

Polycystic Ovary Syndrome (PCOS)

Polycystic Ovary Syndrome (PCOS) is the most common hormonal disorder women experience, affecting 5% to 15% of women of reproductive age.¹ It is characterized by two or more of the following: oligo-anovulation, hyperandrogenism, and ovarian cysts.² PCOS is associated with infertility, obesity, insulin resistance, cardiovascular risk, and type 2 diabetes.¹ Dermatological manifestations of PCOS include hirsutism, acne, and alopecia due to androgen's effects on sebum and hair follicles.^{3,4} Hirsutism, seen in 65% to 75% of PCOS cases, presents as coarse, dark hair in male patterns, while hair loss patterns can vary.^{1,4} Accurate diagnosis in adolescents can be challenging due to similar presentations during puberty (e.g., acne and menstrual irregularities).¹ Blood sugar imbalances can worsen hormone irregularities in PCOS, promoting androgen excess and insulin elevation and potentially worsening PCOS symptoms.^{5,6} A nutrient-dense, whole-food diet can help women with PCOS stabilize blood sugar metabolism, promote hormonal balance, maintain healthy body composition, and support gut health.*

Diagnostic Biomarkers and Clinical Indicators of PCOS^{2,5-7}

- Anti-Müllerian hormone
- Sex hormone-binding globulin (SHBG)
- Testosterone (free)
- Hemoglobin A1C (HbA1C)
- Fasting insulin
- Homeostatic Model Assessment of Insulin Resistance (HOMA-IR)
- Waist-to-hip ratio

Genomic Spotlight

- Insulin (e.g., FTO, CTLA4, NR3C1, FUT2), testosterone (e.g., ESR1, ABO, APOE), sex hormones (CYP19A1, SHBG), metabolism (ESR1, FTO), and general health (COMT, NR3C1, SULT1A1, SOD2)

Metabolomics Spotlight

- Urinary glucose, glucaric acid, β-hydroxybutyric acid, 8-Hydroxy-2'-deoxyguanosine, and cortisol

Diet and Lifestyle Considerations

- Recommend avoiding refined carbohydrates and high-glycemic foods and beverages.^{8,9} Emphasize lean proteins and healthy fats during meals and snacks to help regulate blood sugar.
- Advise consuming at least 25 g/day of fiber, as dietary fiber intake has been shown to be significantly lower in women with PCOS compared to controls.¹⁰
- Encourage a minimum daily intake of chromium (25 mcg for women aged 19 to 50). Chromium plays a crucial role in promoting normal insulin metabolism.¹¹ Good sources of dietary chromium include cooked broccoli, oats (organic, glyphosate-free), almonds, meat/seafood, and green beans.
- Recommend an appropriate exercise program that combines resistance training with aerobic exercise to support healthy body weight and insulin function.¹²
- Encourage walking 10,000 steps daily – brisk walking and aerobic exercise may benefit hormonal parameters (androgen and SHBG levels) in patients with PCOS.^{13,14}

			
<p>Control Freak™ Dose: 2 capsules twice daily Duration: 12 weeks; re-test Description: Control Freak™ comprises two naturally occurring isomers of inositol — myo-inositol (MI) and D-chiro-inositol (DCI) — along with alpha lipoic acid. The MI and DCI isomers have important functions in human physiology, such as mediating normal cell signaling from insulin, which may be clinically beneficial to those with PCOS.*</p>	<p>The Foundation of You™ Dose: 4 capsules per day with a meal (divided dosing recommended) Duration: 12 weeks; re-test Description: The Foundation of You™ is a first-of-its-kind multivitamin, mineral, and phytonutrient blend formulated to mimic the nutrient intake in an optimal evolutionary human diet.* This product is designed to support foundational health by promoting normal blood sugar metabolism, healthy body composition, gut health, and hormonal balance, all of which are important for those with PCOS.*</p>	<p>Perfect Equilibrium™ Dose: 1 capsule per day with a meal Duration: 12 weeks; re-test Description: There is a strong connection between a balanced gut microbiota and optimal hormonal balance.* Perfect Equilibrium™ is an industry-leading broad-spectrum, spore-based probiotic to optimize gastrointestinal health, influencing many overall health aspects.* It includes relevant amounts of three different <i>Bacillus</i> species and five different strains to help stimulate normal microflora in the gut.*</p>	<p>Calm the Storm™ Dose: 2 softgels per day with a meal Duration: 12 weeks; re-assess Description: A high-potency omega-3 fatty acids formula in a balanced 1:1 ratio of EPA to DHA. This formula promotes normal inflammatory responses and helps to maintain the skin's natural oil barrier, helping to keep the skin hydrated.* Omega-3s may also offer some protection against sun-induced or UV skin damage and may promote skin elasticity associated with a more youthful complex.*</p>

Warnings: Consult your health-care practitioner before use if you are taking blood thinner medication or if you are planning to have surgery.

<https://www.designsforhealth.com/api/library-assets/literature-reference---dfb-pcos-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

*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.

ZPRODFB PCOS