

# The influence of progesterone

## Brain

Helps brain cells to communicate better, which helps improve mood, memory and brain health

Helps nerve functioning

## Breasts

Tempers the effect of oestrogen and reduces breast cysts

## Immune system

Reduces inflammation

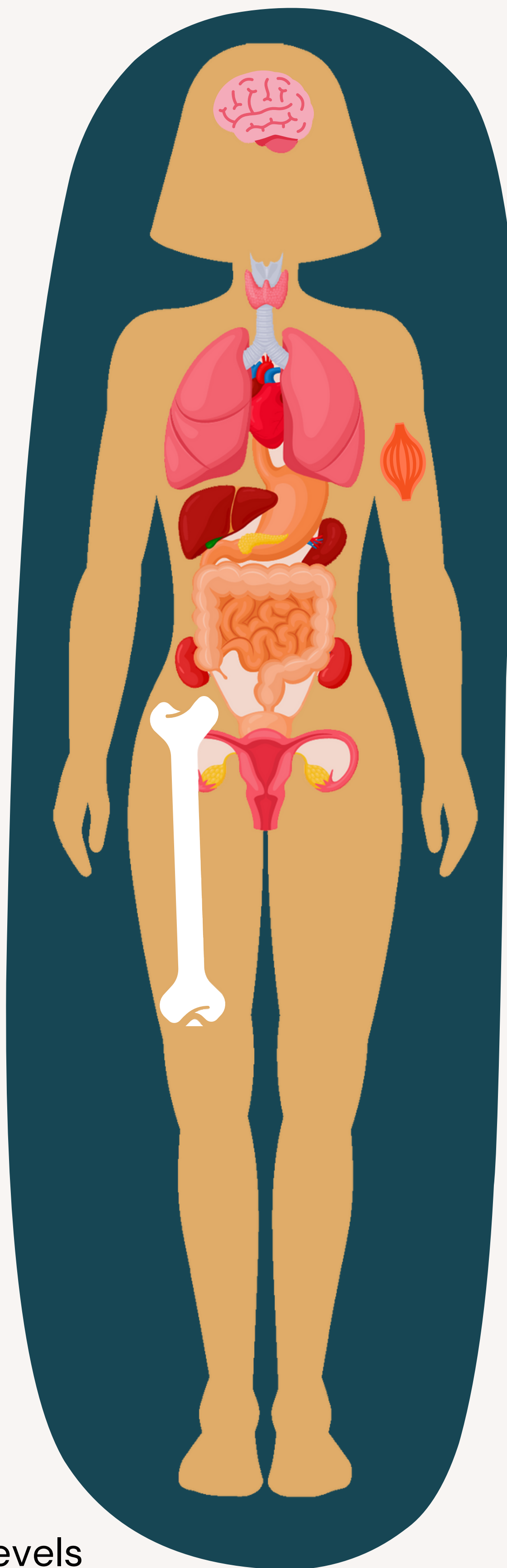
Lowers risk of autoimmune disease

## Bones

Builds bone

## Metabolism

Regulates blood sugar levels



## Psychological wellbeing

Promotes sleep

Relieves anxiety

Helps use fat for energy

## Muscles

Stimulates growth of new muscle

Reduces muscle spasm

## Reproductive/sexual function

Regulates menstruation

Supports pregnancy

Reduces bleeding