

99 N. La Cienega Blvd. Ste 301
Beverly Hills, CA USA 90211
www.juliathuntermd.com



Phone: +1 310 247-8744

Fax: +1 310 247-0181

inquiries@juliathuntermd.com

Progesterone 40mg/gm Cream

Qty made: 100 GM

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| 1. Progesterone, USP Micronized Powder | 4 gms |
| 2. Glycerin liquid | 5 ml |
| 3. Skin Physiology Ingredient Optimizer Base | 100 gms QS |

Instructions:

1. Weigh all ingredients and verify
2. Place a clean mortar or bowl on top of the scale, zero out the scale
3. In a clean mortar or bowl of known weight, dissolve the progesterone powder with glycerin liquid using a spatula to form a smooth slurry not a paste.
4. Using method of geometric dilution, gradually add the base cream into step 3, triturate well to ensure uniform mixing with spatula or pestle.
5. QS to final weight with the base cream on scale to bring up to desired weight.
6. Mix well with spatula or hand mixer. Mill only if necessary if particles are seen.
7. Examine final product, make sure the final product is smooth before packaging.

Storage:

Room temperature, do not freeze or expose to extreme heat.