

# Estriol

Cosmetic Cream

## What is Estriol?

Estriol is one of three main estrogens that is naturally produced by the body. It is considered to be the safest form of estrogen due to its lower potency and protective properties. Estriol is often used in bio-identical hormone replacement regimens and, when combined with other hormones, has also shown potential health benefits for the heart, bones, brain, and skin. When applied topically, Estriol is suitable for both menopausal and peri-menopausal women to help reduce lines and wrinkles or maintain a youthful glow.

## Skincare Benefits

Estriol's skincare benefits are well documented. Studies have shown that women who use topical estriol have more skin elasticity and thickness. Its protective properties have shown to help:

- decrease wrinkle depth
- decrease pore size
- increase collagen
- improve the appearance of acne and acne scars

Rx

Estriol  
Cosmetic  
Cream

Available by prescription only!



*Estriol Cosmetic Cream* is compounded at Kennebec Pharmacy and *available with a valid prescription* from your doctor.

## Side Effects & Risks

Studies have shown that topical Estriol is a safe and effective treatment for aging skin with no hormonal side effects.

### References

- Schmidt JB, Binder M, Demshik G, Bieglmayer C and Reiner A. Treatment of skin aging with topical estrogens. *Int.J.Dermatol.* 35: 9: 669-674, 1996.
- Rich RL, Hoth LR, Geoghegan KF, Brown TA, LeMoite PK, Simons SP, Hensley P and Myszka DG. Kinetic analysis of estrogen receptor/ligand interactions. *Proc.Natl.Acad.Sci.U.S.A.* 99: 13: 8562-8567, 2002.
- Zhu BT, Han GZ, Shim JY, Wen Y and Jiang XR. Quantitative structure-activity relationship of various endogenous estrogen metabolites for human estrogen receptor alpha and beta subtypes: Insights into the structural determinants favoring a differential subtype binding. *Endocrinology* 147: 9: 4132-4150, 2006.

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