



CALIFORNIA WOMEN'S LAW CENTER

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Since its founding in 1989, the California Women's Law Center has served as a unique advocate in California, working in collaboration with others to protect, secure and advance the comprehensive civil rights of women and girls.

FACT SHEET ***Progesterone Supplements***

Creams containing the hormone progesterone are available over-the-counter to women across California. The makers of these creams advertise that their products can be used as an alternative to hormone replacement therapy and to prevent or treat numerous diseases. These claims are unsubstantiated, and the Food and Drug Administration (FDA) has determined that these creams are **not** “safe and effective.” Women should know the facts before using these creams:

- Progesterone is a hormone, and should only be used under the care of a medical doctor.
- When sold in a cream form, the FDA has determined that progesterone is a misbranded drug, so it does not have the same quality control as a regulated drug.
- The State of California has declared progesterone to be a carcinogen under Proposition 65, the Safe Drinking Water and Toxic Enforcement Act of 1986. This means that products with progesterone must be clearly labeled with a warning that the product contains a chemical known to the State of California to be a carcinogen.

The California Women's Law Center's claim against supplement manufacturers arises from their failure to comply with State law.

KNOW THE FACTS:

Supplement companies claim that progesterone creams can prevent or reverse osteoporosis, increase bone density, prevent, treat or cure cancer or heart disease.

The Federal Trade Commission (FTC) refers to these claims as “false and unsubstantiated.”

“Despite widespread reporting that true progesterone is effective against osteoporosis, the best evidence we have is that it does not offer any such benefit.”

– Consumer Labs report

The Food and Drug Administration has warned progesterone cream manufacturers that “there is no evidence that they [the creams] are generally recognized as safe and effective for their intended uses.”

Mission Statement

The California Women's Law Center works to ensure, through systemic change, that life opportunities for women and girls are free from unjust social, economic, and political constraints.