

BHRT Dosing Chart

Product Name	Topical/Vaginal Creams	SL Troche	SR Capsule or Oral Troche
PMS			
Progesterone	5-50 mg days 14-25	5-50 mg days 14-25	25-400 mg days 14-25
Peri-Menopause			
Progesterone	10-50 mg days 14-25	10-50mg days 14-25	25-400 mg days 14-25
Bi-Est 50:50 (if progesterone alone does not control symptoms)	0.1 - 1.5 mg days 1-25	0.1 - 1.5 mg days 1-25	0.3 - 2.5 mg days 1-25
Post Menopause			
Bi-Est 80:20 or 50:50	0.2 mg - 2 mg QD to BID	0.2 mg - 2 mg QD to BID	0.3 mg - 2.5 mg QD to BID
Progesterone	10-50 mg QD to BID	10-50 mg QD to BID	25-400 mf QD to BID
Testosterone	0.25mg - 4 mg QAM	0.25mg - 4 mg QAM	1.5 mg - 7.5 mg QD to BID
DHEA	0.25 mg - 2.5 mg QAM	0.25 mg - 2.5 mg QAM	5 mg - 25 mg QAM
Cancer Risk Patients			
Estriol	0.5 mg - 2 mg QD or BID	0.5 mg - 2 mg QD or BID	0.5 mg - 8 mg QD/BID
Progesterone	20 mg -80mg split BID	20 mg -80mg split BID	25 mg - 400 mg split BID

Dosing guidelines are meant for reference only. Individual dosage should be determined based on clinical and laboratory evaluation

Bio-Identical Hormone Replacement Dosing Chart