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(54) Title: EXTENDED CYCLE MULTIPHASIC ORAL CONTRACEPTIVE METHOD

(57) Abstract: A multiphasic method of contraception that provides for sequentially administering to a femal of child bearing age: (a) a Phase I composition containing a progestogen in an amount equivalent to about 0.5 to about 1.5mg norethindrone acetate and an estrogen in an amount equivalent to about 5 to about 30 mcg of ethinyl estradiol for about 4 to about 7 days; (b) a Phase II composition containing a progestogen in an amount equivalent to about 0.5 to about 1.5mg of norethindrone acetate and an estroben in an amount equivalent to about 10 to about 40 mcg of ethinyl estradiol for about 8 to about 16 days; (c) a Phase III compositions containing a progestogen in an amount equivalent to about 0.5 to about 1.5 mg of norethindrone acetate and an estrogen in an amount equivalent to about 5 to about 30 mcg of ethinyl estradiol for about 4 to about 7 days; and (d) optionally, a Phase IV composition which is a placebo or a non-steroidal component, such as for example, ferrous fumarate, for about 2 to about 9 days, wherein the ethinyl estradiol equivalent amount of estrogen in the Phase II composition is at least 5 mcg greater than the ethinyl estradiol equivalent amount of estrogen in each of the Phase I and III compositions. Preferably the sequential administration of the Phase I, II and III compositions is repeated the day following the completion of the administration of the Phase III compositions to provide an extended cycle multiphasic oral contraceptive method.