

The PureWoman™ Ovarian & Metabolic Health Protocol*

Developed with Felice Gersh, M.D.[†]

	Product Name	Ingredients	Function	Dosing
TARGETED SUPPORT*	Inositol (powder) Order Code: INP2	<ul style="list-style-type: none"> Inositol (as myo-inositol) 41 g 	<ul style="list-style-type: none"> Supports healthy ovarian function* Supports hormonal balance* Promotes glucose homeostatis* 	1 scoop, twice daily, with meals
	Metabolic Xtra Order Code: MX9	<ul style="list-style-type: none"> Chromium 135 mcg Berberine HCl 350 mg Alpha lipoic acid 100 mg resVida® resveratrol 20 mg 	<ul style="list-style-type: none"> Supports healthy insulin function* Supports healthy glucose metabolism* 	3 capsules daily, in divided doses, with meals
	NAC (N-Acetyl-L-Cysteine) Order Codes: NA91 / NA92	<ul style="list-style-type: none"> NAC 900 mg 	<ul style="list-style-type: none"> Supports cardiovascular health* Supports metabolic health* Supports reproductive health* 	3 capsules daily, in divided doses, with meals
FOUNDATIONAL SUPPORT*	Vitamin D₃ Order Codes: VDL (liquid) VD16 / VD11 / VD12 (capsules)	<ul style="list-style-type: none"> Vitamin D₃ 1,000 IU 	<ul style="list-style-type: none"> Supports cardiovascular health* Provides immune support* Provides bone support* 	1-2 capsules (or 1-2 drops) daily, with a meal
	PureLean® Pure Pack Order Code: PPPB3	<ul style="list-style-type: none"> PureLean® Nutrients (multivitamin) EPA/DHA with lemon (300/200 mg) Magnesium (glycinate) 120 mg Alpha lipoic acid with GlucoPhenol® Taurine 1,150 mg 	<ul style="list-style-type: none"> Provides essential nutrients for healthy weight management** Supports healthy glucose metabolism* 	1 packet daily, with a meal

Markers	Assessment Method(s)
Endocrine	<ul style="list-style-type: none"> LH and FSH Estradiol and testosterone SHBG Anti-Müllerian hormone TSH, free T₃, free T₄, anti-TPO, and thyroglobulin antibodies
Cardiometabolic	<ul style="list-style-type: none"> Vitamin D3 Omega-3 fatty acids ADMA (nitric oxide biomarker) – if necessary, consider adding Nitric Oxide Ultra* hsCRP, oxidized LDL, MPO, and lipid profile – if necessary, consider adding O.N.E.™ Omega, EndoLOX, ResCu-SR™ and/or CholestePure Plus II* for cardiovascular support* Adiponectin HbA1c

resVida® is a registered trademark of DSM.

GlucoPhenol® is a registered trademark used by Pure Encapsulations® under license.

*Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

Please note that patients may not require all supplements listed.

†Dr. Felice Gersh has been retained as a medical consultant in advising Pure Encapsulations.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship.

Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at PureEncapsulations.com/purewmn-ovarianmetabolic



800-753-2277 | PureEncapsulations.com

490 Boston Post Road, Sudbury, MA 01776 USA

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

©2017 Pure Encapsulations, Inc., All Rights Reserved