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BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

The Compounding Lab specialises in bio-identical hormone replacement therapy to help you rebalance your hormones. Bio-identical hormone replacement therapy is the safest and best way to treat hormonal imbalances. Also known as Bio-Mimetic hormones, these compounds mimic the hormones produced by our own bodies. They are synthesised to be equal to the hormones within your body at the dosage required for you. As it acts identically to your hormones and your body recognises it as familiar, you get less undesired side-effects. This treatment accounts for individual needs and unique set of requirements to achieve wellness.

Making the decision to begin hormone replacement therapy should not be taken lightly, and only achieves success with commitment and awareness. Taking bio-mimetic hormones when you have a variety of health problems will not resolve them unless you have a holistic look at your health profile.

If your doctor has recommended and prescribed bio-mimetic hormone replacement therapy your medication will be made to treat your specific needs. Every prescription from The Compounding Lab for hormone replacement is mixed specifically for you, based on your medical history and what your doctor has requested.

WHO SHOULD USE HORMONE REPLACEMENT THERAPY?

[Hormone replacement therapy is the most effective TGA-approved treatment for the relief of moderate to severe menopausal symptoms in women. There are a number of commercial products that work similarly, however the advantage of using a compounded

formula is that it is prepared exactly at the dosage that will work for you and contains the ingredients that will help improve your exact symptoms. Hormone replacement therapy can also help relieve andropause symptoms, the male version of menopause. The most common hormones we use are Progesterone, Estrogen (Estrone, Estriol, Estradiol, Biest and Triest combinations), Dehydroepiandrosterone (DHEA) and Testosterone.

PROGESTERONE

Bio-identical progesterone has the following effects on the body:

- It is a precursor of other sex hormones including Estrogen & Testosterone.
- Maintains uterine lining.
- Helps reduce symptoms of PMS, including breast soreness, cramping and fluid retention.
- Helps convert fat to energy.
- Functions as a natural anti-depressant.
- Assists with healthy thyroid function.
- Normalises blood clotting.
- Restores sex drive.
- Helps normalise blood sugar levels.
- Protects against endometrial and breast cancer.
- Reduces the risk of osteoporosis.
- It is a precursor for cortisone synthesis, promoting calming and sedative effects.

ESTROGEN

Estrogen hormones are primarily responsible for growth and development in the reproductive organs.

The benefits of taking them include:

- Maintenance of anti-ageing mechanisms.
- Relief from hot flashes.
- Relief from vaginal dryness & atrophy.



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- Prevention of memory disorders.
- Reduction of osteoporosis by retarding bone loss.

Oral capsules are often taken once daily with food. It is recommended that Progesterone is to be taken in the evening and DHEA is best dosed in the morning.

TESTOSTERONE

The benefits of taking testosterone in both males and females include:

- Improved general wellbeing.
- Increased libido and sexual pleasure.
- Improved energy, muscle growth and mental alertness.
- Lowered cholesterol (cardio-protection).
- Lowered blood glucose levels.

If using a topical cream, the best way to apply it is to pump the required dose of cream onto the skin of the inner wrist. Using the other wrist, rub some of the cream in, then proceed to rub the cream using your wrist on to the skin of the upper arms/shoulders or outer thighs. It is best to rotate the areas of where you apply the cream to avoid any skin irritation if you have sensitivities.

It may take 3 or more months to reach the desired hormone balance your body needs.

DEHYDROEPIANDROSTERONE (DHEA)

The benefits of taking DHEA include:

- Enhanced libido.
- Improved memory.
- Vitality.
- Helps fatigue and depression.
- Increases strength.
- Helps prevent bone loss.
- Lowers blood cholesterol while improving liver function.

ARE THERE ANY SIDE EFFECTS?

POSSIBLE SIDE EFFECTS

SIDE EFFECTS	WHAT TO DO
Nausea, fluid retention, feeling bloated, breast enlargement and/or tenderness	These symptoms may be experienced at the start of treatment and become less noticeable with time.
Breakthrough bleeding	Some patients can experience vaginal bleeding after starting treatment - in most cases this can be helped by adjusting the dose or type of HRT. Persistent, unexplained vaginal bleeding should be investigated.

DOSAGE FORMS

At The Compounding Lab we can prepare various dosage forms to deliver the hormones to the body. We can compound a single ingredient or combinations of hormones in a capsule, topical cream, or a troche. A Troche is a sub-lingual lozenge that dissolves in the side of the mouth. It takes about 5-10 minutes to fully dissolve. The purpose of a troche is to allow the hormones to get into the blood faster and avoid hormone breakdown in the liver. You should avoid drinking or eating for 10 minutes after taking the dose to avoid swallowing the medication and it can be taken once or twice daily.



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Tiredness,
weight gain,
blurred vision,
acne, increased
facial hair in
females using
testosterone,
headaches,
indigestion,
mood swings.

If these side effects persist with continued use of your medication and begin to affect your lifestyle, please address them with your pharmacist or treating doctor. The dose of your medication can be adjusted to avoid the unwanted side-effects.

All bio-identical hormone replacement preparations are developed based on advanced scientific research and patient feedback. Remember that every person responds to treatment differently and your dose may need adjustments to obtain optimal results.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

PHARMACY CONTACT

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This leaflet was prepared in February 2024.

