



## PCOS Blend

Supplement Facts		
<b>Serving Size: 4 Capsules</b> <b>Servings per Container: 30</b>		
	Amount per Serving:	DV%
Myo-Inositol	2,000 mg	†
D-chiro-Inositol	50 mg	†
Folate	800 mcg	200%
Vitamin D3 (as cholecalciferol)	4,000 IU	1000%
<b>Proprietary Blend</b>		
Lycopene	15 mg	†
Grape Seed Extract	100 mg	†
S-Acetyl Glutathione	80 mg	†
* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.		
<b>Other Ingredients:</b> Magnesium Stearate, Rice Flour, and Gelatin		

For more information or to purchase visit [www.prologhealth.com](http://www.prologhealth.com)

### The Scientific Basis:

Polycystic Ovary Syndrome (PCOS) is a set of symptoms including irregular or absent menstrual periods, elevated levels of masculinizing hormones (leading to acne, increases in facial and body hair growth) and infertility (due to lack of ovulation). One of the most common

endocrine disorders, it affects up to 15% of women of reproductive age. Serum insulin levels and insulin resistance are higher in PCOS and both elevated androgen and insulin levels play major roles in the genesis of this syndrome. PCOS is, in fact, a multi-organ disorder, with inappropriate communication among the hypothalamus, pituitary, adrenal gland and ovaries, with other organs being affected. The diagnosis of PCOS can only be made after excluding other disorders involving excessive androgens.

Although there is no cure for PCOS, initial treatment should include a proper diet, aerobic exercise and weight loss, where indicated. These measures reduce insulin resistance and may restore normal, ovulatory menstrual cycles. Certain insulin sensitizing drugs, e.g., metformin and thiazolidines, have been used to combat the ovulation dysfunction associated with elevated circulating insulin levels; however, these medications are not without side effects and may be poorly tolerated in some PCOS patients.

Another first-order treatment for PCOS is the inositols, part of the B complex of vitamins found in many foods including nuts, grains, beans as well as fresh vegetables and fruits (especially melons and citrus). Several studies have shown that two inositols, myo-inositol (MI) and D-chiro-inositol (DCI), are also insulin-sensitizing agents that can improve several abnormalities in PCOS. MI and DCI are stereoisomers (identical molecular formula but different three-dimensional structures) that seem work best in the treatment of PCOS in a 40:1 ratio. DCI and MI, the form of inositol found in food and synthesized from glucose by the liver and the kidneys, act as “second messengers,” modulating the effects of several hormones, including insulin, follicle stimulating hormone (FSH) and thyroid stimulating hormone (TSH). DCI seems to mediate insulin activities in tissues other than the ovary; however, MI affects the ovary, by facilitating glucose uptake and FSH signaling. With respect to reproduction, MI has actions in egg development and maturation, fertilization and early embryonic development. A number of investigations have demonstrated that DCI and MI are able to reduce the LH/FSH ratio, serum LH and testosterone levels and restore spontaneous, ovulatory menstrual cycles as well as improve associated oily skin, acne, and increases in facial and body hair growth.

MI improves sensitivity to injectable recombinant FSH (rFSH), e.g., Gonal-F and Follistim in the ovulation induction and IVF setting, leading to a reduction in the amount of rFSH and the duration of treatment. MI and DCI in a 40:1 ratio have also been shown to improve oocyte quality and pregnancy rates in IVF and reverse the metabolic aberrations of PCOS including lipid profiles, thereby reducing risks of cardiovascular disease. Prolog PCOS Formula is well tolerated with few side effects and its use is to be highly recommended in all PCOS patients.

#### References:

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**Disclaimer:** None of the above statements have been evaluated by the United States Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease. Please consult your health care professional before taking any and all supplements. Individual results may vary.

**Every Prolog Health product exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).**

**All products are made in the USA, with all ingredients from the USA.**