

# The Influence of Progesterone

## Progesterone Functions

- Secreted mainly in the ovaries
- Prepares the body for pregnancy
- Supports development of fetus
- Initiates menstruation if no pregnancy occurs
- Supports bone formation

## Low levels of Progesterone can be associated with

- Fertility disturbance
- Heavy menstrual bleeding/irregular bleeding
- Sleep disturbance
- Anxiety
- Migraine
- Loss of bone density

## Taking Micronised Progesterone

- Helps keep womb lining healthy
- May improve sleep
- May improve anxiety
- May lessen migraine attacks
- May reduce hot flushes
- Does not negatively affect blood pressure, may improve it

