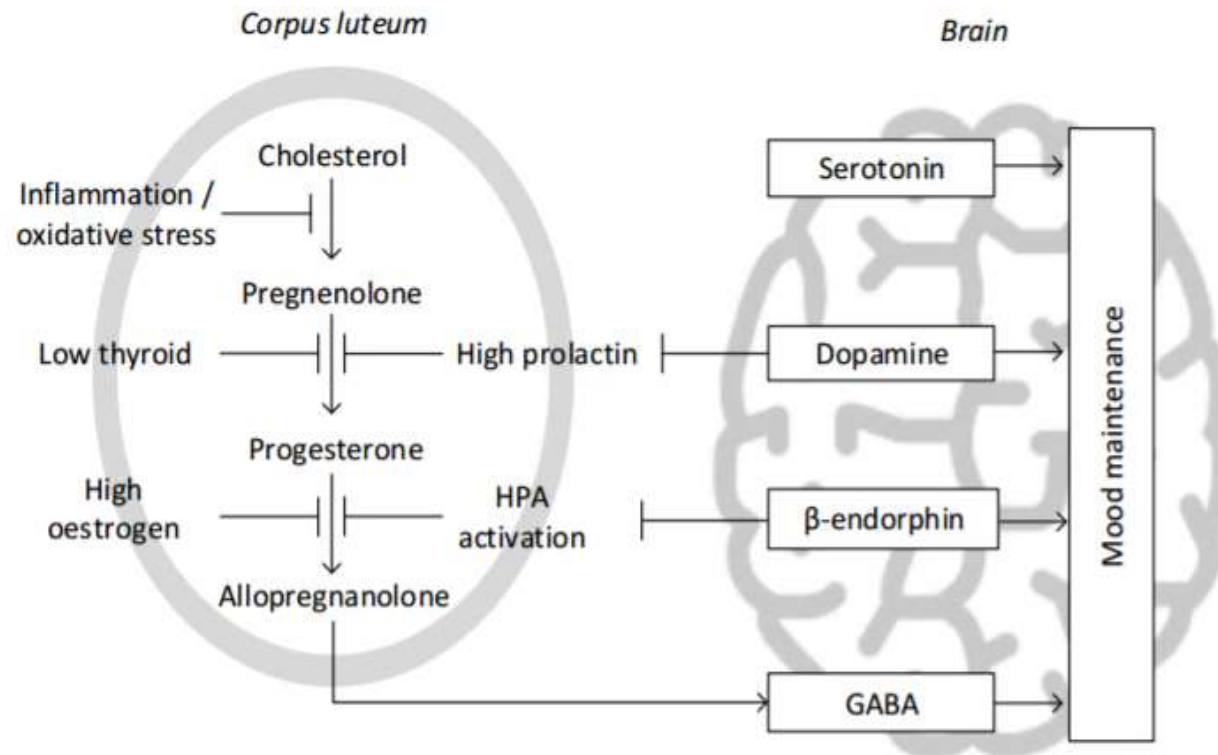


Progesterone synthesis and mood regulation



Symptoms of progesterone deficiency

Reproductive system disturbances:

- Dysmenorrhoea
- Irregular cycles
- Infertility

Premenstrual mood disturbances:

- Low GABA – anxiety
- Low serotonin – low mood
- Low dopamine – breast tenderness
- Low beta endorphin – cravings
- Increased pain sensitivity

