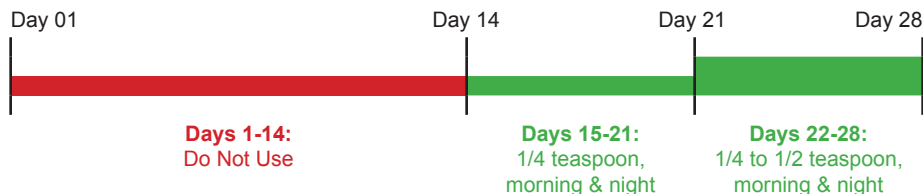


FemCreme™ Suggested Use

FemCreme™ may be used differently according to your menstrual status. The following are general recommendations that may be modified or confirmed by your health care provider.

Menstruating Women

(Women who are menstruating more or less regularly)

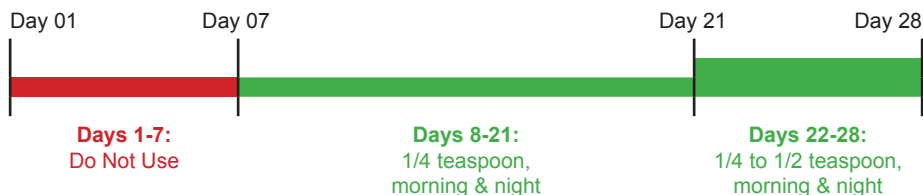


For women who are still in their reproductive years, FemCreme™ is best used during the second half of the menstrual cycle. These are the two weeks before menstruation. The normal menstrual cycle is, of course, 28 days. If your cycle is longer or shorter than this, you can adjust the time during which you use FemCreme™. If menstruation begins while you are in your FemCreme™ usage cycle, stop using FemCreme™. Count the first day of menstruation as day one, and begin a new cycle.*

During days 1 to 14, do not use FemCreme™. During days 15 through 21, use 1/4 teaspoon (a dollop about the size of a dime) morning and night. During days 22 through 28, use from 1/4 teaspoon to 1/2 teaspoon twice daily.

Perimenopausal Women

(Women who are menstruating, but infrequently or irregularly)



Women who are still menstruating, but with largely irregular cycles, are best served by using FemCreme™ during days 8-28 of their cycles.*

Count the first day of menstruation as day one of the cycle, and begin a new cycle that day. Do not use FemCreme™ during days 1 through 7. During days 8 through 21, use 1/4 teaspoon (a dime sized dollop) morning and night. During days 22 through 28, you may use 1/4 to 1/2 teaspoon morning and night. 1/4 teaspoon is the recommended amount, but the larger amount may be used if the smaller amount does not seem to provide the balance you seek. If your period begins before you expect it, stop using FemCreme™ and begin anew on day 8 of the new cycle.

Menopausal or Post-Menopausal Women

(Women who are no longer menstruating)



Beginning on any day of the month, use FemCreme™ for 21 consecutive days. Then, discontinue its use for seven days, and start anew. This will create a “cycle” in which you use FemCreme™ for three out of every four weeks. During the first few “cycles” of using FemCreme™, we suggest beginning with 1/4 teaspoon, morning and night. Beginning in your fourth “cycle,” cut back to 1/8 teaspoon morning and night. If your body really needs the larger amount, it will let you know, and you can return to using 1/4 teaspoon.

For the World's Most Comprehensive Information on Natural Progesterone

Dr. John Lee has written several books regarding the value of natural progesterone crèmes. His most famous work is “What Your Doctor May Not Tell You About Menopause”. To order this book, or for a wealth of other women’s resources, you may visit his website at www.johnleemd.com.

For more information on FemCreme™ and all our other products, please visit our website at: www.pureessencelabs.com.

Where to Apply FemCreme™

For best results, massage it gently into areas that have the least amount of fatty tissue. For most women, these areas are the forearms, the face, the back of the neck, the calves, and the upper breasts. It is best to rotate the place of application each day.

You’ll notice that FemCreme™ absorbs more quickly and easily into the skin than other crèmes, and that it leaves no greasy film or residue. This is because it contains no synthetic chemicals. As far as we know, it is the only progesterone crème you’ll find that is as friendly to the environment as it is to you.

FemCreme™ is a superb skin moisturizer and will not stain any fabric.*



LifeEssence™

Health is simply the reflection of how efficiently our cells can function. Our cells can function efficiently only when they have the raw materials they need. These raw materials are the nutrients we obtain from our foods, water and air.

Eating a balanced meal is important because larger varieties of foods provide larger varieties of nutrients, and larger varieties of nutrients empower more efficient cellular function. However, modern foods cannot do the job by themselves.

LifeEssence™ provides more of the nutrients we need than any other multiple ever offered. Thus, it supports more efficient cellular action, which then builds better health, increases energy, and supports immunity, mental focus and general well being. LifeEssence™ is, in short, the world's most supportive nutritional system.

While you might want to use ProFema™ for yourself, LifeEssence™ is perfect for the rest of your family.*

ProFema™

LifeEssence™ (in the box above) is the finest multiple nutrient supplement ever offered. However, it does not contain as many of the factors that women need to rebuild the Kidney System and the Blood as Transitions™ (in the box to the right).

ProFema™ is a combination of LifeEssence™ and Transitions™. It provides the same variety of nutrients to maximize cellular efficiency, but it adds more calcium and magnesium to build strong bones. It also contains the entire Transitions™ formula to strengthen the Kidney System and the Blood. ProFema™ is the perfect multiple for women with menopausal concerns.*



Candex™

Common supplements provide partial, temporary relief from Candida. However, Candida can adapt to these products making them ineffective.

Candex™ contains enzymes that the Candida cannot adapt to. These enzymes digest the cell wall of yeast, which causes the yeast to die. However the enzymes do not trigger the die off reaction (Herxheimer effect) that is common with nearly all other yeast fighting products. Thus, you don't have to feel worse before you feel better. Candex™ works more quickly and completely than the other products.

Candex™ is effective against both localized infections and systemic infestations. Because it contains nothing but vegan digestive enzymes, it is safe for use by virtually anyone. It is the first truly effective yeast fighting supplement.*



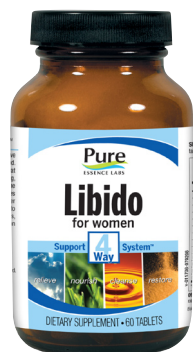
Transitions™



If FemCreme™ is helping your hot flashes and mood swings, you may have a progesterone deficiency. This deficiency is caused by weaknesses in the Kidney System and in the Blood.

Both estrogen and progesterone are made primarily in the ovaries and the adrenal glands, both of which are parts of the Kidney System. When these organs are weakened, they cannot produce the levels of hormones you need to feel your best. If the Blood is weak, it cannot deliver those hormones to the cells they're meant to serve. While natural progesterone can help you feel better, it does nothing to strengthen the Kidney System or the Blood.

Transitions™ is a perfect companion to any natural progesterone crème. It is also effective by itself. It not only helps to calm hot flashes and mood swings, but it also strengthens the weaknesses that cause hormone deficiency in the first place.*



4 Way Libido Support System™

Modern medicine blames low libido on poor blood flow to the vaginal area and on deficiencies of neurotransmitters. Holistic health systems explain that these things occur because of excess coldness and dampness in the reproductive region, weakness and stagnation of the blood, and a general weakness in the group of organs called the Kidney System.

4 Way Libido Support System™ is the only libido supplement you'll find that addresses all these issues. Its whole foods, nutraceuticals and botanicals not only promote better blood flow and neurotransmitter production, but cleanse excess cold and dampness, strengthen and move the blood, and strengthen the

Kidney System. As a result, libido will increase dramatically, more so than if you used any other supplement on the market.*

4 Way Virility Support System™

Modern medicine blames lack of virility on deficiencies of testosterone and on a lack of blood flow to the genital organs. Holistic health systems, however, explain that these problems are caused by excess coldness and dampness in the reproductive tract, weak and stagnant blood, weakness in the Kidney System, and by a lack of the energy known as Kidney Yang.

4 Way Virility Support System™ is the only virility supplement you'll find that addresses all these issues. Its whole foods, nutraceuticals and botanicals not only enhance blood flow and neurotransmitter production, but cleanse excess cold and dampness, strengthen and move the blood, and strengthen the

Kidney System. As a result, virility will increase dramatically, more so than if you used any other supplement on the market.*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.