

# PCOS Support



MediSol Pharmacy

MEDICATION SOLUTIONS FOR YOU

*Myo and D-Chiro Inositol, Chromium, Cinnamon and Fenugreek*

## DESCRIPTION

PCOS Support is a combination formula containing ingredients shown to support optimal blood glucose balance, fertility, hormone balance and regular menstrual cycles.<sup>†</sup>

## FUNCTIONS

Polycystic ovarian syndrome (PCOS) is a disorder affecting women of reproductive age in which excess androgens are produced causing irregular ovulation and resulting ovarian cysts. Some of the symptoms of PCOS include menstrual irregularity, weight gain, fertility problems, fatigue and abdominal pain. The overproduction of androgens associated with PCOS also leads to acne, hirsutism and male-pattern baldness. PCOS Support contains several ingredients, including two forms of inositol, along with chromium, fenugreek and cinnamon, that all work together to help relieve these symptoms.

Inositol is structurally similar to glucose and can influence hormones as well as insulin response. Myo-inositol and d-chiro-inositol work together as secondary messengers relaying signals to support optimal blood glucose balance.<sup>1,2</sup> The inositol pathway also plays a critical role in ovulation by promoting regular cycles, reducing androgen levels and improving fertility.<sup>1,2,3</sup> PCOS Support contains a 40:1 ratio of myo- and d-chiro inositol. This 40:1 ratio has been shown to aid the body in restoring healthy follicle-stimulating hormone, testosterone synthesis and balanced androgen.<sup>1,2,3</sup>

Chromium is foundational for its powerful ability to promote reproductive health by supporting ovulation, optimal blood glucose, a healthy body mass index and balancing hormones.<sup>4,5</sup> Fenugreek and cinnamon are both backed by clinical studies showing their ability to help support optimal blood glucose balance and healthy menstrual cycles.<sup>6</sup>

## INDICATIONS

PCOS Support may be a useful nutritional adjunct for individuals suffering from symptoms of PCOS who wish to support healthy glucose and hormone balance.

## FORMULA (WW #10421)

### 6 Vegetarian Capsules Contain:

Chromium (as chromium picolinate).....	200 mcg
Myo-inositol.....	3,902 mg
Fenugreek extract (seed; <i>Trigonella foenum-graecum</i> ) .....	500 mg
Ceylon cinnamon powder (bark; <i>Cinnamomum verum</i> ).....	300 mg
D-chiro-inositol.....	97 mg
Other Ingredients: Hypromellose, vegetable magnesium stearate, silica.	

Gluten-free, dairy-free, vegetarian, non-GMO

## SUGGESTED USE

As a dietary supplement, adults take 3 capsules twice daily, or as directed by a healthcare professional.

## CAUTION

If pregnant, nursing or taking medication, consult your healthcare practitioner before use.

## STORAGE

Store in a cool, dry place, away from direct light.  
Keep out of reach of children.

*(Continued on following page)*

## REFERENCES

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- 2 Benelli, Elena, et al. "A Combined Therapy with Myo-Inositol and D-Chiro-Inositol Improves Endocrine Parameters and Insulin Resistance in PCOS Young Overweight Women." International Journal of Endocrinology, U.S. National Library of Medicine, 14 July 2016, <https://pubmed.ncbi.nlm.nih.gov/27493664/>.
- 3 Unfer, Vittorio, et al. "Effects of Inositol(s) in Women with PCOS: A Systematic Review of Randomized Controlled Trials." International Journal of Endocrinology, U.S. National Library of Medicine, 23 Oct. 2016, <https://pubmed.ncbi.nlm.nih.gov/27843451/>.
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- 5 Amooee, Sedigheh, et al. "Metformin versus Chromium Picolinate in Clomiphene Citrate-Resistant Patients with PCOS: A Double-Blind Randomized Clinical Trial." Iranian Journal of Reproductive Medicine, U.S. National Library of Medicine, Aug. 2013, <https://pubmed.ncbi.nlm.nih.gov/24639797/>.
- 6 Bashtian, Maryam Hassanzadeh, et al. "Evaluation of Fenugreek (Trigonella Foenum-Graceum L.), Effects Seeds Extract on Insulin Resistance in Women with Polycystic Ovarian Syndrome." Iranian Journal of Pharmaceutical Research: IJPR, U.S. National Library of Medicine, Spring 2013, <https://pubmed.ncbi.nlm.nih.gov/24250624/>.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

**Medisol Pharmacy**

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