

■ Hormone Replacement Therapy (HRT): Formulations & Brand Options

A concise guide to available hormone formulations and commonly used brands.

1■ Oral Estrogen

Generic Name	Brand Name(s)	Notes
Conjugated estrogens	Premarin®	Derived from natural sources; taken daily
Estradiol	Estrace®, Gynodiol®, generic	Bioidentical; taken daily
Esterified estrogens	Menest®	Less commonly used

2■ Transdermal Estrogen (Patches, Gels, Sprays)

Form	Brand Name(s)	Notes
Patch	Climara®, Vivelle-Dot®, Alora®, Mplista®	Applied to skin 1–2 times weekly; steady absorption
Gel	EstroGel®, Divigel®, Elestrin®	Applied daily to arms or thighs
Spray	Evamist®	Applied daily to inner forearm

3■ Vaginal Estrogen (Local Therapy)

Form	Brand Name(s)	Notes
Cream	Premarin®, Estrace®	Used several times weekly for dryness and atrophy
Tablet	Vagifem®, Yuvaferm®	Small tablet inserted vaginally 2x/week
Ring	Estring®, Femring®	Inserted every 3 months; Estring = local, Femring =

4■ Progesterone & Progestin Options

Generic Name	Brand Name(s)	Notes
Micronized progesterone	Prometrium®, generic	Bioidentical; oral capsule
Medroxyprogesterone acetate	MPA, Ayera®	Synthetic; oral tablet
Norethindrone acetate	Aygestin®	Used in combined HRT or alone
Levonorgestrel (IUD)	Mirena®, Liletta®	Provides uterine protection; long-acting

5■ Combined Estrogen + Progesterone Products

Form	Brand Name(s)	Notes
Oral	Activella®, FemHRT®, Prempro®, Angalia®	daily dosing
Patch	Climara Pro®, Combipatch®	Steady hormone delivery; lower clot risk

6 ■■ Testosterone Therapy (For Select Women)

Used off-label for low libido or fatigue when levels are low. Options include topical compounded gels or patches (e.g., AndroGel®, Testim® — male doses adjusted). Should be monitored by a healthcare provider.

7 ■■ Compounded Bioidentical Hormones

Custom-mixed hormones (creams, troches, gels) made by compounding pharmacies. Not FDA-approved or regulated; hormone levels and potency may vary. Discuss risks and alternatives with your clinician.

■ Key Takeaway:

Choose the formulation that best fits your lifestyle, medical history, and symptom control. Review benefits, risks, and follow-up plans with your healthcare provider.