

## BIO-IDENTICAL HORMONE CREAM APPLICATION GUIDE

When you receive your hormone cream, your bottle will instruct you to rotate application sites. You will want to rotate daily between 6 specific places on your body (if you apply to the 1<sup>st</sup> area today, apply to the 2<sup>nd</sup> area tomorrow, then the 3<sup>rd</sup> area the next day and so forth). This is to ensure optimal absorption and to avoid skin irritation or unwanted hair growth. The application sites are as listed:

1. Right Upper Forearm
2. Left Upper Forearm
3. Right Mid-Inner Thigh
4. Left Mid-Inner Thigh
5. Left Upper Buttocks
6. Right Upper Buttocks

You should also note that you should never apply your cream with your bare hand. Use your click device to rub the cream into your skin or use a glove. You may want to avoid the 1<sup>st</sup> and 2<sup>nd</sup> application sites if you will be coming into regular skin-to-skin contact with other persons throughout the day—especially children and pets—as the hormones in your cream can be transferred.

