

Bio-identical hormones are hormone supplements whose biochemical structures are identical to those produced by the human body—a fact that offers important therapeutic advantages and minimizes potential risks.

Bio-identical hormones are initially prepared as powders by pharmaceutical companies, such as Upjohn and Pfizer, from a natural base, usually soy or yam. They are FDA-approved. The powders are then sent to compounding pharmacies, where they are formulated according to doctors' prescriptions. Companies like Upjohn have been manufacturing bio-identical hormone products for 70 years.

An exceptionally important advantage of utilizing bio-identical hormones is that dosages can be tailored to the individual's unique hormonal requirements. Oral bio-identical supplements go directly to the liver, which converts them into a different hormone. Thus the preferred method of delivery for bio-identical hormones is transdermal—in the form of creams, gels, and suppositories—so the hormones are absorbed directly into the bloodstream.