

Hormone Protocols and General Compounding Suggestions



About Ms Mary-Louise Condon

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Mary-Louise is an anti-ageing health practitioner with a passion in bio-identical hormone balancing, creating wellness and correcting an epidemic of nutrient deficiencies in her community. Recently she has been facilitating wellness programs around FASTING. In particular a Clean Food Fast protocol to doctors and allied health business of all sizes around Australia, aimed ultimately in improving their success by crafting creative solutions for their patients journey to better health and inflammation reduction. Creating wellness and beauty from the inside out.

She holds a Bachelor of Pharmacy from The University of Queensland, with a Dean's Recommendation of Honours. She has studied abroad in the USA at the School of Pharmacy at the University of Iowa and has over 25 years of experience in the field of compounding and health creation. Participating in PCCA Australian Advisory Board further demonstrating her passion for individualising personal health care. She then completed her Diploma with A4M (The American Board of Anti-Ageing Health Practitioners) in 2015, and she finds immense satisfaction with consulting, bespoke vitamin and amino acid infusions for doctors throughout Australia for health optimisation.

She consults for The Australian Academy of Anti-Aging Medicine advisory panel to provide A5M with a strategic overview relating to preventative, integrative and anti-ageing medicine for health in her community.

In 2019 her business The Compounding Lab was a finalist in Telstra Business Awards for innovation in health care in Queensland.

Here's to Hormonal Restoration and creating wellness with your clients.

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Compounded Medicines

What is Compounding?

How Does It Work?

Pharmaceutical compounding is the science responsible for the creation of customised medication. Compounded medications are created by combining individual ingredients in the exact strength and dosage form required by the patient and their own unique needs.

What Are the Benefits of Compounding?

There are benefits associated with compounding, many of which focus on providing patients with pharmaceutical products that have been customised to fit their own unique needs when standard marketed drugs fail to do so.

Compounding is often required for medical reasons; some patients require a particular non-essential ingredient to be removed from their medication to prevent an allergic reaction. Others require compounded medication to acquire an exact dosage amount that is unique to their own personal needs and which may not be available in the available marketed drugs.

Compounding pharmacies are also used for more dose delivery options. Often times, patients will need their medications in a different form. For example, if an elderly or pediatric patient has difficulty taking their medication in capsule form; a compounding pharmacist can provide the same medication in a cream base form to allow the patient to apply the medication topically, or in a syrup or solution form for easier administration. Pharmaceutical compounding is also used to change the taste and colour of medications, to make it more palatable and aesthetically appealing to patients, especially with children and even animals.

Who Prepares Compounded Medications?

Compounded medications are ordered by a licensed Doctor, veterinarian or other prescriber, and must be mixed in a safe and carefully controlled environment by a licensed compounding pharmacist.

Our Pharmacists are fully trained and accredited with PCCA, Medisca & A5M. Our Pharmacists follow the best standards for quality and safety for patients.

Pre-Menstrual Syndrome (PMS) & Peri-Menopause



Questions regarding appropriate therapy using BHRT (Bio-identical Hormone Replacement Therapy) for PMS are among the top of the most common enquiries our clinical Pharmacists get from healthcare providers. Premenstrual syndrome may begin as early the first menstrual cycle and continue on to the peri-menopausal period.



The core symptoms which include affective symptoms such as depression, irritability, and anxiety and somatic symptoms such as breast pain, bloating and swelling, and headache. These can easily be corrected by appropriate hormone therapy. Magnesium may be added to further ease cramps. To mimic the normal physiological hormonal cycle, (approximately every 28 days) delivering hormones in a cyclic manner gives best results.

From all the available options we have to deliver hormones: oral tablets/capsules/sublingual tablets/troches/drops, topical creams/ gels, patches, and suppositories. Let us help you

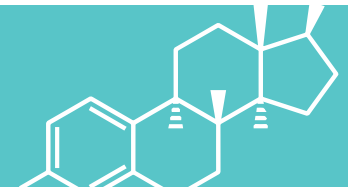
choose the most appropriate route for your results.

In PMS, oestrogen dominance can be treated with progesterone. Since progesterone has a very high first-pass clearance, suppositories or topical creams are the preferred routes of administration to increase levels of progesterone. Below are some of the most common prescriptions we see in practice. It is a condensed list of the most common regimens. Our clinical Pharmacists can help identify the formulation and dosing regimen, as well as discuss any adjustments to better fit the patient's symptoms.

Medication and Dose	Instructions
Progesterone 50mg-200 mg/ml Cream	Apply 1ml to skin once a day on day 13-27 of cycle
Progesterone 50mg-400mg suppositories	Insert 1 suppository intravaginally at bedtime day 13-27 of cycle
Progesterone 25mg-200mg Capsules	Take 1 capsule daily on day 13-27 of cycle
Testosterone 0.5mg-1mg/0.15ml Cream	1 pump (0.15ml) to inner labia daily is finger application
Pregnenolone 25mg/DHEA 5mg-15mg Capsules	Take 1 capsule orally each morning
DHEA 10mg-25mg/ml Cream	Apply 1 ml to affected area daily

Progesterone = Micronised Progesterone

Menopause & Post-Hysterectomy



With complete cessation of menstrual cycles in menopause, there is a common thread they are all filled with irregularities and hormonal fluctuations. Menopausal symptoms such as hot flushes, sleep disturbances, mood symptoms, vaginal dryness, changes in lipids and bone loss have long term implications to health such as osteoporosis, cardiovascular disease, dementia food intolerances and increased allergies to name a few.

It is therefore crucial for patients to seek professional attention. If hormone replacement is the right route for the patient, understanding which and how much hormones to replace and how is extremely crucial. The body produces different amounts of hormones on a daily basis in a cyclic manner throughout the monthly cycle. Giving hormones daily, prior and during peri-menopausal phase of life may not be the best approach since the body is still producing most of the hormones. Often, balancing the hormones is sufficient. For example, give cyclic progesterone if the patient has oestrogen dominance, and replace DHEA, testosterone, pregnenolone, thyroid hormones and cortisol if they are low.

On the other hand, during menopause replacing all hormones in a balanced fashion is ideal. During menopause,

there is an overall decline of all hormones. Nevertheless, continued exposure to hormones like pellets & patches may not be the right option. This is because women's bodies don't produce hormones at a steady state every day of the month. Therefore, giving hormone-free period during the month is ideal. In addition, since total hysterectomy (with oophorectomy) is a surgical induced menopause, post-hysterectomy patients are treated similarly as menopausal patients. Keeping in mind, that patients with intact ovaries may need a modified therapy depending on how much of the ovaries' activity is retained. You may speak with one of our clinical pharmacists to identify the right option for your patients. The dosing RULE is less is More. and Start LOW and titrate up SLOW.

Medication and Dose	Instructions
Biest: E2/E3 0.0625mg-2.5mg/0.15ml Cream (Increase up to 5mg/0.15ml as required)	Apply 1 pump to inner labia daily via finger application on days 1-25 of the month
Progesterone 25mg-200mg Capsules (May increase up to 400mg/cap)	Take 1 capsule daily on days 6-30 of the month
Progesterone 25mg-200mg SB Capsules (with saccharomyces boulardii - Immune Modulating)	Take 1 capsule daily on days 6-30 of the month
Testosterone 0.5mg-1mg/0.15ml Cream	1 pump (0.15ml) to inner labia each day via finger application
Pregnenolone 25mg/DHEA 5mg-15mg Capsules	Take 1 capsule orally each day
DHEA 10mg-25mg/ml Cream	Apply 1ml topically each day to inner wrists

E2/E3 = Biest (Oestradiol/Oestriol)



Health Preparations for Women

Anti-aging Options

Anti-oxidant with Nanoglutathione/Retinoic Acid	Face Cream	Apply topically to face each day
Clean Food Fast (CFF)	Diet	Intermittent fasting protocols
NAD+	Capsule/IV	Monthly

Bacterial/Fungal Vaginal Infections

Amphotericin B 50mg	Suppository	Insert 1 suppository vaginally each day for 10-14 days
Boric Acid 600mg ¹³	Capsule/Suppository	Insert 1 capsule/suppository vaginally each day for 10-14 days
Ketoconazole 25mg	Suppository	Insert 1 suppository vaginally each day for 3-7 days
Lactic Acid 1-2%	Cream	Insert 1ml intravaginally with applicator at bedtime
Lactobacillus Acidophilus 1gm	Cream/Pessary	Insert 1ml intravaginally with applicator at bedtime
Metronidazole 125mg/ml/ Nystatin 25,000 IU/ml ¹⁵	Cream	Insert 1ml intravaginally with applicator each day for 5 days
Vitamin E 100-400IU	Suppository	Insert 1 suppository vaginally each day as necessary
Vitamin D 2000IU	Suppository	Insert 1 suppository vaginally each night

Fibrocystic Breast/Mastalgia (Pain and Tenderness)

Ketoprofen 10%	Cream	Apply sparingly to the affected area at bedtime as necessary
Lignocaine 2-10%	Cream	Apply sparingly to the affected area at bedtime as necessary

Brain Fog

NAD+/B12	Lozenge/Inj	Use twice a day
RG3	Nasal Spray	Use twice a day
Voluntastrols	Capsule	Take 2 at night on empty stomach

**Formulations that are available on PBS and TGA Registered are not to be compounded unless unavailable from suppliers*

Morning Sickness

Doxylamine/Pyridoxine 10/50mg	Capsule	Take 1 cap each day as necessary
Doxylamine/Pyridoxine 20/100mg SR	Capsule	Take 1 cap each day as necessary

HPV/Vaginal Warts

Acidophilus Plus 135 Million Units/DDG 0.19% (Probiotic Mix)	Cream	Insert 1ml intravaginally with applicator each day
Acyclovir 100mg	Suppository	Insert 1 suppository vaginally each day
DHEA 150mg ¹⁶	Capsule	Insert 1 capsule vaginally each day for up to 6 months
Green Tea 15%/Vitamin D3 12,5000 IU/Vitamin A 10 KU ¹⁸⁻²⁴	Suppository	Insert 1 suppository vaginally 3 times a week as necessary
Vitamin A 10 KU ²⁴⁻²⁸	Suppository	Insert 1 suppository vaginally each day

Inability to Reach Orgasm/Decreased Libido

Aminophylline 30mg/g Arginine 60mg/g (Scream Cream)	Cream	Applying sparingly to clitoris 15min prior to sexual activity
DHEA 3.25mg/g	Cream	Insert 1ml intravaginally with applicator each day
DHEA 6.5mg/g	Cream	Insert 1ml intravaginally with applicator each day
DHEA 13mg/g	Cream	Insert 1ml intravaginally with applicator each day
Testosterone 0.5-1mg/ml ³⁸	Cream	Apply 1ml to the inner thighs each day
Oxytocin 80IU/ml	Nasal Spray	Instill 1-2 sprays intra nasal as necessary

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Prevention of Pre-Term Labour

Progesterone suppositories 100-400mg	Suppository	1 suppository intravaginally once a day
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Lactation

Oxytocin 20-40 IU ^{47,48}	Nasal Spray	Instill 1 spray intra-nasal as necessary
Metoclopramide 10mg (Rx) ^{47,48}	Tablet	Take 1 tablet 3 times a day for 7-14 days

Nipple Pain/Tenderness

All Purpose Nipple Ointment (APNO)	Ointment	Apply sparingly to the affected area as necessary at bedtime
Mupirocin 20mg/g Betamethasone 1mg/g Miconazole 20mg/g	Solution	Apply sparingly to the affected area as necessary at bedtime
Vitamin E 0.5% Olive Oil	Solution	Apply sparingly to the affected area as necessary at bedtime

Polycystic Ovarian Syndrome (PCOS)

Metformin 100-1000mg (Rx) ^{31,32}	Tablet + Cream	Take 1 tablet 3 times a day for up to 6 months
Progesterone 100mg-400mg ^{33,34}	Suppository	Insert 1 suppository vaginally 2 times a day

Rosacea

Metronidazole 10mg/g Niacinamide 40mg/g	Cream	Apply to affected area as necessary
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Lichen Sclerosus

Testosterone 0.5-1mg/ml Hydrocortisone	Cream	Apply 1ml to the affected area each day
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Skin Lightening

Retinoic/Hydroquinone/ Hydrocort/Kojic acid 0.5mg/ 60mg / 30mg/g gel	Gel	Apply a small amount every bedtime and wash off in AM
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Stretch Marks

Aloe Vera 5mg/g Topical Gel	Gel	Apply to affected area each day, 2 times a day as necessary
Tretinoin 1mg/g Tropical Gel	Gel	Apply to affected area each day, 2 times a day as necessary
Beta Glucan 0.25%/Vitamin E Acetate 2%/Vitamin D3 0.5% Tropical Gel	Gel	Apply to affected area each day, 2 times a day as necessary
Sodium Hyaluronate 0.5%/ Tretinoin 0.025%/Aloe Vera 0.5% Tropical Gel	Gel	Apply to affected area each day, 2 times a day as necessary
Sodium Ascorbyl Phosphate/ Calcium Pantothenate Tropical Gel	Gel	Apply to affected area each day, 2 times a day as necessary

Viginal Dryness

DHEA 3.25mg/g	Cream	Insert 1ml intravaginally with applicator each day
DHEA 6.5mg/g	Cream	Insert 1ml intravaginally with applicator each day
DHEA 13mg/g	Cream	Insert 1ml intravaginally with applicator each day
Oestradiol 10%/Oestriol 90% 1.25mg/g (Biest E2/E3)	Cream	Insert 1ml intravaginally with applicator each day
Oestriol 2-3mg/ml ± Testosterone 0.5mg/g	Cream	Insert 1ml intravaginally with applicator each day
Hyaluronic acid 5mg/Vitamin E 1 IU	Suppository	Insert 1 suppository intravaginally every bedtime for 2 weeks, then 1 suppository intravaginally 2-3 times a week

Vulvodynia/Chronic Pelvic Pain/Interstitial Cystitis Pain/Pelvic Floor Dysfunction

Amitriptyline 20mg/g +Baclofen 20mg/g ^{1,2}	Cream	Insert 1ml intravaginally with applicator every bedtime
Amitriptyline 20mg/g / Baclofen 50mg/g / Ketoprofen 100mg/g ^{1,2}	Cream	Insert 1ml intravaginally with applicator every bedtime
Clonidine 1mg/g	Cream	Insert 1ml intravaginally with applicator every bedtime
Diazepam 10mg/ml	Cream/ pessary	Insert 1ml intravaginally with applicator every bedtime
Diazepam 10mg/g / Ketamine 50mg/g / Lidocaine 50mg/g	Cream/ pessary	Insert 1ml intravaginally with applicator every bedtime
Gabapentin 60mg/g ³⁻⁵	Cream	Insert 1ml intravaginally with applicator every bedtime
Diazepam 10mg/g / Ketamine 5mg/g / Baclofen 20mg/g	Cream	Insert 1ml intravaginally with applicator every bedtime
Amitriptyline 40mg/g + Oestriol E3 1mg/g	Cream	Insert 1ml intravaginally with applicator every bedtime

Peptides

- BPC-157
- Bremelanotide (PT-141) w/B6
- CJC-1295
- CJC-1295 / Ipamorelin
- Ipamorelin
- Melanotin II

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Additional Health Preparations for Women and Men

Acne		
Niacinamide 40mg/g + Biotin 30mg/g ⁴⁰	Gel	Apply to affected area each day, 2 times a day as necessary
Retinoic Acid 0.5mg/g / Ascorbyl Palmitate 30mg/g	Gel	Apply to affected area each day, 2 times a day as necessary
Salicylic Acid 20mg/g / Resorcinol 20mg/g	Gel	Apply to affected area each day, 2 times a day as necessary
Spironolactone 50mg/g ^{41, 42}	Gel	Apply to affected area each day, 2 times a day as necessary
Zinc 10-75mg (OTC) ⁴³⁻⁴⁶	Cap	Take 1 cap each day, 2 times a day as necessary
Potassium Azelaoyl Diglycinate 150mg/g / Niacinamide 50mg/g Topical Cream	Cream	Apply to affected area 2 times a day as necessary
Erythromycin 20mg/g Topical Cream	Cream/Gel	Apply to affected area each day, 2 times a day as necessary
Spironolactone 50mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary
Tretinoin 0.2mg/g / Clindamycin 10mg/g / Sulfacetamide Sodium 50mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary
Tretinoin 0.25mg/g / Erythromycin 40mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary
Sodium Hyaluronate 1mg.g / Tretinoin 0.5mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary

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Acne (Teens)

Clindamycin 10mg/g / Benzoyl Peroxide 50mg/g /Superoxide Dismutase 5mg/g / Vitamin D3 5mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary
Benzoyl Peroxide 70mg/g / Niacinamide 20mg/g /Biotin 1mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary
Niacinamide 40mg/g Topical Cream	Cream	Apply to affected area each day, 2 times a day as necessary

Adrenal Fatigue

ADR formula (OTC) ⁸¹	Capsule	Take 1 capsule everyday before noon and if necessary 1 capsule at 2pm
Cortisol Low Dose	Capsule	Take 1 capsule everyday before noon and if necessary 1 capsule at 2pm

Antioxidant/Liver Support

Glutathione 200mg/ml (30mg/spray)	Topical Spray/Oral liquid	Apply 4 sprays to skin 2 times a day
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Atopic Dermatitis

Vitamin B12 cream 0.7mg/g	Solution	Apply to affected area 2 times a day
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Bone Health

High strength Vitamin D cap (OTC)	Capsules	Take 1 capsule 2-3 times a day with meals
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Dry Mouth

Pilocarpine HCl 10mg/ml Oral Drops (MucoLox)	Solution	Take as directed
Pilocarpine 5mg lozenge	Lozenge	Take as directed

Dry Skin

Urea 20mg/g Top Gel (Spira-Wash)	Gel	Apply to affected area 2 times a day
Squalane 20mg/g / Coconut oil 50mg/g / Shea buter 2mg/g	Lotion	Apply to affected area 2 times a day

Eczema/Psoriasis

Zinc Pyrithione 2mg/g / Clobetasol Propionate 0.5mg/g / Cyanocobalamin 0.7mg/g Topical Cream (Xema Top)	Cream	Apply to affected area 2 times a day as necessary
Cyanocobalamin 0.7mg/g Topical Cream (XemaTop)	Cream	Apply to affected area 2 times a day as necessary
Pyridoxine HCl 50mg/g / Zinc Pyrithione 20mg/g Topical Cream (XemaTop)	Cream	Apply to affected area 2 times a day as necessary

Elevated Triglycerides

*Ocean Blue Fish Oil Cap (OTC)	Capsule	Take 4 capsules each day
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Genital Warts

Aciclovir 100mg/ml	Cream	Apply 1ml to affected area each day as necessary
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GI Tract Health

Digestive Enzymes Capsule (OTC) ⁹⁴	Capsule	Take 2 capsules each day with meals
Probiotics Capsule (OTC)	Capsule	Take 1 capsules each day with meals

Hair Loss

Azelaic Acid/Progesterone/T3/Biotin (APT B)	Shampoo	Apply shampoo to scalp for 10mins each day
Melatonin 1mg/g ⁵⁶	Solution	Apply 1ml (30 drops) to the affected area each day
Minoxidil 30mg/g / Finasteride 1mg/g ⁵⁷⁻⁶⁰	Gel	Apply 1ml to the affected area each day
Minoxidil 50mg/g / Spironolactone 20mg/g ±Vitamin A ⁶¹	Solution	Apply 1ml (30 drops) to the affected area each day
Minoxidil 125-150mg/g	Solution	Apply 1ml (30 drops) to the affected area each day
Betaine/Pepsin 496/140mg (OTC)	Capsule	Take 1 capsule each day
GHK-Co (Peptide)	Lotion	Apply to hair twice a day

Inflammation/Auto Immune

Naltrexone 4.5mg (LDN) (Initial dose 0.5mg increasing every three days to maximum dose 6mg at night)	Capsule	Take 1 capsule every bedtime
Salvesterols (SPM)	Capsule	Initial dose 5 times a day, maintenance 2-3 times a day
Voluntastrols	Capsule	2 capsules at night on empty stomach

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Hemorrhoids/Anal Fissure

Lignocaine 5mg/g / Hydrocortisone Acetate 1mg/g	Cream	Apply sparingly to the affected area each day, 2 times a day as necessary
Lignocaine 5mg/g / Hydrocortisone Acetate 1mg/g %	Suppository	Insert 1 suppository rectally each day, 3 times a day as necessary
Nifedepine 2mg/g	Ointment	Apply small amount to affected area 2 times a day
Nitroglycerin 2mg/g	Ointment	Apply rectally 2 times a day as dicectly

Insomnia/Excessive Fatigue

L-Tryptophan 500mg	Capsule	Take 1 capsule every bedtime as necessary
Melatonin 0.5-10ml ±	Liquid	Take 1 before every bedtime
ADR Formula (Adrenal Support)	Capsule	Take 1 capsule everyday before noon and if necessary 1 capsule
Sleep Amino Powder	Powder	1 tsp 30min before bed

Irritable Bowel Syndrome/Ulcerative Colitis

Budesonide 0.0002% (Rx)	Enema	Use as directed
Sodium Acetate 60mM/ Na Prop 30mM/Na Butyrate 40mM ⁷⁸⁻⁸⁰	Enema	Insert 100ml rectally 2 times a day for 6 weeks

Keloids

Tretinoin 1mg/g in PracaSil Plus ¹⁴⁶	Cream	Apply to affected area each day
Pentoxifylline 0.3mg/g / Caffeine 10mg/g /EGCG 10mg/g in PracaSil Plus ¹⁴⁶	Cream	Apply to affected area each day

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Migraines

Caffeine 50-100mg (Plus Vitamin B mix)	Capsule	Take 2 capsule at onset of migraine
Cabapentin 60mg/g ^{49, 50}	Cream	Apply to affected area each day, 2 times a day as necessary
Ketoprofen 200mg/g ⁵¹	Gel	Apply to affected area each day, 2 times a day as necessary
Lignocaine 44.2mg/g ⁵²	Nasal Spray	Instill 1 spray intra-nasal at onset of migraine
Piroxicam 40mg ⁵³	Sublingual Tab	Place 1 tab under tongue at onset of migraine
Riboflavin 400mg ^{54, 55}	Capsule	Take 1 capsule each day for up to 3 months

Osteoarthritis

Diclofenac 30mg/g / Hyaluronic Acid 25mg/g ^{62, 63}	Cream	Apply to affected area each day, 2 times a day as necessary
Ketoprofen 200mg/g ⁶⁴	Cream	Apply to affected area each day, 2 times a day as necessary
Ketoprofen 100mg/g / Cyclobenzaprine 10mg/g / Lidocaine 50mg/g ⁶⁴	Cream	Apply to affected area each day, 2 times a day as necessary

Joint and Muscle Pain and Inflammation

PEA (Palmitoylethanolamide)	Capsule/ Cream/ Powder	Dose 2 capsules space 4 times a day
PEA Plus (Multi B vitamins)	Capsule/ Cream/ Powder	Dose 2 in the morning and 2 at night

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Sugar Savings

Chromium Picolonate 2.5-5mg cap	Capsule	Take 1 capsule each day
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Rosacea

Metronidazole/Niacinamide 10/40mg/g occlusaderm	Cream	Apply a thin coat to affected area 2 times a day
Niacinamide 40mg/g / Metronidazole 10mg/g Topical Cream (Clarifying)	Cream	Apply to affected area each day, 2 times a day as necessary
Ivermectin 10mg/g / Niacinamidw 40mg/g Topical Cream (Clarifying)	Cream	Apply to affected area each day, 2 times a day as necessary

Urinary Incontinence

Oxybutynin 1.3mg/ml ¹²⁸	Cream	Apply 1-2ml to skin each day to inner thigh
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Wound Healing

Nifedepine 100mg/g / Sucralfate 50mg/g / Epigallocatechin Gallate 10mg/g / Metronidazole 20mg/g	Gel	Apply to wound daily with each dressing change
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Toenail Infections

Fluconazole 10mg/g DMSO	Solution	Apply to nail daily
Itraconazole 10mg/g / Ibuprofen 20mg/g DMSO	Solution	Apply to nail daily

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Weightloss

Weightloss

Weightloss Injection

HCG Injections/HCG Sublingual Capsules

HCG Nasal Spray

Metabolism Boost amino acids

Lipotropic Vitamin Injections

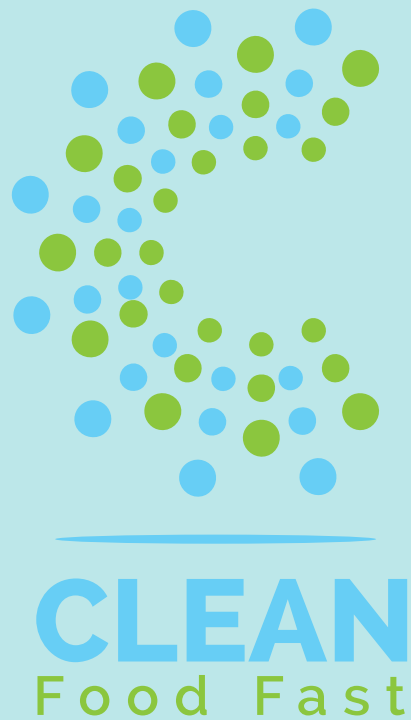
Looking for a quick and easy way to boost your metabolism so you can burn off that stubborn fat once and for all? Well, your search is over. The ingredients in this intra-muscular shot, when used together, have the power to boost your metabolism, increase your natural ability to break down, fat and give you the energy boost you need to lace up your shoes and go for a jog or hit the gym.

Fat metabolism is very complex. Fats need to be broken down under the influence of a complex hormonal interplay between cortisol, insulin, growth hormone and thyroid hormone. Once they are broken down into fatty acids, fats then enter your mitochondria via a special “shuttle” molecule called “carnitine”.

In the mitochondria the citric acid cycle and the electron transport chain tear these fat molecules apart with the help of oxygen generating energy (in the form of ATP) along the way.

Methionine, choline and inositol (a few of the ingredients in this IV) all play a vital role in the breakdown, transport and use of fat for energy. B12 (cobalamin—also included) is critically important in the functioning of the nervous system, DNA synthesis and energy production.





What is CFF? (Clean Food Fast)

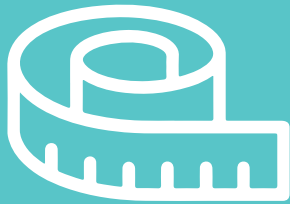
“Fast mimicking essentially “tricks” our bodies by reducing calories enough to feel as if they’re fasting so they can reap these benefits.”

Some people find easing into a fast helps by eating slightly higher calories on the first day, around 25% of total intake. This is then reduced to 35-40% of total caloric intake for the rest of the days. You also want the things you do consume to be easily digestible and in very small amounts. That’s why soups are ideal.

One popular pre-packaged fast mimicking diet, contains all five days’ worth of food for the fast in sachet form. We elected to have whole food prepared by a commercial kitchen. The food is all plant-based, in soups and bars. So basically a day looks like tea and a nut bar for breakfast, a small amount of vegetable soup and a few seaweed crackers for lunch, a few olives in the afternoon, and another small portion of soup for dinner.

You don’t need a pre-packaged box to do a fast mimicking diet however due to the amount of enquiries from our clients we did the research, we did the sourcing and we have put it all together to make it easier for you. So this is where our Clean Food Fast started! Macros for traditional fast mimicking are 45% carbs, 10% protein, and 45% fat for the first day. This is different if you’re following a ketogenic diet.

To order visit www.cleannutritionals.com.au if you have any questions feel free to contact us on enquiries@cleannutritionals.com.au or call us on 3862 6000.



HCG Plan

Prescription Assisted Weight Loss

What is HCG?

The HYPOTHALAMUS is a gland in the brain, which controls hunger and body weight. One of the roles of the HCG is to signal the HYPOTHALAMUS to release stored fat. This fuel can be used as energy. The HCG taken in conjunction with a 800 calorie DIET (VLCD= Very Low Calorie diet).

HCG liberates fat into the bloodstream (as if you had eaten a big fatty meal). This may explain why people report having little or no appetite on this protocol. The key to success relies on using the HCG capsule for a minimum of 21 consecutive days whilst maintaining the VLCD (800 calories a day). During this program an extensive list of supplements are given.

When this program is followed correctly, HCG may reset and increase the body's METABOLISM. THIS IS THE KEY TO MAKING SURE YOUR WEIGHT WILL STAY OFF. Dr Simeons the founder of HCG implied that overeating was the result of weight gain and not the cause, and HCG was the bank teller to the "Fat Bank" and facilitated "fat" withdrawals.

The HCG Prescription Strength Sublingual Drops are only available on prescription as they contain the HCG hormone unlike the homeopathic drops available online or in a health food stores.

THE COMPOUNDING LAB prepares the sublingual drops or Intra nasal spray and now the new one a day capsule for you with a tailored weight loss option prepared by our qualified weight management specialist. We ensure you maintain the new you.

The new capsule is a special sublingual delivery of HCG. It is evenly dispersed as the capsules opened under your tongue daily. It does not require refrigeration and therefore easy to transport.

Bringing S E X Y B a c k

	Oxytocin	Testosterone intranasal + Vaginal	Testosterone + Sildenafil sublingual	Alprostadil topical gel	DHEA vaginal cream
Painful Intercourse	○	○	○	●	●
Diminished sexual desire	●	●	○	○	○
Diminished genital arousal	○	○	●	●	○
Difficulty achieving orgasm	○	●	○	○	○
Can improve orgasmic intensity	●	○	○	○	○

Sublingual Troches:

A POMORPHINE

SILDENAFIL

TADALAFIL

VARDENAFIL

SILDENAFIL / APOMORPHINE

TADALAFIL / APOMORPHINE

VARDENAFIL / APOMORPHINE

SILDENAFIL / TESTOSTERONE

TADALAFIL / TESTOSTERONE

VARDENAFIL / TESTOSTERONE

OXYTOCIN

TESTOSTERONE

SILDENAFIL / OXYTOCIN

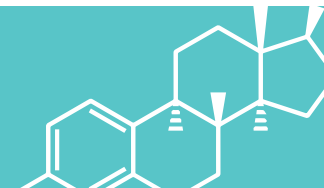
TADALAFIL / OXYTOCIN

VARDENAFIL / OXYTOCIN

PT-141 (BREMELANOTIDE) w/ B6

SILDENAFIL / DEXTROMETHORPHAN/
TRAMADOL (FOR PE)

Andropause (Testosterone Therapy)



As men age, their serum concentrations of testosterone and, to a greater extent, free testosterone, decrease. This decline is sometimes referred to as “andropause” or “late onset hypogonadism”.



Decrease in testosterone levels is associated with:

- Decrease in sexual function
- Decrease in bone mineral density and increased risks of fractures
- Decreased muscle mass and strength with increased in fat mass (central obesity)
- Anaemia
- Depressed mood
- Decreased in cognitive function and memory
- Impaired glucose tolerance (metabolic syndrome)

Therefore, in the absence of known pituitary or testicular disease, testosterone therapy is recommended. Our clinical Pharmacists are knowledgeable and invaluable resource you can reach out to when evaluating and choosing the appropriate therapy for your patient.

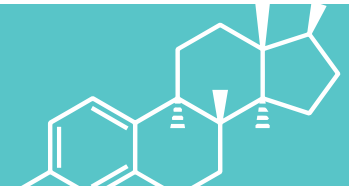
Liposomal

A topical hydrogel base used for testosterone preparations for male patients. Liposomol uses a polymer network to enhance absorption to deliver the right level of testosterone through the skin.

Medication and Dose	Instructions
Testosterone 5-15mg/0.15ml Cream	Apply 1 pump (0.15ml) perineal area each day
Testosterone 5-200mg/g in Atrevis Hydrogel	Apply 1ml each day, 2 times a day topically
Testosterone Injections 100mg-250mg/ml	Inject 50-250mg intramuscular weekly to twice a week
Pregnenolone 25-50mg/DHEA 15-15mg Caps	Take 1 capsule each day
Anastrozole 0.1mg-0.5mg Capsule	Take 1 capsule every other day
Chrysin 250mg/Zinc 30mg Capsule	Take 1 capsule each day, 2 times a day
Clomid 50mg Tablet	Take 1 tablet twice a week
CJC 1295 Peptide	Ask Doctor or Medical expert
Testofen Liposomal Fenugreek	Take capsule 4-6 times a day



Secondary Hypogonadism in Male (Non-Testosterone Therapy)



Male hypogonadism refers to a decrease in one or both of the two major functions of the testes: sperm and or testosterone production. These abnormalities can result from disease of the testes (primary hypogonadism) or disease of the hypothalamus or pituitary (secondary hypogonadism).

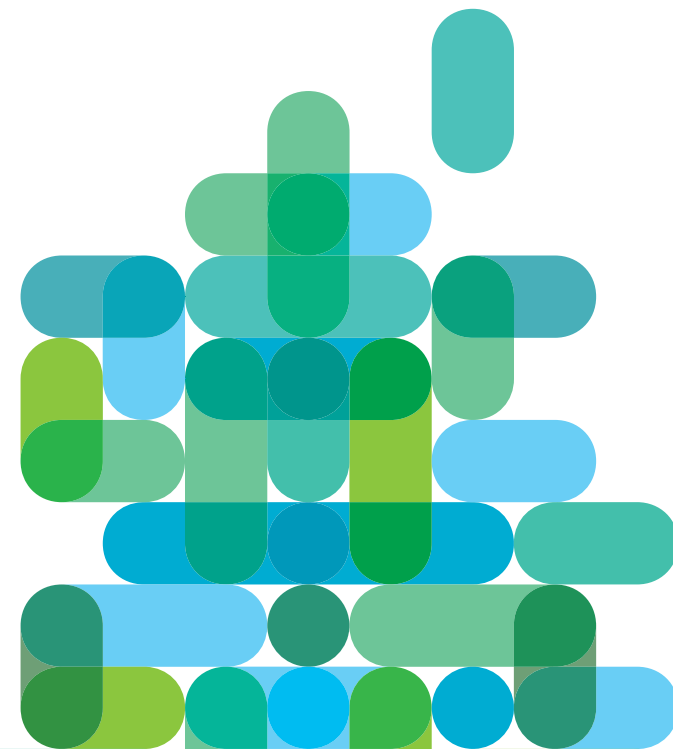
Because testosterone affects many tissues, lack of testosterone can cause many different signs and symptoms such as decreased vigour and libido, low testosterone levels, depressed mood, decreased muscle mass and body hair, gynecomastia, and even hot flushes.

The age-related decline of testosterone (andropause) typically begins after the fifth decade of men's life. It becomes even more important, therefore to screen for secondary (central hypogonadism) in patients who are below this age. In andropause, low levels of testosterone is often accompanied by elevated luteinising hormone (LH) and follicle stimulating hormone (FSH), characterising primary hypogonadism. In some patients however, it is a combination of both primary and secondary. But since patients often has no desire to have children, testosterone tends to be the mainstay therapy.

Fertility is of importance in younger patients. Human chorionic gonadotropin (HCG) has very potent LH activity which is often enough to raise testosterone level when used alone. In addition, it has FSH activity to aid in spermatogenesis, improving fertility.

Effective HCG dose vary so much between patients. Our clinical Pharmacists work together with other clinicians in developing individualised therapy based on overall clinical manifestations of each patient.

Medication and Dose	Instructions
HCG 5000IU	Inject 175-250IU subcutaneous each day
Preg/DHEA 25-50/15-50mg Capsules	Take 1 capsule each day
Anastrozole 0.1-0.5mg Capusles	Take 1 capsule each day
Chrysin 250mg/Zinc 30mg Capsules	Take 1 capsule each day, 2 times a day
Clomid 50mg Tablet	Take 1/2 tablet every other day



Health Preparations for Men

Elevated DHT/Benign Prostatic Hyperplasia (BPH)

Finasteride 1/25-2.5mg	Capsule	Take 1 capsule each day
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Elevated Estradiol (E2) Levels

Moderate-Serve Elevation: Anastrozole 0.1-0.5mg	Capsule	Take 1 capsule every other day
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Mild Elevation: Chrysin/Zinc 250/30mg	Capsule	Take 1 capsule each day, 2 times a day
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Erectile Dysfunction (ED)

Bi-Mix: Papaverine/ Phentolamine 30mg/0.5- 1.0mg/ml ^{117, 118}	Injection	UTD (Call pharmacy for consult), must wait 24 hours between injection, max 3x a week
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Tri-Mix: Papaverine/ Phentolamine/Prostaglandin (E1) 30mg/1-2mg/10-50mcg/ ml ^{117, 118}	Injection	UTD (Call pharmacy for consult), must wait 24 hours between injection, max 3x a week
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Quad-Mix: Papaverine/ Phentolamine/Prostaglandin (E1)/Atropine SO ₄ 12mg/1mg/10mcg/0.15mg/ ml ^{117, 118}	Injection	UTD (Call pharmacy for consult), must wait 24 hours between injection, maximum 3x a week
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Prostaglandin (E1) 50mcg/ ml ^{117, 118}	Injection	UTD (Call pharmacy for consult)
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Apomorphine Sublingual	Nasal Spray	PT-141(Bromelanotide) 2mg
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Apomorphine Sublingual	Lozenge	PT-141(Bromelanotide) 2mg
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**Formulations that are available on PBS and TGA Registered are not to be compounded unless unavailable from suppliers*

Interstitial Cystitis (IC)

DMSO/Water 500/500mg/g	Irrigation	Instill 50ml in the bladder for 15min
Hyaluronic Acid Sodium Salt 10mcg/ml ¹⁰⁶⁻¹⁰⁸	Injection	Instill 50ml in the bladder weekly for up to 2 months
Hydroxyzine HCl 10mg ^{113, 114}	Troche/ Lozenge	Place 1-2 troches under tongue 2/3 times a day

Prostate Cancer

Ketoconazole 200mg (Rx) ¹²¹⁻¹²³	Capsule	Take 1 capsule 3 times a day
Spirolactone 50mg/g	Gel	Apply 1ml to skin 2 times a day
Salvestrol	Capsule	Take capsule 6 times a day

Testicular Atrophy

HCG 5000 U (includes Bacteriostatic Water)	Lyophilized Vial	Mix with 5ml of Bacteriostatic Water and inject 250 U (0.25ml or 25 U on 3/10cc insulin syringe) SQ 3 times a week
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Peyronie's Disease

Verapamil 1mg/ml ¹²⁹⁻¹³¹	Injection	Inject into plaque once a week for up to 6 months
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Hairloss

Minoxidil 10%, Finasteride 0.1% (1mg/g / 100mg/g)	Solution	Apply once a day
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**Formulations that are available on PBS and TGA Registered are not to be compounded unless unavailable from suppliers*

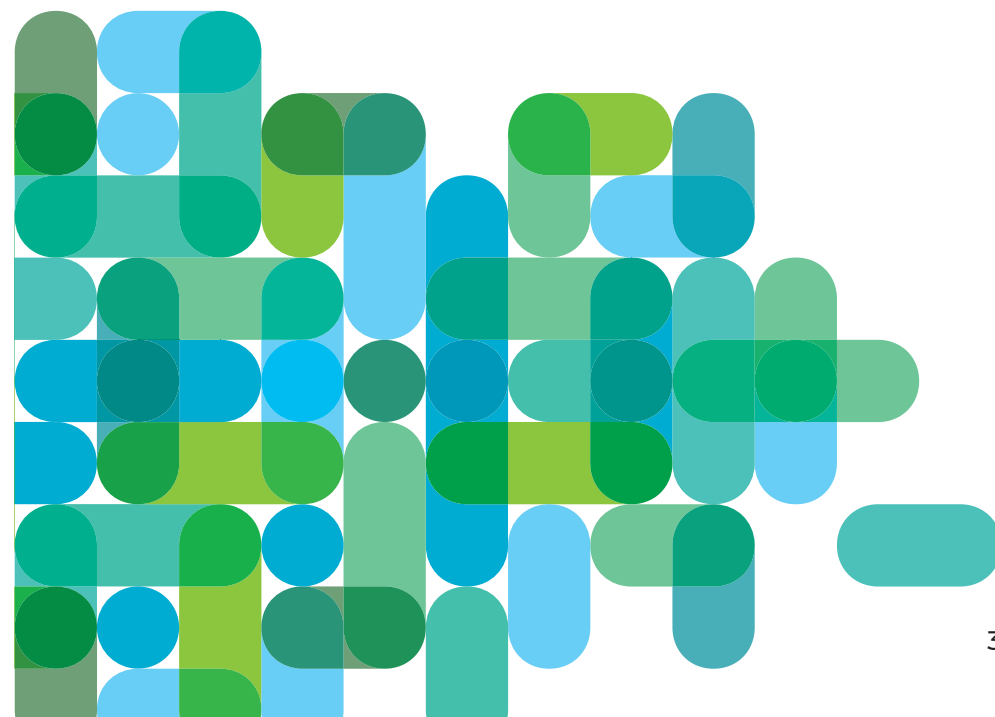
Testosterone Replacement for men

Troches	Up to 200mg
Capsule	Up to 100mg
Cream	Up to 15% (150mg/g)
Injection	100mg/MI, 10ml - 200mg/MI, 1ml or 3ml - 250mg/MI, 10ml
Gel	100mg/g - 200mg/g

Testofen®

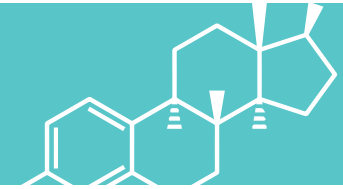
Fenugreek contains over 100 phytochemical constituents, including Furostanol Saponins and Steroidal Saponins, and has multiple health applications. However, Testofen is a unique extract of fenugreek standardized to a proprietary matrix of saponin glycosides that Gencor has named Fenuside. These constituents in Testofen can support healthy sexual desire and vitality*, muscle mass, free testosterone levels in men, and help reduce normal symptoms of Andropause in men.
*600mg per day

**Formulations that are available on PBS and TGA Registered are not to be compounded unless unavailable from suppliers*



How to Order

Order Form



Doctor Details

Dr James Doctor
123 Medical Street, Stafford,
4000

Prescriber no. 571562 Phone: 07 3421 7488

eRx is available

Patient's Medicare no. XXXX XXXXX X/X

Pharmaceutical benefits entitlement no. []

Patient's name Mrs Jane Patient Patient Mobile: []

Address 123 Health Road, Lutwyche 4001

Date 11/08/2020

PBS ~~XXXXXX~~ nor ~~PBS~~ Brand substitution not permitted

Script No.: 075284167838

PROGESTERONE 1% CREAM: (10mg/g) ← Add mg/g

1/2 gm as directed

apply nocte

Qty: 100g 1 repeat

TESTOSTERONE 1MG PLUS DHEA 15MG CAPSULE: caps ← With repeat add a time interval

1 mane

Qty: 100 1 repeat

2 items.

Dr James Doctor
MBBS

Turn over for privacy notice

I declare that I have received this/these medicine(s) and the information relating to any entitlement to a pharmaceutical benefit is correct.

Patient's or agent's signature _____ Date of supply / /

Agent's address _____

Crossout PBS (Private only)

Specify that it is compounded

eScripts are now available

Step by Step Guide to access The Compounding Lab

The following process outlines terms for the dispensing by The Compounding Lab according to the Pharmaceutical Society of Australia's guidelines for the Indirect Supply of pharmacy services and the Pharmacy Board of Australia Guidelines on the compounding of medicines FAQ's.

Step 1: Receive prescription for compounding item. If the customer requests a price please remember most compounds are unique however we have online pricing guide. Register your store for the website www.compoundinglab.com.au. Postage from \$10 and can be to the store or to the patient.

Step 2: Complete all sections of the order form. (The Lab by law must take payment. We will receive a referral fee)

Step 3: Scan and email the prescription and the order form to: enquiriescompoundinglab.com.au
If Scanner not in use Fax to 07 32560801

The Compounding lab will email back to confirm order received. Please add parents mobile on ALL prescriptions if for a child.

Step 4: Post order form and prescription to:
The Compounding Lab, 1/45 Crosby Road, Albion QLD 4010

Step 5: An Australia Post e-Parcel tracking number will be emailed to you upon shipping. Detailed patient support information and counselling material will be shipped with the initial dispensing. Multiple prescriptions supplied from one pharmacy will be shipped as a single package and will be charged as a single shipping fee. If collection from the pharmacy is your preference. Please let us know.

Note: Repeat prescriptions will be held on file by The Compounding Lab. Repeats can then be dispensed upon phone, fax or email authorisation.

Step 6: If posted the order should be received up to 2 working days after the dispatch from The Compounding Lab. Please check the emailed tracking details on the Australia Post website prior to calling about orders not received. Often they are held at the local post office if the initial delivery attempt is unsuccessful. Patients also have the option of collecting from The Compounding Lab in Albion if it is urgent.

Step 7: Contact patient to inform them their prescription is ready to collect once you have taken receipt of the goods.

To Speak to our Pharmacist call 07 38626000 or SMS 0419766182

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