



Dear Beautiful You,

I created BodyMatched™ Anti-Aging Face Cream because I saw what was missing in skincare for women—products that actually honor the hormonal shifts we experience, without the fluff or false promises.

As a physician specializing in women’s health and hormone therapy, I’ve spent years helping women reclaim their radiance and confidence from the inside out. I believe skincare should do the same. This cream is more than a beauty product—it’s a clinical tool designed to support your skin where it needs it most: hydration, collagen, clarity, and hormonal balance.

Whether you’re dealing with dryness, dark spots, fine lines, or unwanted facial hair, this blend of bioidentical estriol and also finasteride, and proven actives like tretinoin and niacinamide, was designed to meet you where you are—and help you glow forward with confidence.

I’m so excited for you to try it.

If you need guidance along the way, our expert clinical team is here for you every step of the journey.

To your radiance,

INNER BALANCE FOUNDER & CREATOR OF BODYMATCHED™

Inner Balance

Potential side effects and how to reduce them

This prescription-strength cream contains powerful, clinically-backed ingredients. Mild and temporary side effects may occur as your skin adjusts during the initial weeks of use. These improve over time. If symptoms persist, please contact us.

Side effect	Cause	Recommendation
Redness or Irritation	Occurs as your skin adjusts to tretinoin	Start with application every other night. Use a gentle moisturizer after applying, and avoid using other active ingredients.
Dryness or Peeling	Increased skin cell turnover due to tretinoin	Moisturizing 10-15 mins after applying, or using a moisturizer before, can reduce effects. Ensure adequate daily hydration.
Increased Sun Sensitivity	Tretinoin may increase sensitivity to UV rays	Use daily SPF 30+ (Zinc oxide) and minimize direct sun exposure where possible.
Mild Stinging or Burning	Can occur with tretinoin	Apply to completely dry skin to reduce stinging. If irritation occurs, reduce frequency until it resolves.
Breakouts or Purging	May appear as skin purges due to increased turnover	Typically resolves within 2-4 weeks. Remain consistent with application & avoid introducing new active ingredients during this phase (e.g., acids or scrubs).
Flaking around nose or chin	Often seen during the retinoid adjustment phase	Gently exfoliate and moisturize as needed. You may skip application on these areas for a few days to allow skin to recover.

More about getting started

Visit your account to learn more about how to begin. If you have questions or concerns, please reach out to the Inner Balance care team by logging into your account at innerbalance.com. For optimal care and response time, all questions should be directed to our care team, not our partner pharmacy.

Inner Balance

Where science meets radiance

Skin health—reimagined.



Nø synthetics

for women by



The science behind our physician-formulated innovation

Third-party tested for potency, purity and quality, this prescription-strength cream combines bioidentical estriol, finasteride*, and a powerful anti-aging complex to target the root causes of aging and skin imbalance:

TRETINOIN & NIACINAMIDE

Work together to smooth fine lines, fade hyperpigmentation and enhance overall skin tone and texture.

ESTRIOL

A gentle bioidentical estrogen, supports collagen production, skin hydration and dermal thickness—particularly beneficial during perimenopause or when estradiol declines.

FINASTERIDE*

Helps reduce excess facial hair, oiliness and visibly enlarged pores by inhibiting DHT production.

**In BodyMatched™ Anti-Aging Face Cream + Finasteride*

One cream. Four powerful ingredients. Endless radiance.

As estrogen levels decline, collagen production slows, skin hydration drops, and dermal thickness thins—accelerating visible signs of aging like wrinkles, dryness, and sagging.

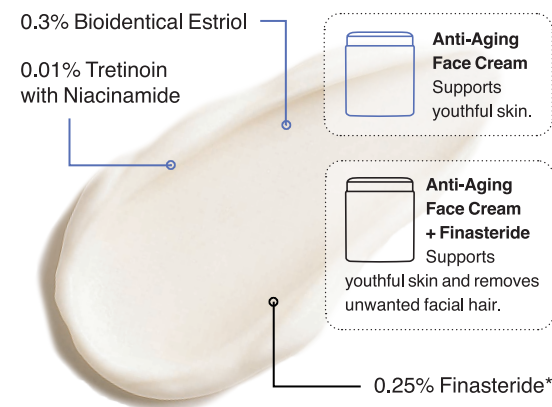
At the same time, elevated dihydrotestosterone (DHT), a potent testosterone metabolite, increases oiliness, pore size, and unwanted facial hair while also contributing to collagen breakdown. Blocking DHT and restoring estrogen can help restore balance, reduce these effects, and support a clearer, smoother, more youthful complexion.

Body
Matched™

Anti-Aging Face Cream

Offered in two formulations to target hormone variances:

ACTIVE INGREDIENTS



**Only used in BodyMatched™ Anti-Aging Face Cream + Finasteride*

HOW TO USE

Apply once daily in the evening. One pump (or a pearl-sized amount) is the measured amount for the entire face.

- 1 Push down once on the top of the bottle until cream dispenses one pearl-sized dose. Shake the bottle if the cream doesn't dispense after the first few pumps. This is to remove any potential air pockets.
- 2 Apply to clean, dry skin.
- 3 Gently spread over face, avoiding the eyelids and lips.
- 4 Let it absorb fully before applying moisturizer.

Recommendations: For sensitive skin, begin by applying the product every other night for the first 1-2 weeks to allow your skin to adjust gradually.

If you anticipate sun exposure, apply SPF 30+ in the morning while using this product to protect your skin and maintain results. Zinc oxide is recommended due to its anti-inflammatory properties.

Use an additional light moisturizer in conjunction to help protect the skin and get best results.

Storage: Use and store at room temperature, away from heat and sunlight. Keep out of reach of children and pets. Dispose of in trash when empty or expired.



What to be mindful of

To avoid irritation or adverse interactions, the following products should not be used concurrently:

- ✓ Other retinoids (like Retin-A, adapalene, or over-the-counter retinol)
- ✓ Alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) (like glycolic, lactic, or salicylic acid)
- ✓ Benzoyl peroxide (may inactivate tretinoin when used simultaneously)
- ✓ Harsh physical exfoliants (such as scrubs with abrasive particles)
- ✓ Alcohol-based toners or astringents
- ✓ Essential oils or heavily fragranced skincare products (can increase sensitivity and irritation)

When not to use: Known or suspected pregnancy • Not recommended while trying to conceive

Before starting this cream, inform the clinical team if you're using:

- ✓ Oral finasteride or DHT blocking medications (EGCG and saw palmetto are OK)
- ✓ Blood thinners

If you're unsure about any products in your routine, we recommend contacting the Inner Balance expert care team before combining them with this cream.

For topical use only. Individual results may vary. Compounded medications are not reviewed or approved by the FDA. Prepared by a licensed compounding pharmacy as prescribed by a licensed healthcare provider.

Provided by Inner Balance. Strive Pharmacy is not giving medical advice. Please contact Inner Balance with questions.