

CALMGLOW

HORMONE USE GUIDE:

ALL PREPARATIONS

USE YOUR HORMONES ROUGHLY THE SAME TIME EVERY DAY.

TROCHE USERS

TUCK THE TROCHE INTO YOUR CHEEK AND LET IT MELT, THIS MAY TAKE 5MINUTES OR MORE.

NEVER CHEW OR SWALLOW THE TROCHE, THIS CHANGES THE LONG TERM EFFECTS OF YOUR MEDICATION.

CREAM OR GEL USERS

APPLY YOUR HORMONES TO THE UPPER FRONT OF

YOUR CHEST WALL, INNER FOREARMS OR BEHIND THE KNEES.

APPLY YOUR HORMONES WHEN YOU ARE LESS LIKELY TO HAVE CLOSE CONTACT WITH OTHERS,

IE. LYING CLOSE TO BEDTIME PARTNERS MAY TRANSFER SOME CREAM/GEL TO THEM.

APPLY HORMONES AFTER SHOWERING – IF NOT SHOWERING, APPLY ROUGHLY 6 HRS BEFORE SHOWERING.

MENOPAUSAL WOMEN AND ANDROPAUSAL MEN USE YOUR PREPARATIONS 6 OF 7 DAYS OF THE WEEK.

PERI-MENOPAUSAL WOMEN USE YOUR PREPARATIONS DAILY

AND SKIP 3-5 DAYS A MONTH DURING YOUR MENSES.