



Supporting Healthy Progesterone Levels

Why Progesterone Matters

Progesterone is a calming, balancing hormone that supports:

- Regular menstrual cycles
- Sleep and relaxation
- Mood stability
- Fertility and pregnancy
- Balancing the effects of estrogen

Low progesterone can show up as:

- PMS, irritability, or anxiety
- Poor sleep
- Irregular or heavy cycles
- Spotting before periods
- Short cycles or infertility concerns

How to Support Progesterone

Stress Management

High stress → high cortisol → lower progesterone

Helpful strategies:

- Prioritize 7–9 hours of sleep
- Build in daily “downshift” time (walks, quiet time, breathwork)
- Limit excessive caffeine

Maintain Healthy Estrogen Balance

Progesterone and estrogen work together. If estrogen is too high, progesterone may feel “low” in comparison.

You can help support this by:

- Optimizing fiber intake - at least 25-30 grams daily
- Supporting liver health
- Limiting excess alcohol and processed foods

Dietary Support

- Minimum 70 grams of protein daily
- At least 25-30 grams of fiber daily
- Maintain steady blood sugar levels
- Support a healthy weight (both under- and over-fueling can impact hormones)
- Support healthy thyroid function by getting enough iodine, selenium, and iron

Lifestyle Habits

- Get morning sunlight (supports hormone rhythms)
- Avoid endocrine disruptors (plastics, fragrances)
- Maintain a consistent sleep-wake cycle
- Avoid overtraining or excessive cardio

Nutrients and Foods to Support Healthy Progesterone Levels

Vitamin B6 – *Helps progesterone production and supports liver function for healthy hormone balance*

- **Foods:** Chickpeas, legumes, bananas, sweet potatoes, salmon, tuna, chicken, leafy greens, spinach, potatoes, sunflower seeds
- [B6 Complex by Pure Encapsulations](#)

Vitamin C – *Supports the corpus luteum's function in producing progesterone.*

- **Foods:** Citrus fruits, strawberries, bell peppers, broccoli, kiwi
- [Vitamin C \(100% pure ascorbic acid\) by Vital Nutrients](#)

Zinc – *Essential for the synthesis of progesterone and supports the reproductive system.*

- **Foods:** Pumpkin seeds, cashews, chickpeas, shellfish, whole grains
- [Zinc Bisglycinate 15 mg by Thorne](#)

Magnesium – *Helps reduce stress and supports adrenal function, which is important for maintaining progesterone levels.*

- **Foods:** Dark leafy greens (spinach, kale), nuts, whole grains, dark chocolate
- [Magnesium \(Glycinate\) by Pure Encapsulations](#)

Healthy Fats – *Necessary for the production of steroid hormones, including progesterone.*

- **Foods:** Avocados, nuts, seeds, fatty fish, olive oil

Cruciferous Vegetables – *Help cleanse the body of excess estrogen, allowing for optimal progesterone production.*

- **Foods:** Broccoli, Brussels sprouts, cauliflower, kale

Legumes – *Provide fiber and nutrients that support hormonal balance.*

- **Foods:** Beans, chickpeas, lentils

You can find the specific supplements recommended above on our Fullscript site: us.fullscript.com/welcome/wellkcs

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IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG