

# FDA-approved Bioidentical Hormones for Postmenopausal Use in the United States and Canada

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## Oral Estrogen Therapy Products

Composition	Product Name	Available Dosages/day (mg)
17 $\beta$ -estradiol	Estrace, various generics	0.5, 1.0, 2.0 0.5, 1.0, 2.0
Estradiol acetate	Femtrace*	0.45, 0.9, 1.8

## Transdermal and Topical Estrogen Therapy Products

Composition	Product Name	Delivery Rate (mg/day)	Dosage/day
17 $\beta$ -estradiol matrix patch	Alora*	0.025, 0.05, 0.075, 0.1	Twice weekly
	Climara	0.025, 0.0375*, 0.05, 0.075, 0.1	Once weekly
	Esclim*	0.025, 0.0375, 0.05, 0.075, 0.1	Twice weekly
	Estradot**	0.025, 0.0375, 0.05, 0.075, 0.1	Twice weekly
	Fempatch	0.025	Once weekly
	Menostar*	0.014	Once weekly
	Oesclim**	0.05, 0.1	Twice weekly
	Vivelle*	0.025, 0.0375, 0.05, 0.075, 0.1*	Twice weekly
	Vivelle-Dot*	0.025, 0.0375, 0.05, 0.075, 0.1	Twice weekly
	Various generics	0.1, 0.05	Once or twice weekly
17 $\beta$ -estradiol	Estraderm	0.025**, 0.05*, 0.1	Twice weekly reservoir patch (patch cannot be cut)
17 $\beta$ -estradiol transdermal gel	EstroGel* EstroGel**	0.035	Daily application; 1 metered pump delivers 1.25 g of gel containing 0.75 mg 17 $\beta$ -estradiol
	Elestrin*	0.0125	Daily application, 1-2 pumps; 1 metered pump delivers 0.87 g of gel containing 0.52 mg 17 $\beta$ -estradiol

	Divigel *	0.003, 0.009, 0.027	Daily application; 3 strengths of packets provide 0.25, 0.5, or 1.0 g of gel
17 $\beta$ -estradiol topical emulsion	Estrasorb*	0.05 (2 packets)	Daily application of 2 packets; 1 packet = 1.74 g of emulsion
17 $\beta$ -estradiol transdermal spray	Evamist*	0.021/90 $\mu$ L spray (metered-dose pump) 1.5/90 $\mu$ L spray	Initial: 1 spray/d of 1.7% solution, increasing to 2-3 sprays/d if needed

### Vaginal Estrogen Therapy Products

Composition	Product Name	Dosage/day
<i>Vaginal creams</i>		
17 $\beta$ -estradiol	Estrace Vaginal Cream*	Initial: 2-4 g/d for 1-2 wk maintenance: 1 g/d (0.1 mg active ingredient/g)
<i>Vaginal rings</i>		
17 $\beta$ -estradiol	Estring	Device containing 2 mg releases 7.5 $\mu$ g/d for 90 days (local vaginal with minimal systemic amount)
Estradiol acetate	Femring*	Device containing 12.4 mg or 24.8 mg estradiol acetate releases 0.05 mg/d or 0.10 mg/d estradiol for 90 days ( <i>systemic levels</i> )
<i>Vaginal tablet</i>		
Estradiol hemihydrate	Vagifem	Initial: 1 tablet/d for 2 wk maintenance: 1 tablet twice/wk (tablet containing 25.8 $\mu$ g or 10 $\mu$ g of estradiol hemihydrates, equivalent to 25 $\mu$ g or 10 $\mu$ g of estradiol)
	Vagifem LD	10 $\mu$ g estradiol hemihydrates
<i>Injectable estrogens</i>		
Estradiol valerate	Delestrogen*	10-20 mg IM q 4 weeks
Estradiol cypionate	Depot-estradiol*	1-5 mg IM q 3-4 weeks

## Progestogen Product

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Composition	Product Name	Dosage/day
<i>Oral capsule: progesterone</i> Micronized progesterone (in peanut oil)	Prometrium	100, 200* mg

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\* Available in the United States but not Canada

\*\* Available in Canada but not the United States

Products not marked are available in both the United States and Canada.