

WOMEN'S INTERNATIONAL PHARMACY RESOURCE GUIDE FOR HEALTH PRACTITIONERS

Women's International Pharmacy has compounded thousands of unique formulations since 1985. We are offering the following information to illustrate designing a drug regimen, which can be individualized for each patient. We are able to customize using bioidentical hormones in a large selection of dosage forms when prescribed. This information is a general outline of various dosage forms and possible combinations. **These are just a few of the many possible combinations.**

Common Abbreviations

D – DHEA	Te – Testosterone
E1 – Estrone	Pr – Pregnenolone
E2 – Estradiol	T3 – Liothyronine
E3 – Estriol	T4 – Levothyroxine
H – Hydrocortisone	E1E2E3 – Triest or Triple Estrogen
P – Progesterone	E2E3 – Biest or Biestrogen

The formulas given below use these abbreviations. This format is used on the prescription label.

CAPSULES

Women's International Pharmacy has compounded many different capsule formulations. We could never list all of them here for you. Olive oil is used to suspend the powder in our capsules unless other oils are requested.

Multiple hormones may be combined in a single capsule. We use colored capsules as an identification aid. Colorless and vegetarian capsules may also be chosen.

Capsules may be used for oral, sublingual, vaginal, rectal, and topical (open and empty capsule) application.

Estrone/Estradiol/Estriol (mg)/Capsule (This combination of estrogens is popularly called "triest" or "triple estrogen." Ratios may vary, e.g., 10:10:80, 5:5:90.)

E1E2 0.03/E3 0.24	E1E2 0.15/E3 1.2
E1E2 0.063/E3 0.5	E1E2 0.25/E3 2
E1E2 0.1/E3 0.8	E1E2 0.5/E3 4
E1E2 0.125/E3 1	

Estradiol/Estriol (mg)/Capsule (This combination is popularly called "biest" or "biestrogen." Ratios may vary, e.g., 20:80, 30:70.)

E2 0.25/E3 1
E2 0.5/E3 2
E2 0.125/E3 1

Estrone/Estradiol/Estriol/Progesterone (mg)/Capsule

E1E2 0.063/E3 0.5/P 50
E1E2 0.063/E3 0.5/P 100
E1E2 0.1/E3 0.8/P 25
E1E2 0.125/E3 1/P 50
E1E2 0.25/E3 2/P 100
E1E2 0.375/E3 3/P 100
E1E2 0.5/E3 4/P 100

Estrone/Estradiol/Estriol/Progesterone/Testosterone (mg)/Capsule

E1E2 0.125/E3 1/P 75/Te 5
E1E2 0.25/E3 2/P 100/Te 5
E1E2 0.375/E3 3/P 25/Te 1
E1E2 0.5/E3 4/P 50/Te 2.5

Estrone/Estradiol/Estriol/Progesterone/DHEA (mg)/Capsule

E1E2 0.125/E3 1/P 100/D 10
E1E2 0.25/E3 2/P 75/D 2.5

Estrone/Estradiol/Estriol/Progesterone/DHEA/Test (mg)/Capsule

E1E2 0.125/E3 1/P 100/D 2/Te 2.5
E1E2 0.25/E3 2/P 50/D 2.5/Te 5

Estrone (mg)/Capsule

Estrone 0.5
Estrone 1

Estradiol (mg)/Capsule

Estradiol 0.5
Estradiol 1

Estriol (mg)/Capsule

Estriol 1
Estriol 2
Estriol 4

Estradiol/Progesterone (mg)/Capsule

E2 0.25/P 50
E2 0.25/P 100
E2 0.5/P 100

Estriol/Progesterone (mg)/Capsule

E3 1/P 100
E3 2/P 100
E3 4/P 100

Pregnenolone (mg)/Capsule

Pregnenolone 25
Pregnenolone 50

Progesterone (mg)/Capsule

Progesterone 5
Progesterone 25
Progesterone 50
Progesterone 75
Progesterone 100

Estradiol/Estriol/Progesterone (mg)/Capsule

E2 0.25/E3 1/P 50
E2 0.5/E3 1/P 100
E2 0.5/E3 2/P 100

Testosterone (mg)/Capsule

Testosterone 2
Testosterone 5
Testosterone 25
Testosterone 50

DHEA (mg)/Capsule

DHEA 5
DHEA 10
DHEA 15
DHEA 25
DHEA 100

Hydrocortisone (mg)/Capsule

Hydrocortisone 2.5
Hydrocortisone 5
Hydrocortisone 10

Thyroid

We compound with T3 and T4 individually or combined as well as whole thyroid glandular. These are suspended in olive oil.

Thyroid Glandular (mg)/Capsule

Thyroid 60 (1 grain)
Thyroid 120 (2 grain)

T3/T4 (mcg)/Capsule

Liothyronine 9/Levothyroxine 38 (~ 1 grain)
Liothyronine 4.5/Levothyroxine 19 (~ ½ grain)

DROPS

Drops may be used orally, sublingually, or on the skin. Our drops are compounded with olive oil unless requested otherwise. Other vehicles we have used include glycerin/alcohol, glycerin, or other oils.

Estradiol (mg)/Drop

Estradiol 0.25

DHEA (mg)/Drop

DHEA 1

Testosterone (mg)/Drop

Testosterone 2
Testosterone 5

Progesterone (mg)/Drop

Progesterone 50/8 drops

GELS

Gels compounded at Women's International Pharmacy are in an alcohol base. Gels are used on the skin but are irritating to genital tissues.

Estradiol (mg/gm) Gel

Estradiol 1

Estriol (mg/gm) Gel

Estriol 1
Estriol 2

Testosterone (mg/gm) Gel (Because of solubility, testosterone will only stay in solution up to 50mg/gm of gel.)

Testosterone 3
Testosterone 5
Testosterone 25

Progesterone (mg/gm) Gel (The upper limit for progesterone is 50mg/gm of gel.)

Progesterone 30
Progesterone 10

Estrone/Estradiol/Estriol (mg/gm) Gel

E1E2 0.25/E3 0.75
E1E2 0.5/E3 4

Estradiol/Estriol/Testosterone (mg/gm) Gel

E2 0.5/E3 2/Te 4
E2 0.5/E3 1/Te 2

Estradiol/Testosterone (mg/gm) Gel

E2 1.75/Te 0.5
E2 1.75/Te 4

Estriol/Testosterone (mg/gm) Gel

E3 0.5/Te 0.5
E3 0.5/Te 4

NON-ALCOHOL GELS

The non-alcohol gels are similar to our alcohol-containing gels, but without alcohol. They are often prescribed for intra-vaginal use, or may also be used on the skin. The hormones are in a suspension and the gel appears cloudy.

Estriol (mg/gm) N/A Gel

Estriol 0.5
Estriol 1

Testosterone (mg/gm) N/A Gel

Testosterone 2
Testosterone 6

Progesterone (mg/gm) N/A Gel

Progesterone 25
Progesterone 50

Estriol/Testosterone (mg/gm) N/A Gel

E3 0.5/Te 0.5
E3 0.5/Te 2

CREAMS

Unless specified otherwise, we use our specially formulated cream as a base. It is a vanishing cream made with safflower oil. We also can offer a natural cream made with essential phospholipids. Ingredient lists are available on request.

Some alternative bases we have include, but are not limited to, Dermabase[®], KY Jelly[®], and Replens[®]. We can also incorporate hormones into other creams to meet a particular patient's needs.

Estrone/Estradiol/Estriol (mg/gm) Cream (Triest)

E1E2 0.063/E3 0.5
E1E2 0.125/E3 1
E1E2 0.25/E3 2

Estrone/Estradiol/Estriol/Progesterone (mg/gm) Cream

E1E2 0.063/E3 0.5/P 100	E1E2 0.375/E3 3/P 75
E1E2 0.125/E3 1/P 100	E1E2 0.5/E3 4/P 100
E1E2 0.25/E3 2/P 100	E1E2 0.25/E3 2/P 60

Estradiol/Progesterone (mg/gm) Cream

E2 0.5/P 100

Estradiol (mg/gm) Cream

Estradiol 1
Estradiol 0.5

Estriol/Progesterone (mg/gm) Cream

E3 1/P 100

Estriol (mg/gm) Cream

Estriol 0.5
Estriol 0.6
Estriol 1
Estriol 2

Estradiol/Estriol (mg/gm) Cream (Biest)

E2 0.25/E3 1
E2 0.5/E3 2

Progesterone (mg/gm) Cream

Progesterone 30
Progesterone 50
Progesterone 60
Progesterone 100

Estradiol/Estriol/Progesterone (mg/gm) Cream

E2 0.25/E3 1/P 100
E2 0.25/E3 2/P 100

Testosterone (mg/gm) Cream

Testosterone 2
Testosterone 5
Testosterone 10
Testosterone 20

Testosterone/Progesterone/Chrysin (mg/gm) Cream

Te 50/P 5/Chrysin 25

LOZENGES

Prescriptions compounded in lozenge form are dissolved in the mouth or under the tongue. Stevia and a variety of flavors may be added.

Progesterone (mg)/Lozenge

Progesterone 100
Progesterone 200

Oxytocin (units)/Lozenge

Oxytocin 10

Testosterone (mg)/Lozenge

Testosterone 5
Testosterone 50

E1E2E3 (mg)/Lozenge

E1E2 0.1/E3 0.8

SUPPOSITORIES

Hormones are incorporated into a suppository form with a fatty acid base.

Estradiol/Progesterone (mg)/Suppository

Estradiol 0.125/P 20

Progesterone (mg)/Suppository

Progesterone 50
Progesterone 100
Progesterone 200
Progesterone 400
Progesterone 600

Estriol (mg)/Suppository

Estriol 0.5

Estriol/Testosterone (mg)/Suppository

Estriol 1/Testosterone 0.5

Our pharmacists are available to discuss individual needs and offer a variety of options for your patients.