Female Hormone Balance (Topical)

MAINTENANCE PROTOCOL PACK

HORMONE HARMONY • METABOLIC SUPPORT • REJUVENATION • WHOLE-BODY WELLNESS

PROTOCOL OVERVIEW

The Female Hormone Balance & Rejuvenation Maintenance Protocol (Topical) continues the NuFem topical hormone rejuvenation program of the full pack with sublingual endocrine support, without the Full Body Detox Kit.

KEY BENEFITS

- ✓ Topical homeopathic hormone rejuvenation system
- ✓ Cycle-aligned NuFem 1-2-3 program
- ✓ Supports female endocrine health
- ✓ For use after completing the full Topical protocol
- ✓ Supports healthy aging and vitality

WHAT'S INCLUDED



NuFem #1 Progesterone (Topical Spray)
Transdermal homeopathic progesterone support.



NuFem #2 Estrogen (Topical Spray)
Transdermal homeopathic estrogen support.



NuFem #3 Testosterone (Topical Spray)
Transdermal homeopathic testosterone support.



#13 Female Endocrine (MBM)
Supports overall female endocrine health.



BioAge Reverse
Supports healthy aging, cellular repair and vitality.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
NuFem #1 Progesterone (Topical)	2 sprays						2 sprays	Inner arm. Second half of the cycle only.
NuFem #2 Estrogen (Topical)	2 sprays						2 sprays	Inner arm. 5 days on, 2 days off from Day 1 of the cycle.
NuFem #3 Testosterone (Topical)	2 sprays						2 sprays	Inner arm. 5 days on, 2 days off from Day 1 of the cycle.
MBM Female (Female Endocrine)	5 drops						5 drops	Sublingual. All month long, Monday-Friday.
BioAge Reverse	5 drops						5 drops	Sublingual. All month long, Monday-Friday.

PROTOCOL NOTES

- Eliminate sugar.
- Apply NuFem sprays to the inner arm.
- Follow the 5 days on, 2 days off rhythm for the NuFem system.
- No caffeine while on a homeopathic protocol.
- Stay hydrated and support elimination daily.

LAB RECOMMENDATION: SALIVA HORMONE TEST

Assess estrogen, progesterone, testosterone, cortisol and other key markers to identify imbalances and personalize your protocol.

PURCHASE SALIVA HORMONE TEST

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*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. Consult the product label for full ingredient and usage information.