



## Fast, Effective and Safe

### PolyCystic Ovary Syndrome (PCOS)

Our understanding of the causes of PCOS has dramatically advanced in the past few years which is excellent news for anyone with the condition. 65-80% of affected women have insulin resistance which can now be targeted directly, getting to the root cause of PCOS in the majority of women.

Normalising your response to insulin enables you to metabolise sugar and fat more effectively and corrects hormonal imbalances that can give rise to typical PCOS symptoms.

### What links insulin resistance & PCOS?

Insulin is a hormone produced by the body when we eat and drink; it allows our cells to absorb the sugars from our blood and convert them to energy stores such as glycogen and fat. When the system is in balance, there are no effects on other hormones. Where insulin resistance occurs, our bodies react less completely to the action of insulin so we have to produce more to achieve the same effect.

The extra insulin disrupts the delicate balance of two "female" hormones: luteinising hormone (LH) and follicle stimulating hormone (FSH) and increases the amount of "male hormones" or androgens which can cause the typical symptoms of PCOS and present a considerable barrier to becoming pregnant.

**Replenitol targets an underlying metabolic deficiency of an insulin 2nd messenger, myo-inositol. It replenishes the body's myo-inositol, which is essential for maintaining follicular fluid, and reinstates hormonal balance, leading to significant improvement of the symptoms associated with PCOS.**



## Where can I buy Replenitol?

Replenitol is available exclusively online:

[www.replenitol.com](http://www.replenitol.com)

Select your package and we'll take care of the rest. It's simple, secure and hassle-free.

### Recommended treatment

**Two tablets, twice a day.**

For women with PCOS, 6 months treatment is recommended to enjoy the full range of benefits.

Reduction or elimination of long term health risk factors is maintained by continuous use.



You can order online with your phone, tablet or PC.

[www.replenitol.com](http://www.replenitol.com)   [info@replenitol.com](mailto:info@replenitol.com)

If you have a question please email us - we want to help.



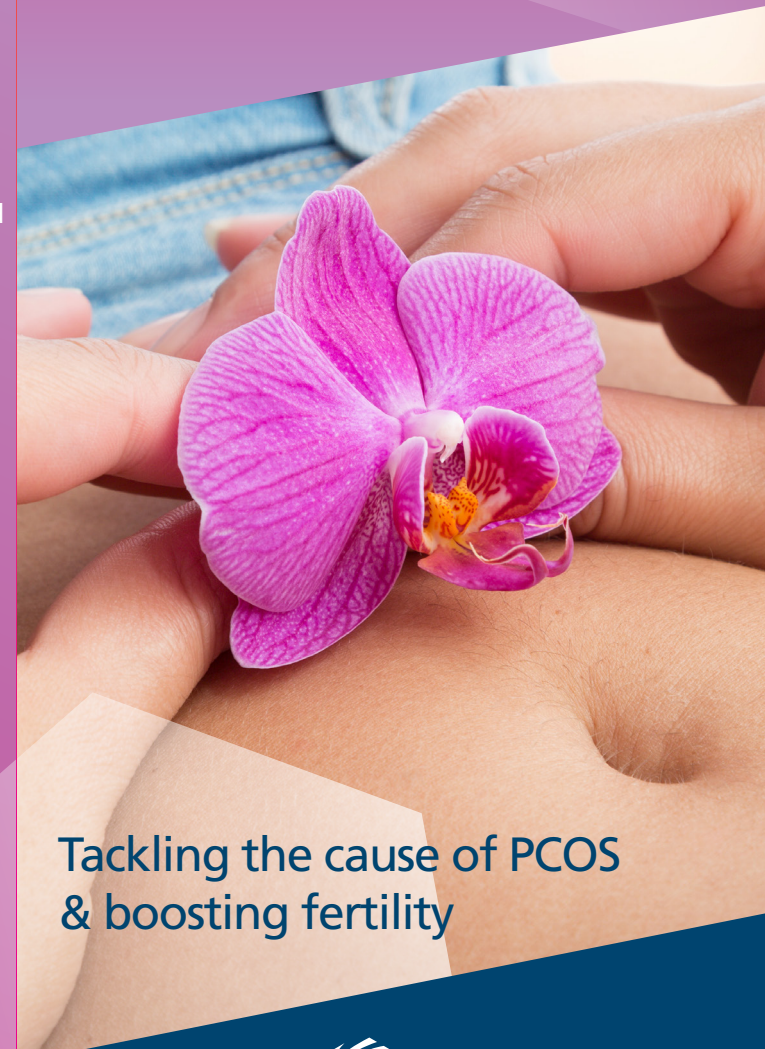
## for a fuller, healthier life



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## Targeted treatment to boost fertility in women with PCOS



### Tackling the cause of PCOS & boosting fertility



*for a fuller, healthier life*

## What is PCOS?

PCOS is a very common endocrine disorder that affects about 10% of women of reproductive age. It derives its name from the appearance of the ovaries in many women with the syndrome.

## How do I know if I am affected?

PCOS tends to run in families: sufferers often have close relatives with PCOS and/or Type 2 Diabetes (T2D) - you should tell your doctor about any relevant family history.

Symptoms can vary in range and severity, they may include:

- Irregular/absent periods
- Difficulty in getting pregnant
- Adult acne/oily skin
- Hirsutism – unwanted hair on the body, face or buttocks
- Loss or thinning of scalp hair
- Weight gain – can be rapid and difficult to lose
- Mood changes and depression

## Diagnosis

This will normally be done by a gynaecologist or endocrinologist using set criteria. Typically, women with PCOS have irregular or infrequent periods and/or evidence of high male hormones (e.g. testosterone) and/or polycystic ovaries. Once diagnosed, an effective treatment plan can be put into place.

**If you are one of the majority of women (65-80%) with PCOS who have insulin resistance, it is very likely that you will benefit from Replenitol.**



## Treatment with Replenitol

Although PCOS cannot be cured at present, excellent results are possible with Replenitol in the majority of women. Replenitol is a targeted treatment that replenishes an essential metabolite, lacking in most affected women. The active ingredient, myo-inositol EP, is a natural product extracted from corn and soy and is essential for normal cell metabolism. Its lack can cause the typical PCOS symptoms. Correcting the deficiency allows the cells to function normally, reducing or eliminating symptoms.

**Two tablets, twice per day, is the proven effective dose**



## How long until I notice a difference?

Results can be quite rapid. Blood tests (e.g. cholesterol or insulin) usually improve ahead of symptoms. Hirsutism is relatively slow to respond because the hair follicles have a 6 month life cycle. Positive blood test results should encourage you to continue treatment so that you enjoy the full benefits of Replenitol, which has been shown to help improve or eliminate all PCOS symptoms.

In several studies of women with very few or absent periods, 70% started ovulating normally after just 3 months. If having a baby is one of your treatment goals, normal ovulation is a very desirable starting point. If not, we recommend that birth control should be considered.

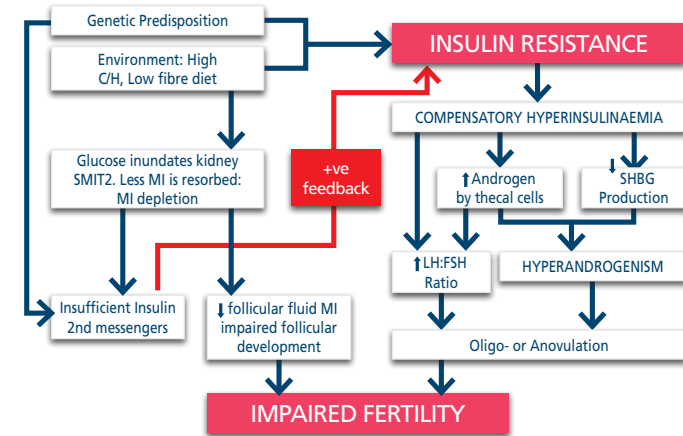


## How long should I take Replenitol for?

Replenitol is a lifelong supplement. The syndrome has long term health risks particularly associated with raised cholesterol. Replenitol lowers "bad" cholesterol (LDL-C) by over 20% and raises "good" cholesterol (HDL-C) by a similar amount. This reduces or eliminates the associated long term risks so long as you keep taking it.



## Insulin resistance can impair fertility



**Replenitol reverses insulin resistance, enriches the follicular fluid and normalises hormonal imbalances thereby improving your chances of having a baby**

Replenitol can correct the imbalance by targeting the root cause: it replenishes the deficiency, neutralises insulin resistance and improves fertility. You can enhance its effectiveness by restricting the carbohydrates you consume - watching out for the sugar in apparently healthy drinks such as fruit juice and smoothies.

## Protection throughout Pregnancy

Gestational Diabetes (GDM) affects 12-18% of pregnant women and presents significant health risks to both mother and baby. In three large studies, the risk of GDM was reduced by 65-70%. Two tablets, twice daily from the end of the first trimester is recommended.

GDM increases the risks of developing type 2 diabetes (T2D), having a larger baby (inherent risks for delivery) and hypertension leading to pre-eclampsia. Babies born to women with GDM also have a much higher chance of needing high dependency care and developing PCOS/T2D.

**Replenitol can be safely continued throughout pregnancy and whilst breast-feeding, protecting both you and baby**

