

PCOS

Step 1

Hormonal Considerations

Oestrogen dominance, progesterone deficiency, androgen excess

Support progesterone balance with Vitex, Perilla and Parsley

Support oestrogen metabolism with non-GMO Secoisolariciresinol diglucoside (SDG) lignans, high Sulforaphane-yielding Broccoli sprout powder and Calcium D-glucarate

Insulin Resistance / Metabolic syndrome

Support with Nigella seed, Alpha lipoic acid, Cinnamon and Gymnema

Support with N-acetylcysteine

Step 2

Neurological Considerations & Recommendations

Neurotransmitter imbalances

Low Serotonin: Support with Saffron, Hypericum, Rhodiola, Zinc and/or SAME

Low Dopamine: Support with Theobroma cacao, Phenylalanine, Tyrosine and Selenium

Immunological & Gastrointestinal Considerations & Recommendations

Cortisol imbalance

Excess Cortisol: Support with non-GMO Phosphatidylserine

Cortisol deficiency: Support with Inositol, Tyrosine, Selenium, Hydroxocobalamin (B12), Iodine and Zinc

Hormonal Considerations

Increased inflammation and ROS

Support with Bromelain, Quercetin, Vitamin A & C

Ensure optimal Liver function
Phase 2 Liver support

Step 3

Structural & Functional Considerations

Nourish, fuel and protect cell function and integrity

Support with Magnesium powder and high-quality Norwegian Omega-3 fatty acids

Provide support for regulation, modulation and coordination of hormones

Support with Vitamin D

Step 4

Lifestyle Recommendations

- Exercise
- Maintain healthy weight
- Relaxation / Meditation
- Adequate protein
- Reduce saturated fats
- Decrease refined carbohydrates
- Increase antioxidants in diet (mixed coloured vegetables and fruits)