

Low-Dose HRT Medication

Medication	Example of Low Dose
Testosterone cypionate 200mg/ml solution (injectable)	0.1 ml every week
Testosterone gel 1.62% (topical)	1 pump a day
Testosterone patch 2mg (topical)	1 patch a day
Estradiol tablets 1mg (oral)	1mg a day
Estradiol patch 0.1mg (topical)	1 patch twice a week
Estradiol valerate 20mg/ml (injectable)	0.25ml every 2 weeks
Spirolactone tablets	50 mg a day