

REVERIE CREAM

Prescriber Detail Sheet · The Medicine Shoppe, York PA

Compounded per valid Rx

REVERIE CREAM

Compounded Topical Arousal & Sensitivity Cream — Prescriber Detail Sheet

Theophylline 3% · Arginine 6% · Sildenafil 1% · Topical cream · On-demand use

Product Overview

Reverie Cream is a compounded topical formulation designed to enhance female sexual arousal, genital sensitivity, and overall sexual satisfaction. It is applied directly to the clitoral and vulvar area prior to sexual activity, where it acts locally to increase blood flow, amplify nerve sensitivity, and extend the duration of arousal response.

The formulation combines three pharmacologically complementary active ingredients — sildenafil, arginine, and theophylline — each targeting a distinct step in the vascular and neurological cascade that underlies female sexual arousal. The result is a multi-mechanism, synergistic preparation that supports the body's natural response rather than overriding it.

Key Clinical Positioning

- Non-systemic — topical application limits systemic absorption, minimizing drug interactions and systemic side effects
- On-demand use — applied 5–20 minutes before intimacy; no daily dosing required
- Dual-mechanism vascular and neural action — complements natural arousal rather than replacing it
- Appropriate for HSDD, arousal disorder, post-menopausal genital changes, or medication-induced sexual dysfunction
- Compounded to order — no commercial equivalent available in this combination

Formulation Details

Preparation Name	Reverie Cream
Dosage Form	Topical cream
Route	Topical — applied to clitoral/vulvar area
Active Ingredients	Sildenafil 1% / Arginine 6% / Theophylline 3%
Base	Compounded cream base; preservative-free formulation available on request
Quantity Dispensed	30-day supply (standard); quantity per prescriber specification
BUD	Per USP compounding standards; labeled on each preparation
Storage	Room temperature; keep away from heat and direct light
Pricing	\$65.00 / month (30-day supply)

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Pharmacology — Active Ingredients

Each active ingredient in Reverie Cream targets a distinct and complementary step in the vascular and neurological pathway governing female sexual arousal. Together they produce an additive — and likely synergistic — effect on genital blood flow, tissue engorgement, and nerve sensitivity.

Sildenafil 1%

Mechanism of Action

Sildenafil is a selective phosphodiesterase type 5 (PDE5) inhibitor. In genital tissue, PDE5 degrades cyclic GMP (cGMP), the second messenger responsible for smooth muscle relaxation and vasodilation. By inhibiting PDE5, sildenafil raises cGMP levels, sustaining relaxation of vascular smooth muscle and promoting increased blood flow to the clitoris and surrounding tissues.

Applied topically, sildenafil achieves local tissue concentrations sufficient for PDE5 inhibition with minimal systemic absorption — a critical advantage over oral sildenafil, which carries meaningful systemic exposure and drug interaction potential.

Drug Class	Phosphodiesterase type 5 (PDE5) inhibitor
Concentration	1% in topical base
Primary Effect	Smooth muscle relaxation; increased clitoral and vaginal blood flow
Onset (topical)	~10–20 minutes post-application
Systemic Absorption	Minimal via topical route; substantially lower than oral dosing
Evidence	Multiple small RCTs support topical PDE5 inhibition for female arousal; FDA approved oral sildenafil analog (flibanserin) supports mechanistic rationale

Arginine 6%

Mechanism of Action

L-arginine is the primary endogenous substrate for nitric oxide synthase (NOS), the enzyme responsible for generating nitric oxide (NO) in vascular endothelium. NO is the key upstream mediator of cGMP production — it activates guanylate cyclase, which converts GTP to cGMP, driving the same smooth muscle relaxation and vasodilation pathway targeted by sildenafil.

Topical arginine supplementation increases local NO availability, amplifying the upstream signal that sildenafil's downstream PDE5 inhibition sustains. This makes arginine and sildenafil mechanistically synergistic — arginine increases cGMP production while sildenafil prevents its breakdown.

Drug Class	Amino acid / nitric oxide precursor
Concentration	6% in topical base
Primary Effect	Increased nitric oxide production; enhanced vasodilation and genital engorgement
Synergy	Acts upstream of sildenafil in the NO-cGMP pathway; complementary mechanism

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Systemic Safety	L-arginine is an endogenous amino acid; topical application has excellent safety profile
Evidence	Topical arginine has been studied in combination preparations for female sexual dysfunction with positive outcome data

Theophylline 3%

Mechanism of Action

Theophylline is a non-selective phosphodiesterase inhibitor — including PDE4 and PDE5 — as well as an adenosine receptor antagonist. Its role in this formulation is primarily to sustain and extend the vasodilatory effect initiated by sildenafil and arginine. By inhibiting additional PDE isoforms, theophylline broadens the cyclic nucleotide elevation beyond cGMP alone, also raising cAMP levels, which contributes independently to smooth muscle relaxation.

Additionally, theophylline's adenosine antagonism may contribute to enhanced nerve sensitivity and tactile responsiveness at the site of application, offering a neurological complement to the vascular effects of the other two ingredients.

Drug Class	Non-selective phosphodiesterase inhibitor; adenosine receptor antagonist
Concentration	3% in topical base
Primary Effect	Sustains and extends vasodilatory response; raises cAMP in addition to cGMP
Secondary Effect	Adenosine antagonism may enhance local nerve sensitivity and tactile response
Systemic Safety	Topical theophylline produces minimal systemic levels at this concentration; distinct from oral theophylline dosing
Role in Combination	Duration extender and neurological sensitizer — completes the three-mechanism synergy

Clinical Indications & Target Patient Profile

Reverie Cream is appropriate for women experiencing sexual dysfunction with a vascular, neurological, or arousal-based component. It is particularly well suited to the following clinical scenarios:

- Hypoactive Sexual Desire Disorder (HSDD) with a physical arousal component — especially when psychological contributors have been addressed
- Female Sexual Arousal Disorder (FSAD) — difficulty achieving or maintaining adequate genital lubrication and swelling
- Post-menopausal genital atrophy and reduced sensitivity — where declining estrogen has diminished local tissue responsiveness
- Medication-induced sexual dysfunction — SSRIs, SNRIs, antihypertensives, and hormonal contraceptives are common contributors to reduced arousal and sensitivity
- Post-surgical or post-radiation pelvic changes — reduced vascular supply to genital tissues benefits from topical vasodilatory support

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- Adjunct to BHRT — for women already on bioidentical hormone therapy who want targeted on-demand support

Patient Selection Considerations

Ideal Candidate	Women reporting decreased arousal, reduced sensitivity, difficulty with physical response, or dissatisfaction with sexual experience
Age Range	Typically 35–65; applicable across perimenopause, menopause, and post-menopause; younger women with medication-induced dysfunction also candidates
Hormonal Status	Applicable regardless of hormonal status; complements but does not replace BHRT when indicated
Prior Treatments	Appropriate as first-line or after failed/incomplete response to lubricants, moisturizers, or hormonal therapy alone
Relative Caution	Review for nitrate use (drug interaction risk); caution in severe cardiovascular disease; counsel on appropriate use

Dosing & Administration

Dose	A small amount (approximately 0.5 mL or as directed) applied topically
Application Site	Clitoral hood and surrounding vulvar tissue; some patients also apply to vaginal introitus
Timing	5–20 minutes before sexual activity; onset of effect typically noted within 10–15 minutes
Frequency	On-demand use; not for daily scheduled dosing
Maximum Frequency	Not to exceed once daily; advise patients to observe for any local irritation with frequent use
Application Method	Small amount applied with fingertip and gently massaged into tissue; wash hands before and after
Condom Compatibility	Advise patients using latex condoms that oil-based cream bases may degrade latex; water-based base formulation available on request

Prescribing Note on Dose Titration

Standard formulation (Sildenafil 1% / Arginine 6% / Theophylline 3%) is the starting point for most patients. If a patient experiences local sensitivity or flushing with the standard formula, individual component concentrations can be adjusted. Contact our compounding pharmacist to discuss modified concentrations — we compound to clinical specification.

Safety, Contraindications & Drug Interactions

Contraindications

- Concurrent use of nitrates (nitroglycerin, isosorbide mononitrate/dinitrate, amyl nitrite) — risk of profound hypotension due to additive vasodilation; this is the primary safety concern with sildenafil-containing preparations
- Known hypersensitivity to any component of the formulation
- Recent cardiovascular event (within 90 days) — consult cardiology before prescribing in high-risk patients

Drug Interactions

Nitrates (all forms)	CONTRAINDICATED — severe hypotension risk; includes recreational nitrites ('poppers')
Alpha-blockers	Additive hypotension possible; use with caution; topical route reduces but does not eliminate risk
Strong CYP3A4 inhibitors	May increase sildenafil plasma levels even from topical source; caution with ketoconazole, ritonavir
Other PDE5 inhibitors	Avoid concurrent oral sildenafil, tadalafil, or vardenafil on same day of application
Antihypertensives	Monitor; additive vasodilatory effect possible, particularly in patients on multiple agents

Adverse Effects

Topical application significantly reduces systemic exposure compared to oral formulations. Reported effects are predominantly local:

Local warmth/tingling	Common; expected pharmacodynamic effect; typically mild and well-tolerated
Transient local erythema	Mild; resolves spontaneously; reduce dose or frequency if persistent
Mild headache	Uncommon; may indicate higher-than-expected systemic absorption; evaluate application site and quantity
Flushing	Uncommon at standard dose; reduce concentration if problematic
Local irritation	Rare; may indicate sensitivity to base ingredient; contact pharmacy to reformulate in alternate base

A Note on Systemic Sildenafil Exposure

Sildenafil at 1% in a topical base delivers substantially less systemic exposure than oral sildenafil (25–100 mg). However, the nitrate contraindication should be observed as a precaution regardless of route. Patients should be screened for nitrate use before prescribing.

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How to Order

Reverie Cream is compounded to order at The Medicine Shoppe. All preparations require a valid prescription from a licensed prescriber. We work with OB/GYN, primary care, sexual health, and integrative medicine practices.

Ordering Methods

- Electronic (e-prescribe) — select 'Compound' as the medication; enter 'Reverie Cream — Sildenafil 1% / Arginine 6% / Theophylline 3% topical cream' in the Sig/Comments field
- By phone — call (717) 846-0500; ask for the compounding pharmacist
- By fax — send to (717) 845-8767; include concentration, quantity, and dosing instructions
- Modified concentrations — available on request; call to discuss before prescribing if adjustments are needed

The Medicine Shoppe

1698 S Queen St
York, PA 17403

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Custom concentrations available on request