

Table 3: Oral Contraceptive Canadian products⁷

Product Names	Hormone Components	Hormonal Activity			% Break-through
		Estrogen	Progestin	Androgen	
Monophasic					
Lolo	ethinyl estradiol 10 mcg/ norethindrone 1 mg	+	+++	+++	35-53
Alesse, Alysena, Esme	ethinyl estradiol 20 mcg/ levonorgestrel 0.1 mg	+	+	++	20-29
Minestrin 1/20	ethinyl estradiol 20 mcg/ norethindrone 1 mg	+	+++	+++	29.7
Yaz, Yaz Plus	ethinyl estradiol 20 mcg/ drospirenone 3 mg (Yaz Plus contains 0.45 mg levomefolate)	+	++	—	10
Min-Ovral, Ovima, Portia	ethinyl estradiol 30 mcg/ levonorgestrel 0.15 mg	++	++	+++	14
Loestrin 1.5/30	ethinyl estradiol 30 mcg/ norethindrone 1.5 mg	+	+++	++++	25.2
Marvelon, Apri, Freya, Reclipsen, Mirvala	ethinyl estradiol 30 mcg/ desogestrel 0.15 mg	++	+++	+	9.9
Yasmin	ethinyl estradiol 30 mcg/ drospirenone 3 mg	++	++	—	13.3
Delumen 30	ethinyl estradiol 30 mcg/ ethynodiol diacetate 2 mg	+	++++	+++	37.4
Cyclen	ethinyl estradiol 35 mcg/ norgestimate 0.25 mg	+++	+	+	14.3
Brevicon 0.5/35	ethinyl estradiol 35 mcg/ norethindrone 0.5 mg	+++	+	+	14.6
Brevicon 1/35, Select 1/35	ethinyl estradiol 35 mcg /norethindrone 1 mg	+++	+++	+++	14.7
Multiphasic					
Linessa (triphasic)	ethinyl estradiol 25 mcg/ desogestrel 0.1/0.125/0.15 mg	++	+++	+	11
Tri-Cyclen Lo, Tricira Lo (triphasic)	ethinyl estradiol 25 mcg/ norgestimate 0.18/0.215/0.25 mg	+++	+	+	23.6
Synphasic (biphasic)	ethinyl estradiol 35 mcg/ norethindrone 0.5/1 mg	+++	++	++	19.6
Triquilar (triphasic)	ethinyl estradiol 30/40/30 mcg/ levonorgestrel 0.05/0.075/0.125 mg	++	+	++	17.5
Tri-Cyclen (triphasic)	ethinyl estradiol 35 mcg/ norgestimate 0.18/0.215/0.25 mg	+++	+	+	17.5
Extended-use					
Seasonale	ethinyl estradiol 30 mcg/ levonorgestrel 0.15 mg x 84	++	++	+++	15
Seasonique	ethinyl estradiol 30 mcg/ levonorgestrel 0.15 mg/ x 84 ethinyl estradiol 10 mcg x7	++	++	+++	11.5
Progestin - only (Mini-pill)					
Micronor	Norethindrone 0.35 mg	---	+	+	35-45

Table 2: Hormone Function and Relative Balance Side Effects in Contraceptives^{4,5}

	Function	Deficiency	Excess
Estrogenic effects	<ul style="list-style-type: none"> • Suppression of FSH and LH = partial inhibition of ovulation depending on dose • Alter secretory and cellular structures of the endometrium 	<ul style="list-style-type: none"> • Irritability, nervousness • Early and/or mid-cycle breakthrough bleeding • Increased spotting • Hot flushes • Hypomenorrhea • Amenorrhea • Painful intercourse 	<ul style="list-style-type: none"> • Nausea, bloating • Cervical mucorrhea • Hypermenorrhea • Hyperpigmentation • Uterine or leg cramps • Hypertension • Migraine headaches • Breast tenderness • Dizziness, vertigo • Cyclic weight gain • Fibroid growth
Progestational effects	<ul style="list-style-type: none"> • Suppression of LH = inhibition of ovulation • Thickening of cervical mucus • Decreased glandular development of endometrium = hampered implantation • Possible decrease in the sperm's capacity to penetrate the ovum 	<ul style="list-style-type: none"> • Amenorrhea • Late breakthrough bleeding • Hypermenorrhea • Weight loss 	<ul style="list-style-type: none"> • Increased appetite • Persistent weight gain • Tiredness, fatigue • Hypomenorrhea • Acne, oily scalp • Hair loss • Depression • Hirsutism • Breast regression • Changes in libido
Androgenic effects*			<ul style="list-style-type: none"> • Acne • Hirsutism • Masculinization • Oligomenorrhea