, chest, or inner thighs to ensure proper absorption.

Progest Sleep



Description: Progest Sleep is an innovative Bioidentical Oil that provides 8 mg of progesterone and .5 mg Melatonin per drop, formulated to support women during menopause, perimenopause, and post-menopause.

Dosage breakdown: Each drop contains 8 mg Progesterone and .5 mg Melatonin

Maximum bio availability.

Enjoy up to a five to ten-month supply with suggested daily use of 5-10 drops a day.

Suggested use: Apply 5-10 drops (40-80 mg Progesterone and 2.5-5 mg Melatonin) to the skin 1x a day at bedtime rubbed into the inside of forearms and wrist. Tailor usage to your specific concern.

Other

Velvet V Vaginal Moisturizer



Description: Velvet V Vaginal Moisturizer, supports intimate hydration and elasticity during peri and post menopause. This gentle, non-irritating cream is designed to promote comfort and moisture in delicate areas.

Dosage breakdown: Each dose (3 pumps) delivers 500 mcg of bio-identical estriol and 10 mg of bio-identical DHEA. Made with carefully selected ingredients to complement the body's natural balance.S

Suggested use: Apply one dose to the internal and external vulva area 2-3 days a week, or as directed by your healthcare professional.

Youthful Glaze



Description: Revitalize your delicate eye area with our Peptide Eye Cream, precisely formulated to target the appearance of puffiness and provide deep hydration. Infused with acetyl tetrapeptide-5 and sodium hyaluronate, this specialized formula leaves the eye area looking refreshed and vibrant.

Suggested use: Once or twice daily, apply a dime-sized amount to the under-eye area and along the orbital bone.

Next Steps

Thank you for exploring our product guide. Need help with our products? Join our group for midlife women OnTrack! We are here to help you find the perfect solutions for your midlife needs [@karenmartel.com!](https://www.karenmartel.com)