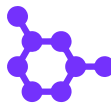


PCOS

DNA Health Report

REPORT CATEGORIES —



SEX HORMONES



REPRODUCTIVE HEALTH

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

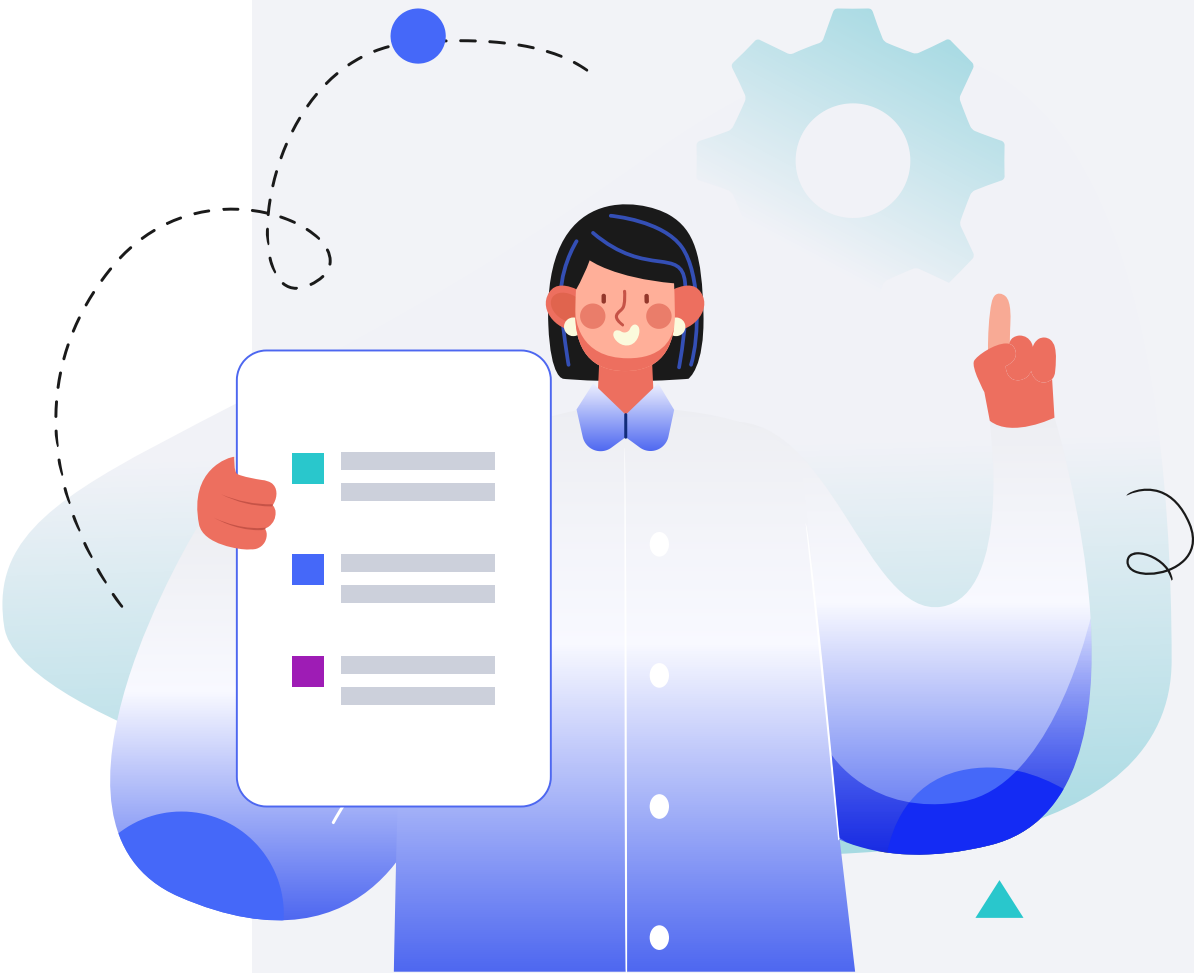
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting 6-9% of women of childbearing age in the US. It involves a combination of symptoms related to hormonal imbalances, ovarian dysfunction, and metabolic issues [\[R\]](#), [\[R\]](#), [\[R\]](#).

These hormone imbalances may contribute to infertility. PCOS is a leading cause of infertility and can have long-term health implications [\[R\]](#).

Other signs and symptoms of PCOS include [\[R\]](#), [\[R\]](#):

- Multiple ovarian cysts
- Irregular or absent periods
- Acne
- Excess facial and body hair (hirsutism)
- Loss of scalp hair
- Weight gain

PCOS Risk Factors

Risk factors for PCOS include [\[R\]](#), [\[R\]](#):

- [Insulin resistance](#) and diabetes
- Early puberty
- Obesity
- Genetics

As many as 70% of women with PCOS may also have insulin resistance. More than half of them develop type 2 diabetes before they turn 40. In turn, high levels of insulin may increase male sex hormones and contribute to PCOS symptoms [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In addition, fat tissue releases insulin. This may help explain how obesity can worsen the signs and symptoms of PCOS [\[R\]](#).

There is currently no cure for PCOS. However, its symptoms can be managed with oral contraceptives. Lifestyle changes, such as regular exercise, may also help. Women who want to have children may need fertility treatments [\[R\]](#), [\[R\]](#).

Up to **70%** of differences in people's chances of developing PCOS may be attributed to genetics. Genes involved in PCOS may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Ovary function
- Sex hormones
- Metabolism

Genetically predicted high fasting insulin and testosterone may be associated with a higher risk of PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

Consumer Summary

- PCOS is a common condition that affects 6-9% of women of childbearing age. It’s caused by hormonal imbalances that can lead to symptoms like irregular periods, acne, weight gain, excess facial or body hair, and hair loss on the scalp.
- PCOS can make it harder to get pregnant and may lead to long-term health issues like type 2 diabetes and insulin resistance.



TYPICAL LIKELIHOOD

Typical likelihood of PCOS based on 1,124 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DENND1A	rs10986105	TT
SLC22A5	rs13164856	TT
WWTR1	rs144248326	TC
HMGA2	rs2272046	AA
NNMT	rs1784692	TC
AOPEP	rs10993397	CC
YAP1	rs11225154	GA
LHCGR	rs13405728	AA
CTSB	rs804279	TA
AOPEP	rs3802457	GG
PLEKHH2	rs13429458	CA
ERBB4	rs2178575	AG
CNTNAP5	rs7574059	CC
YAP1	rs1894116	AG
ERBB3	rs2271194	AT
AOPEP	rs7864171	AG
LHX2	rs10760321	AA
ERBB4	rs1351592	GC
TOX3	rs4784165	GT
FSHR	rs2268361	CT
CCDC91	rs1355471	AG
INSR	rs2059807	AG
ZNF217	rs6022786	GA
ERBB3	rs7312770	CT

- You’re more likely to develop PCOS if you have insulin resistance, obesity, early puberty, or a family history of the condition. Genetics plays a big role, influencing your ovaries, hormones, and metabolism.
- While there’s no cure for PCOS, symptoms can often be managed with treatments like birth control pills, regular exercise, and a healthy diet. If you’re trying to conceive, you may need fertility treatments.
- It’s important to work with your healthcare provider to create a plan that helps you manage your symptoms and lower your risk of future health problems.

GENE	SNP	GENOTYPE
ERBB4	rs113168128	GG
ARL14EP	rs11031006	GG
DENND1A	rs9696009	GG
ARL14EP	rs11031005	TT
WTAP	rs17186366	TT
DENND1A	rs2479106	AA
TOX3	rs8043701	AA
PLGRKT	rs10739076	CC
RPS26	rs705702	AA
PPP1R1B	rs7218361	GG
GLIPR1L2	rs1275468	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Maintain Optimal Vitamin D Levels	1000 iu	2	Probiotics	10 billion
3	Exercise At Least One Hour a Day	1 hour	4	Strength Training	1 hour
5	Quercetin	200 mg	6	Tea	
7	Avoid Sugary Foods & Drinks		8	Inositol	2 g
9	Limit Calorie Intake		10	N-acetylcysteine (NAC)	600 mg
11	Acupuncture	1 hour	12	Green Tea	400 mg
13	Low-Carbohydrate Diet		14	Melatonin	500 mcg
15	Zinc	10 mg	16	Cinnamon	500 mg
17	Berberine	500 mg	18	L-Carnitine	500 mg
19	Aerobic Exercise (Cardio)	1 hour	20	Omega-3 (Fish Oil)	500 mg
21	Black Cohosh	40 mg	22	Pomegranate	
23	Curcumin	500 mg	24	Coenzyme Q10 (CoQ10)	100 mg
25	Mediterranean Diet		26	Yoga	30 minutes
27	Avoid Refined Sugar		28	Alpha-Lipoic Acid	100 mg
29	Soy Isoflavones	40 mg	30	Chromium	200 mcg
31	D-chiro-inositol (DCI)	600 mg	32	Resveratrol	150 mg

33	Legumes		34	DASH Diet	
35	Myo-inositol	4 g	36	Sage Extract	300 mg
37	Spinach		38	Magnesium	250 mg
39	Avoid Exposure to Heavy Metals		40	Avoid BPA (Bisphenol A) Exposure	
41	Flaxseed	2 tbsp	42	Selenium Supplements	50 mcg
43	Magnesium And Melatonin		44	Acceptance and Commitment Therapy (ACT)	
45	Vitamin E	200 iu	46	Magnesium And Vitamin E	200 mg
47	Resistant Dextrin	5 g	48	Fenugreek	500 mg
49	Maitake Mushroom		50	Spearmint	
51	Onion		52	Apple Cider Vinegar	
53	Mindfulness-Based Stress Reduction (MBSR)	2 hours	54	Avoid PFAS Exposure	
55	Cardamom	500 mg	56	Eat More Protein and Less Carbs	
57	Vegetables		58	Pulses	
59	Astaxanthin	12 mg	60	Keto Diet	
61	Dietary Antioxidants		62	Ashtanga Yoga	1 hour
63	Avoid BCAA Supplements		64	Wood Betony	300 mg

1

Maintain Optimal Vitamin D Levels

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Women with PCOS tend to have lower vitamin D levels [\[R, R\]](#).

In women with PCOS, supplementing with vitamin D may [\[R, R, R, R, R\]](#):

- Lower testosterone
- Maintain a regular menstrual cycle
- Support increased pregnancy rates in those undergoing fertility treatments

Vitamin D (2,800-4,000 IU/day for 2-6 months) may also reduce:

- Insulin resistance [\[R, R, R\]](#)
- Fats in the blood [\[R, R\]](#)

Vitamin D may help by decreasing oxidative stress and inflammation [\[R, R\]](#).

However, some studies didn't find vitamin D supplementation beneficial for PCOS [\[R, R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).



PERSONALIZED TO YOUR GENES

People with your [GC](#) gene variant may have lower vitamin D levels. They may also be at a higher risk of PCOS [[R](#), [R](#), [R](#)]. Make sure to get enough vitamin D.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
GC	rs7041	AC	

2



Probiotics

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE
10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Lactobacillus or *Bifidobacterium* probiotics may improve hormone levels in women with PCOS. They may help alone or when combined with prebiotics such as inulin (synbiotics). However, not all studies found this benefit [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may also help with some metabolic aspects of the condition. For example, they may reduce [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Insulin resistance
- Fats in the blood

Probiotics may help by decreasing inflammation and oxidative stress [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your **[SOD2](#)** gene variant may be linked to PCOS. This gene plays a role in oxidative stress protection. Probiotics may help by reducing oxidative stress [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SOD2	rs4880	GG	

3

Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Experts recommend exercise for women with PCOS. It may help manage some aspects of the condition. However, it’s unclear if exercise alone improves reproductive function [\[R, R, R, R, R, R, R\]](#).

In women with PCOS, cardio and resistance training may help [\[R, R, R, R, R, R, R, R, R, R\]](#):

- Maintain a healthy weight
- Improve blood sugar control
- Balance the immune response
- Reduce inflammation

Yoga may have similar effects in people with PCOS. It may also help regulate the menstrual cycle and balance sex hormones. However, the evidence to support it is weaker [\[R, R, R\]](#).

PERSONALIZED TO YOUR GENES

Exercise may reduce weight and blood sugar more in people with your [SERPINA12](#) gene variant. Maintaining a healthy weight and blood sugar levels is crucial for people with PCOS, so try to exercise regularly [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SERPINA12	rs2236242	TA	

4

Strength Training

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Experts recommend exercise for women with PCOS. It may help manage some aspects of the condition. However, it’s unclear if exercise alone improves reproductive function [R, R, R, R, R, R, R].

In women with PCOS, cardio and resistance training may help [R, R, R, R, R, R, R, R, R, R]:

- Maintain a healthy weight
- Improve blood sugar control
- Balance the immune response
- Reduce inflammation

Yoga may have similar effects in people with PCOS. It may also help regulate the menstrual cycle and balance sex hormones. However, the evidence to support it is weaker [R, R, R].

5



Quercetin

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 250-1000 mg of quercetin supplement daily with a glass of water, preferably with a meal to aid in its absorption.

TYPICAL STARTING DOSE

200 mg

Description

Quercetin is a natural plant flavonoid found in various foods, particularly in fruits and vegetables like apples, onions, and broccoli. It is used as a dietary supplement and is valued for its potential antioxidant and anti-inflammatory properties.

[Quercetin](#) is a **plant-based antioxidant**. It supports the immune system and helps lower inflammation [\[R\]](#), [\[R\]](#).

Good sources of quercetin include [\[R\]](#):

- Apples
- Onions
- Tea

People mainly use quercetin supplements to relieve allergies [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Quercetin (500 mg, 2x/day for 12 weeks) may help with PCOS complications by improving [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Ovarian function
- Hormone levels
- Insulin sensitivity

Please note: *quercetin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when quercetin and always consult with a healthcare provider before taking this supplement* [\[R\]](#).

Please note: *quercetin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using quercetin supplements* [\[R\]](#).

6



Tea

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Drink 1-3 cups of tea daily, choosing from green, black, or herbal varieties according to preference. It's beneficial to consume tea throughout the day, either hot or cold, for ongoing hydration and health benefits.

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to polyphenols and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#), [\[R\]](#).

Tea contains many active compounds. These include antioxidants like EGCG and amino acids like [L-theanine](#). Active components of tea help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Cognition
- Immunity
- Relaxation

How it helps

A [meta-analysis of 6 trials and 235 participants](#) concluded that **tea intake reduces body weight, fasting glucose, and fasting insulin in women with PCOS. Green tea also improved free testosterone and FSH levels** [\[R\]](#).

Green tea reduces weight (by 2.80 kg) in women with PCOS according to a [meta-analysis of 4 trials and 169 participants](#) [\[R\]](#).

7



Avoid Sugary Foods & Drinks

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [R](#), [R](#), [R](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [R](#), [R](#), [R](#)
- Weight gain and obesity [R](#), [R](#)
- Insomnia [R](#)
- Heart disease [R](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [R](#), [R](#).

How it helps

Eating a lot of simple carbs may spike insulin levels. This can worsen insulin resistance and contribute to the development of PCOS [R](#), [R](#).

Following a low-sugar diet may support weight loss and decrease fats in the blood. It may also decrease testosterone levels and improve ovulation and fertility in women with PCOS [R](#), [R](#), [R](#), [R](#), [R](#), [R](#).

Two hallmarks of PCOS are insulin resistance and inflammation. Avoiding sugary foods may help with both [R](#), [R](#), [R](#), [R](#), [R](#).

 PERSONALIZED TO YOUR GENES

Your **PPARG** gene variant is linked to insulin resistance in women with PCOS. Sugary foods can worsen insulin resistance, so do your best to avoid them [R](#), [R](#), [R](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
PPARG	rs1801282	CC	

8



Inositol

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take inositol as a daily supplement, usually available in powder or capsule form. The typical dosage ranges from 2 grams to 18 grams per day, divided into smaller doses taken with meals and water to aid absorption. It's important to start with a lower dose and gradually increase to avoid digestive side effects.

TYPICAL STARTING DOSE

2 g

Description

Inositol is a naturally occurring compound that plays a role in cell signaling and neurotransmitter function. It has been studied for its potential in promoting mental health and managing conditions like anxiety and depression when used as a supplement under the guidance of a healthcare professional.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Both **myo-inositol** and **D-chiro-inositol** may help with PCOS. They tend to complement one another [\[R\]](#), [\[R\]](#).

Myo-inositol may be better for improving insulin resistance. **D-chiro-inositol** may help more with high testosterone and its effects [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Myo-inositol may also support **normal ovary function** and fertility treatment in women with PCOS. It may help alone or in combination with D-chiro-inositol. However, one review didn't find benefits of inositols for fertility treatment [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your [FSHR](#) gene variant is linked to higher odds of PCOS. This gene may affect ovary function. Inositol may help by supporting ovary function [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
FSHR	rs2268361	CT	

9



Limit Calorie Intake

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Experts recommend a calorie-restricted diet for women with PCOS who are overweight or obese. A daily caloric deficit of 30% or between 500-750 calories, aiming for a total of 1,200 to 1,500 calories per day, may help [\[R, R\]](#).

Following a low-calorie diet (for 8-24 weeks) may help lose weight and improve insulin resistance, hormone levels, menstrual regularity, and blood fat levels [\[R, R, R, R, R, R, R, R, R\]](#).

10



N-acetylcysteine (NAC)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

Supplementing with **NAC (1.2-1.8 g/day for 3-6 months)** may support ovarian function and regular menstrual cycles in women with PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

It may also help in combination with other supplements and certain PCOS treatments [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In women with PCOS, NAC may decrease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Insulin resistance
- Body fat
- Testosterone levels

11



Acupuncture

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R, R, R, R, R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

In women with PCOS, acupuncture may help [\[R, R, R, R, R, R, R\]](#):

- Lower testosterone
- Decrease excess body hair growth
- Increase ovulation
- Improve regularity of the menstrual cycle

However, the studies were of low quality, and not all studies found these benefits [\[R, R, R, R, R, R\]](#).

Acupuncture may also help women with PCOS undergoing fertility treatment. It may improve egg quality and pregnancy rates [\[R, R\]](#).

In women with PCOS, acupuncture may also decrease [\[R, R\]](#):

- Insulin resistance
- Fats in the blood

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your [FSHR](#) gene variant is linked to higher odds of PCOS. This gene may affect ovulation. Acupuncture may help by improving ovulation [\[R, R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
FSHR	rs2268361	CT	

12



Green Tea

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#), [\[R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

A meta-analysis of 6 trials and 235 participants concluded that tea intake reduces body weight, fasting glucose, and fasting insulin in women with PCOS. Green tea also improved free testosterone and FSH levels [\[R\]](#).

Green tea reduces weight (by 2.80 kg) in women with PCOS according to a meta-analysis of 4 trials and 169 participants [\[R\]](#).

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

13



Low-Carbohydrate Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Limit your daily intake of carbohydrates to less than 26% of your total daily calories. For a standard 2000-calorie diet, this means consuming no more than 130 grams of carbohydrates per day. Focus on including non-starchy vegetables, lean proteins, and healthy fats in your meals while minimizing the intake of sugars, bread, pasta, and other high-carb foods.

Description

Low-carbohydrate diets can promote weight loss, improve blood sugar control, and support heart health. They may also be beneficial for individuals with certain medical conditions, such as epilepsy or metabolic syndrome.

How it helps

A low-carbohydrate diet potentially reduces insulin levels, which would benefit those with Polycystic Ovary Syndrome (PCOS) as they often have insulin resistance. Decreased insulin levels can balance hormones, and correct menstrual irregularities, thus alleviating PCOS symptoms.

A [meta-analysis of 15 studies](#) found that a low-carb diet has a **1-5% additional effect on weight loss** in women with PCOS but **no effect on fertility parameters, endocrine hormones, metabolic outcomes, and satiety hormones** [\[R\]](#).

Another [meta-analysis \(20 studies and 1113 participants\)](#) found dietary interventions effective at improving PCOS, and low-carb diets **especially effective at improving reproductive outcomes** [\[R\]](#).

A [meta-analysis of 20 studies](#) concluded that low-carbohydrate diets **improve insulin sensitivity in women with PCOS, especially in those with severe insulin resistance** [\[R\]](#).

14



Melatonin

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

Supplementing with **melatonin (2-10 mg/day before bedtime for up to 6 months)** may help with PCOS. It may [\[R, R, R, R, R, R, R, R\]](#):

- Regulate the menstrual cycle
- Reduce excess hair growth
- Balance hormone levels
- Support a healthy pregnancy

Melatonin may also improve blood sugar control, but the effects are mixed [\[R, R\]](#).

Melatonin may help by [\[R, R, R, R, R, R\]](#):

- Supporting ovary function
- Reducing oxidative stress and inflammation

An 8-week study with 84 PCOS patients found that co-supplementation of magnesium and melatonin had a positive impact on hirsutism, serum TNF- α , and TAC levels, compared to a placebo [\[R\]](#).

Please note: *Melatonin may interact with some medications. Consult your doctor before taking melatonin* [\[R\]](#).

15



Zinc

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Women with PCOS tend to have lower levels of zinc. However, this may only be the case in women who also have insulin resistance [\[R\]](#), [\[R\]](#).

Supplementing with zinc may help with PCOS. It may improve blood sugar control and levels of fat in the blood. It may also improve symptoms like excess body hair [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *A high intake of zinc may cause stomach pain and gut irritation. Medical bodies recommend against taking more than 40 mg of zinc per day* [\[R\]](#), [\[R\]](#).

16



Cinnamon

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE
500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon (1,500 mg/day for 8-24 weeks) may help with PCOS. It may improve metabolic aspects of the condition, including blood sugar control and levels of cholesterol in the blood [\[R, R, R, R, R, R, R, R\]](#).

Cinnamon may help by reducing oxidative stress and insulin resistance [\[R, R, R\]](#).

Please note: *Cassia cinnamon is high in coumarin. This substance may harm the liver in large amounts. Consult your doctor before supplementing with high doses of Cassia cinnamon* [\[R, R, R\]](#).

17

Berberine

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

[Berberine](#) is an active compound of some plants used in traditional medicine, such as [\[R\]](#):

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

Berberine may help improve hormone levels. It may also help with metabolic aspects of PCOS, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Body composition
- Blood sugar control
- Levels of fat in the blood

Berberine may help by reducing insulin resistance [\[R\]](#).

However, berberine supplements likely don't help support successful pregnancies in women with PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

PERSONALIZED TO YOUR GENES

Your **MTNR1B** gene variant is linked to higher odds of PCOS and impaired blood sugar control. Berberine may improve blood sugar control in people with PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
MTNR1B	rs10830963	CG	

18



L-Carnitine

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

Women with PCOS tend to have lower levels of L-carnitine. In addition, higher testosterone levels and worse blood sugar control have been linked to lower L-carnitine levels [\[R\]](#), [\[R\]](#), [\[R\]](#).

Supplementing with **L-carnitine (250-3,000 mg/day for 12 weeks)** may help with PCOS. It may support mental health and reduce [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Insulin resistance
- Body fat
- Fats in the blood

L-carnitine may help by reducing oxidative stress and inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

19



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise helps manage PCOS by improving insulin sensitivity, aiding in weight loss, and enhancing overall metabolic health. It also helps regulate menstrual cycles and can reduce levels of androgens, which are often elevated in PCOS.

A [meta-analysis of 10 trials and 533 patients](#) found **moderate-certainty evidence** that aerobic exercise **reduces BMI in women with PCOS** [\[R\]](#).

Another [meta-analysis \(10 trials\)](#) found that exercise **lowers CRP levels in women with PCOS (by 0.43 mg/L), especially if aerobic** [\[R\]](#).

20



Omega-3 (Fish Oil)

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Women with PCOS who have a higher omega-3/omega-6 ratio may have more balanced hormones. Omega-3s (from fish oil or flaxseed oil) may decrease testosterone in these women [\[R\]](#), [\[R\]](#), [\[R\]](#).

Omega-3s (0.9-3.5 g/day for 6-12 weeks) may also reduce insulin resistance and fats in the blood in women with PCOS. However, the evidence for insulin resistance is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Omega-3s may help by reducing inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Omega-3s can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking omega-3s* [\[R\]](#).

21



Black Cohosh

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a black cohosh supplement of 20 to 40 mg twice daily for up to six months to manage menopause symptoms. Make sure to check the label for a product standardized to contain 2.5% triterpene glycosides.

TYPICAL STARTING DOSE
40 mg

Description

Black cohosh is an herbal remedy often used by some individuals to alleviate symptoms of menopause, such as hot flashes and mood swings.

How it helps

In 2 studies of 294 women with PCOS, taking black cohosh extract (20-120 mg/day for 10 days) improved ovulation, endometrial thickness, and pregnancy rates [\[R, R\]](#).

22



Pomegranate

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate pomegranate into your diet by consuming fresh pomegranate seeds, drinking pure pomegranate juice, or adding pomegranate extract to smoothies or yogurts. Aim for at least one serving per day, which could be about half a cup of seeds or a glass (8 ounces) of juice, to gain its health benefits.

Description

Pomegranate is a fruit native to regions of the Middle East and Mediterranean. It is rich in antioxidants and nutrients such as vitamin C, vitamin K, and dietary fiber. It contains punicalagins, anthocyanins, and ellagic acid, which give it anti-inflammatory effects and potential heart health benefits.

[Pomegranates](#) are red fruits that contain seeds covered by edible sweet coats. They are rich in antioxidants [\[R, R\]](#).

Pomegranate may reduce inflammation and support heart health. People use pomegranate seed oil and peel in cosmetics and traditional medicine [\[R, R\]](#).

How it helps

Studies on women with PCOS revealed that drinking pomegranate juice (45-2,000 mL/day for 8 weeks) may improve weight, blood pressure, and insulin resistance. Pomegranate may help by reducing oxidative stress and inflammation [\[R, R, R\]](#).

23



Curcumin

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE

500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Supplementing with **curcumin (500-1,500 mg/day for 6-12 weeks)** may help with PCOS. It may improve [R, R, R, R, R]:

- Blood sugar control
- Levels of cholesterol in the blood

Curcumin may help by reducing oxidative stress [R].

Note that curcumin is hard to absorb. Look for supplements with *bioavailable* curcumin, which is easier to absorb. Combining it with [piperine](#) (a compound in black pepper) may also help [R, R].

Please note: curcumin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using curcumin or turmeric supplements [R, R, R].

 PERSONALIZED TO YOUR GENES

Your [SOD2](#) gene variant may be linked to PCOS. This gene plays a role in oxidative stress protection. Curcumin may help by reducing oxidative stress [R, R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SOD2	rs4880	GG	

24



Coenzyme Q10 (CoQ10)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a 100 mg Coenzyme Q10 (CoQ10) supplement once daily with a meal that contains fat for better absorption.

TYPICAL STARTING DOSE

100 mg

Description

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant that plays a crucial role in cellular energy production. It is often taken as a supplement to support heart health, improve energy levels, and provide antioxidant protection, especially for individuals with certain medical conditions or as they age.

[Coenzyme Q10](#) (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Energy levels
- Antioxidant protection
- Heart health
- Muscle strength
- Blood sugar control

The amount of CoQ10 made by your body decreases as you get older. Luckily, you can also get it from food or supplements. Good sources of CoQ10 include [\[R\]](#), [\[R\]](#):

- Organ meats
- Fatty fish
- Whole grains

How it helps

In women with PCOS, supplementing with **CoQ10 (100-200 mg/day for 8-12 weeks)** may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fats in the blood
- Blood sugar control
- Hormone levels

CoQ10 may also help when combined with some PCOS treatments. The combination may improve ovulation and pregnancy rates [\[R\]](#).

CoQ10 may help by reducing oxidative stress and inflammation [\[R\]](#), [\[R\]](#).

Note that CoQ10 is fat-soluble. This means that **taking it with a fatty meal should help you absorb it better** [\[R\]](#).

Please note: *CoQ10 may reduce the effectiveness of blood thinners such as warfarin. Talk to your doctor before taking CoQ10* [\[R\]](#).

25



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

Greater adherence to the Mediterranean diet is associated with reduced severity of PCOS. This diet may help by improving inflammation, insulin resistance, and increased levels of male hormones, which are common in PCOS [\[R\]](#).

Metabolically unhealthy obese women with PCOS may have poorer adherence to the Mediterranean diet compared to metabolically healthy obese women with PCOS. They also had higher levels of inflammation, testosterone, and insulin, along with more severe metabolic disturbances such as insulin resistance, visceral fat, and fatty liver [\[R\]](#).

26



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Practicing yoga (1h/day for 12 weeks) may help reduce anxiety and excess hair growth while normalizing the following blood markers [\[R, R, R, R\]](#):

- Glucose
- Insulin
- Testosterone

Yoga may help by reducing insulin resistance.

27



Avoid Refined Sugar

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

A study comparing diets rich in protein versus diets high in simple sugars, including refined sugars, found that women with PCOS on the high-protein diet experienced greater weight loss, reductions in body fat, and improved metabolic markers compared to those consuming diets high in simple sugars [\[R\]](#).

PCOS is often associated with impaired glucose tolerance and a higher risk of type 2 diabetes. Dietary habits that limit the intake of simple sugars and refined carbohydrates may play a crucial role in preventing and managing these conditions by improving insulin sensitivity and reducing increased insulin levels [\[R\]](#).

28



Alpha-Lipoic Acid

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mg

Description

[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

How it helps

Supplementing with **alpha-lipoic acid (400 mg/day for 12 weeks)** may help with PCOS. It may decrease [\[R, R\]](#):

- Insulin resistance
- Body weight
- Fats in the blood

Alpha-lipoic acid is often studied in combination with [D-chiro-inositol](#) or [myo-inositol](#). These combinations may help improve some aspects of PCOS better than alpha-lipoic acid alone. For example, they may help regulate the menstrual cycle. However, their effects on blood sugar control are mixed [\[R, R, R, R, R, R, R, R\]](#).

29



Soy Isoflavones

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a soy isoflavone supplement containing 40 to 80 milligrams daily, ideally with food to improve absorption. This dosage can be continued on a daily basis for several months, but it's recommended to reevaluate its effectiveness and any potential side effects with a healthcare provider periodically.

TYPICAL STARTING DOSE

40 mg

Description

Soy isoflavones are natural compounds found in soybeans and soy products. They are phytoestrogens, which means they can mimic the effects of estrogen in the body and are associated with potential health benefits like menopausal symptom relief and improved heart health.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Supplementing with soy isoflavones (36-50 mg/day for 3 months) may help lower testosterone in women with PCOS. It may also decrease fats in the blood and improve blood sugar control [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In one study, partly replacing animal protein with soy had similar effects [\[R\]](#).

Soy isoflavones may mimic estrogen in the body. They may also help with PCOS by reducing oxidative stress [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

30



Chromium

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 200 mcg chromium supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

200 mcg

Description

Chromium is a trace mineral that plays a role in insulin sensitivity and glucose metabolism. Adequate chromium intake through diet or supplements may help support blood sugar control and overall metabolic health.

[Chromium](#) (Cr) is a trace element. It helps regulate carb, fat, and protein breakdown [\[R\]](#).

Women need 20-25 micrograms (mcg) of chromium per day, while men need 30-35 mcg [\[R\]](#).

It’s easy to get chromium from your diet. Good sources include [\[R\]](#):

- Grape and orange juice
- Ham
- Beef
- Lettuce

You can also get chromium from supplements [\[R\]](#).

How it helps

A small study of 42 women with PCOS found that those who developed metabolic syndrome had a lower dietary intake of chromium and other antioxidant micronutrients [\[R\]](#).

Supplementation with chromium picolinate (200-1,000 µg/day for 2-6 months) may help reduce weight, menstrual irregularities, acne, and excess hair growth while normalizing the following blood markers [\[R, R, R, R, R, R, R, R, R, R\]](#):

- Triglycerides
- Cholesterol
- Testosterone

Chromium may help by reducing insulin resistance, inflammation, and oxidative stress.

However, not all studies found these benefits [\[R, R, R\]](#).

31



D-chiro-inositol (DCI)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing 600-1200 mg of D-chiro-inositol daily, preferably with meals to enhance absorption. This dosage may vary based on individual health conditions and goals, so it's essential to consult with a healthcare professional for personal guidance.

TYPICAL STARTING DOSE
600 mg

Description

D-chiro-inositol is a compound related to inositol that is used as a dietary supplement, particularly in the management of polycystic ovarian syndrome (PCOS). It may help improve insulin sensitivity and hormonal balance in individuals with PCOS.

How it helps

According to one small study, women with PCOS may have a shortage of DCI, which may be associated with insulin resistance [\[R\]](#).

DCI supplements may help with PCOS by lowering insulin resistance and [\[R, R, R, R, R, R, R\]](#):

- Restoring regular menstrual cycles
- Supporting healthy hormone levels
- Reducing acne and excess body hair

Combining myo-inositol with D-chiro inositol may offer greater benefits, especially related to insulin sensitivity [\[R, R\]](#).

32



Resveratrol

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE

150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It’s purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

A meta-analysis of 4 trials and 218 women with PCOS concluded that supplementation with resveratrol lowers testosterone, LH, and DHEA-S. The combination of resveratrol and myoinositol (1000 mg each, 2x/day) taken for 12 weeks improved altered endocrine (LH and FSH) and metabolic indices (weight, BMI, and waist:hip ratio), and stress burden in a non-placebo-controlled trial of 110 obese, oligo-anovulatory PCOS women [\[R, R\]](#).

Resveratrol may help by improving insulin sensitivity and reducing inflammation. This could potentially help normalize hormone levels and mitigate symptoms related to PCOS.

33



Legumes

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate a serving of legumes, such as beans, lentils, chickpeas, or peas, into your diet at least four times a week. A serving size is approximately half a cup cooked. Ensure to prepare them properly by soaking and rinsing beans, if applicable, to reduce anti-nutrients and improve digestibility.

Description

Legumes, such as beans, lentils, and chickpeas, are excellent sources of plant-based protein, fiber, and various vitamins and minerals. Including legumes in your diet can promote satiety and support digestive health.

Legumes are plants from the *Fabaceae* family. Their edible seeds are called **pulses**. Legumes are important food staples and sources of carbohydrates, fiber, protein, iron, and other key nutrients.

Common legumes include:

- Peanuts
- Beans
- Chickpeas
- Peas
- Lentils

How it helps

Women with PCOS may consume fewer legumes compared to healthy women [\[R\]](#), [\[R\]](#).

Consumption of vegetables and legumes at least twice per day may also be associated with a 62% lower risk of depression in women with PCOS [\[R\]](#).

34



DASH Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [\[R\]](#).

It **limits salt, sweets, and saturated fat**, while promoting the intake of [\[R\]](#):

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [\[R\]](#).

Although similar to the [Mediterranean diet](#), DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it’s higher in red meat and dairy [\[R\]](#).

How it helps

According to 4 studies of 216 women with PCOS, adhering to the DASH diet (for 8-12 weeks) may help reduce insulin resistance and weight, increase antioxidant status, and normalize blood markers, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Triglycerides
- VLDL-cholesterol
- Insulin
- hs-CRP
- SHBG

35



Myo-inositol

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 2 grams of myo-inositol supplement orally twice a day, preferably with meals to enhance absorption. This regimen should be followed daily for at least 6 months to observe significant benefits.

TYPICAL STARTING DOSE

4 g

Description

Myo-inositol is a naturally occurring compound that plays a role in various cellular functions. It is used in dietary supplements and is believed to have potential benefits for mental health, hormone regulation, and insulin sensitivity.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Supplementation with myo-inositol (2-4 g/day over 1-6 months) may help reduce weight, insulin sensitivity, blood cholesterol, and male sex hormone levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Myo-inositol may also improve fertility by increasing ovulation in women with PCOS. However, it may not improve ovarian reserve in women with PCOS undergoing in vitro fertilization (IVF) [\[R\]](#), [\[R\]](#).

Combining myo-inositol with D-chiro inositol may offer greater benefits, especially related to insulin sensitivity [\[R\]](#), [\[R\]](#).

36



Sage Extract

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take sage extract in supplement form, ideally in doses ranging from 300 to 600 mg daily, divided into 2 or 3 doses throughout the day. It is recommended to follow this regimen for at least 1 to 2 months to evaluate its effects on cognitive function and mood improvements.

TYPICAL STARTING DOSE

300 mg

Description

Common sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues [R].

People commonly use sage as a spice and a traditional remedy for [R, R]:

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

How it helps

Consuming sage extract (330 mg/day for 8 weeks) reduced body weight, blood pressure, and insulin resistance in a study of 60 women with PCOS [R].

Please note: *rosmarinic acid from sage may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using sage extract and always consult with a healthcare provider before taking this supplement* [R].

37



Spinach

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

In a placebo-controlled trial of 48 women with PCOS, supplementation with spinach-derived thylakoid (5 g/kg/day) for 28 weeks **decreased weight (by 3.78 kg), waist circumference (by 4.05 cm), fat mass (by 3.83 kg), insulin (by 4.21 µU/mL), insulin resistance markers, and testosterone** [\[R\]](#).

Spinach, abundant in key nutrients like iron, magnesium, and calcium, helps balance hormones. It also contains fiber that aid in blood sugar regulation, thereby mitigating typical PCOS symptoms like insulin resistance.

38



Magnesium

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

250 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

In a 10-week placebo-controlled trial of 64 women with PCOS, magnesium supplementation significantly improved various aspects of quality of life, but had no effect on certain PCOS symptoms [\[R\]](#).

An 8-week placebo-controlled of 84 PCOS patients found that co-supplementation of magnesium and melatonin had a positive impact on hirsutism, serum TNF-α, and TAC levels [\[R\]](#).

In a 12-week placebo-controlled trial of 60 women with PCOS, magnesium and vitamin E supplements (250mg/day magnesium, 400 mg/day vitamin E) appeared to improve hirsutism and various blood markers [\[R\]](#).

Magnesium supplements may help by improving insulin resistance. Magnesium also aids in reducing inflammation and stress, both believed to worsen PCOS symptoms.

39

Avoid Exposure to Heavy Metals

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

To avoid exposure to heavy metals, ensure you're not using cosmetic products with heavy metals, opt for organic foods to minimize pesticide exposure, and use filters for drinking water to remove possible contaminants. Check for lead-based paints in older homes and avoid cooking or storing food in uncoated metal containers. When possible, choose glass or BPA-free plastics instead.

Description

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R, R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R, R\]](#).

Heavy metals that are most often linked to health problems include [\[R, R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

A meta-analysis of 16 studies associated high levels of lead, mercury, cadmium, chromium, manganese, and arsenic with low fertilization and pregnancy rates in women undergoing in vitro fertilization. Additionally, lead, cadmium, barium, and uranium were associated with infertility, lead, cadmium, and antimony with miscarriage, aluminum, magnesium, and cadmium with congenital heart disease, arsenic, cadmium, mercury, and lead with PCOS, lead with endometriosis, and mercury with uterine leiomyomata [\[R\]](#).

Heavy metals can disrupt the endocrine system, which is already imbalanced in women with PCOS.

40

Avoid BPA (Bisphenol A) Exposure

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

To avoid BPA exposure, choose BPA-free products, particularly when selecting food containers, water bottles, and baby bottles. Prefer glass, porcelain, or stainless steel containers, especially for hot food or liquids. Reduce use of canned foods as they may be lined with BPA and avoid handling thermal paper receipts, as they can contain BPA. When possible, select fresh or frozen foods over canned goods.

Description

Avoiding BPA (Bisphenol A) exposure involves minimizing contact with products or containers containing this chemical, which is commonly found in plastics and can potentially disrupt hormone regulation.

BPA (bisphenol A) is a chemical used to make certain plastics and resins. BPA-containing plastics are often used in containers that store food and beverages. Plastics marked with **recycling code 3 or 7** may contain BPA [\[R\]](#).

BPA is a well-known hormone disruptor. Research has linked BPA exposure to diabetes, heart disease, altered behavior, and more [\[R\]](#).

How it helps

A meta-analysis of 9 studies with 493 PCOS patients and 440 controls associated serum BPA levels with an increased risk of PCOS, as well as worsened insulin resistance and hyperandrogenism in women with this condition [\[R\]](#).

BPA can disrupt hormonal balance, potentially worsening PCOS symptoms.

41



Flaxseed

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 2 tablespoons of ground flaxseed daily. You can add it to your breakfast cereal, smoothies, or salads.

TYPICAL STARTING DOSE

2 tbsp

Description

Flaxseed is a nutrient-dense food that's high in fiber and omega-3 fatty acids. It may contribute to heart health, promote digestive regularity, and help manage cholesterol levels when included in a balanced diet.

[Flaxseed](#) is a common ingredient in bakery products. Some people also use it as a health food to support digestion [\[R\]](#).

Flaxseed is rich in many compounds, including [\[R\]](#):

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids ([ALA](#))

How it helps

In a study of 41 women with PCOS, taking flaxseed powder (30 g/day for 12 weeks) reduced body weight, insulin and leptin levels, insulin resistance, blood triglycerides, and inflammation while increasing HDL “good” cholesterol [\[R\]](#).

42



Selenium Supplements

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 50 mcg of selenium supplements once daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

50 mcg

Description

Selenium is a trace mineral found in Brazil nuts and many other foods as well as supplements. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Selenium supplements are available for people who can't meet their needs with a balanced diet [\[R\]](#).

How it helps

Selenium supplementation is associated with reduced total testosterone and cholesterol in women with PCOS. However, it may not impact other PCOS-related factors, such as [\[R\]](#), [\[R\]](#):

- Weight
- High triglycerides
- Insulin resistance

Selenium acts as an antioxidant in the body, reducing inflammation and insulin resistance. It aids in hormonal balance, improves fertility, and may help regulate the menstrual cycle, making it beneficial for individuals with PCOS.

43



Magnesium And Melatonin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a magnesium supplement of 200-400mg and a melatonin supplement of 0.5-5mg, 30 minutes before bedtime daily. Continue this regimen for at least one month to evaluate its effectiveness on sleep quality.

Description

Magnesium is often used in combination with melatonin as a natural approach to support sleep quality and manage sleep disorders. This combination may help regulate circadian rhythms and improve sleep duration, particularly for individuals with insomnia or sleep disturbances.

How it helps

An 8-week placebo-controlled trial of 84 PCOS patients found that co-supplementation of magnesium and melatonin had a positive impact on hirsutism, serum TNF- α , and TAC levels [\[R\]](#).

Magnesium improves insulin regulation, reduces inflammation, and promotes a healthy hormonal balance, all key concerns in PCOS. Melatonin supports quality sleep, which is critical for hormone balancing.

44



Acceptance and Commitment Therapy (ACT)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT (90 min, 1x/week for 8 weeks) may improve body image concerns and self-esteem in women with PCOS. The intervention involved group counseling sessions focused on ACT principles [\[R\]](#).

45



Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Vitamin E supplement can help manage PCOS by reducing insulin resistance and inflammation, which are common issues for those with this condition. Also, it can aid in controlling hormonal balance, promoting regular menstrual cycles.

A 12-week study with 60 women with PCOS found that magnesium and vitamin E supplements (250mg/day magnesium, 400 mg/day vitamin E) appeared to improve hirsutism and various blood markers compared to a placebo group [\[R\]](#).

Please note: *While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements [\[R\]](#).*

46



Magnesium And Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of magnesium and 100-400 IU of vitamin E daily, ideally with a meal for better absorption. This supplementation should be continued on a daily basis for long-term benefits.

TYPICAL STARTING DOSE

200 mg

Description

The combination of magnesium and vitamin E is sometimes used to support heart health and reduce the risk of cardiovascular disease. These antioxidants may work together to protect against oxidative stress and maintain healthy blood vessels.

How it helps

A 12-week placebo-controlled trial of 60 women with PCOS found that magnesium and vitamin E supplements (250mg/day magnesium, 400 mg/day vitamin E) appeared to improve hirsutism and various blood markers [R].

Magnesium and vitamin E may help by improving insulin sensitivity and reducing inflammation, respectively. These supplements also alleviate oxidative stress, a common issue in women with PCOS.

Please note: While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements [R].

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Resistant Dextrin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 5-10 grams of resistant dextrin daily, mixed into water or another beverage of your choice. It can be consumed at any time of the day, with or without food. Continue this supplementation daily for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE

5 g

Description

Resistant dextrin is a type of dietary fiber derived from starch, often found in foods and supplements. Its health benefits include promoting digestive health, supporting weight management, and helping control blood sugar levels.

How it helps

In a study of 62 women with PCOS, taking resistant dextrin (20 g/day for 3 months) improved blood fat levels, fasting blood sugar, and hormone levels and reduced inflammation [R].

48



Fenugreek

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg fenugreek supplement daily, preferably with a meal to aid in digestion and absorption.

TYPICAL STARTING DOSE

500 mg

Description

Fenugreek is an herb and spice commonly used in traditional medicine for its potential to support digestive health, regulate blood sugar levels, and promote lactation in nursing mothers. Its compounds, such as soluble fiber and fenugreek seeds, contribute to its various health benefits.

[Fenugreek](#) is a leafy green legume originating from central Asia. Its leaves and seeds are both used in cooking. Some people also use the seeds to make tea [[R](#), [R](#)].

People use fenugreek tea or supplements for [[R](#), [R](#), [R](#), [R](#)]:

- Reproductive health
- Blood sugar control
- Decreasing cholesterol

How it helps

In a study of 108 women with PCOS, taking fenugreek seed extract (1,000 mg/day for 8-12 weeks) improved ovarian health, hormone levels, and menstrual regularity [[R](#), [R](#)].

49



Maitake Mushroom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a maitake mushroom supplement, available in capsule or powder form, daily. The typical dosage ranges from 500mg to 3,000mg per day, divided into two or three doses. Consult with a healthcare provider for the correct dosage suitable for your health condition and needs.

Description

Maitake mushrooms are valued for their potential immune-boosting properties. Compounds found in maitake, such as beta-glucans, may support the immune system and contribute to overall health.

How it helps

In a non-placebo-controlled trial of 80 patients with PCOS, supplementation with maitake extract for 12 weeks induced ovulation, especially if combined with clomiphene citrate [\[R\]](#).

Maitake may improve insulin resistance, a common issue in PCOS. In addition, its potential effect on balancing hormones can contribute to thermal regulation and menstrual regularity.

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Speararmint

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a spearmint supplement, usually found in capsule form, once or twice daily with water. Daily dosage recommendations can vary, but they are commonly around 400mg to 800mg, based on product guidelines and individual tolerance. Continue this supplementation daily for at least 90 days to observe potential benefits.

Description

Speararmint is a member of the mint family, and is native to Europe and Asia. Traditionally, it has been used in teas and cooking for its flavor and potential digestive and respiratory benefits. It contains compounds like carvone and limonene, which help give it these benefits.

Speararmint (*Mentha spicata*) is an aromatic herb used to flavor food and tea [\[R\]](#).

People also use spearmint to help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Digestive issues
- Cough and respiratory issues
- Cognition

How it helps

Drinking spearmint tea (2x/day for 10-30 days) may reduce testosterone levels and excessive hair growth while normalizing other hormone levels [\[R\]](#), [\[R\]](#).

51



Onion

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate raw or cooked onions into your daily meals, aiming for about a half to one whole onion per day, depending on your taste preference and tolerance. This can be done by adding onions to salads, sandwiches, soups, or as a cooked ingredient in various dishes.

Description

Onions are a flavorful and versatile vegetable grown around the world. They are rich in antioxidants, vitamins, and minerals, like B-vitamins, vitamin C, phosphorus, and magnesium. Incorporating onions into your diet may promote heart health, improve immune function, and contribute to overall well-being.

How it helps

In a study with overweight or obese women with PCOS, high onion intake (2x40-50g/day for overweight and 2x50-60g/day for obese) reduced total and LDL cholesterol, while not affecting other parameters [\[R\]](#).

Onions are rich in chromium, which helps regulate blood sugar and insulin levels. Moreover, onions have anti-inflammatory and antioxidant effects.

52



Apple Cider Vinegar

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1-2 tablespoons of apple cider vinegar into your diet daily by diluting it in a large glass of water. Consume this mixture before meals to potentially benefit from its effects.

Description

Apple cider vinegar is a fermented liquid made from crushed apples and is known for its potential health benefits. It is rich in acetic acid and may aid in weight management, improve digestion, and help regulate blood sugar levels, often used as a natural remedy for various conditions like acid reflux and insulin resistance.

[Vinegar](#) is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning [\[R\]](#).

Apple cider vinegar is one of the most common vinegars produced from apples. As a health food, apple cider vinegar may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Fight infections

How it helps

A study found that daily intake of a beverage containing apple cider vinegar (15 g/day for 12-15 weeks) could help restore ovulatory function in women with PCOS, likely due to improved insulin sensitivity. The study reported decreases in insulin resistance and improvements in hormone levels associated with PCOS, leading to resumed ovulation in some women [\[R\]](#).

53



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

Mindfulness stress management (for 4-8 weeks) may reduce stress, depression, and anxiety in women with PCOS. Moreover, it may improve their quality of life and lower their cortisol levels [\[R\]](#), [\[R\]](#).

54



Avoid PFAS Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid PFAS exposure, choose products that are labeled PFAS-free, especially when selecting cookware, cosmetics, and clothing. Reduce the consumption of packaged and fast foods since the packaging often contains PFAS. Use a water filter that is certified to remove PFAS compounds for your drinking and cooking water.

Description

Avoiding per- and polyfluoroalkyl substances (PFAS) exposure means avoiding products and environments contaminated with these chemicals, which can help prevent potential health issues like hormonal disruption and adverse effects on liver and immune function.

How it helps

A study of 943 participants associated the PFAS 6:2 Cl-PFESA, HFPO-DA, Σ3,4,5m-PFOS, and PFDoA with an increased risk of PCOS [\[R\]](#).

PFAS can worsen hormone disruption, which is a primary concern in PCOS.

55



Cardamom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of cardamom powder or extract supplement daily with water, preferably after meals. Continue this regimen daily for at least 8-12 weeks to potentially observe benefits.

TYPICAL STARTING DOSE
500 mg

Description

Cardamom is a fragrant spice known for its potential to aid digestion, reduce inflammation, and provide antioxidant benefits. Incorporating cardamom into your diet or as a herbal remedy can promote overall digestive comfort and well-being.

[Cardamom](#) (*Elettaria cardamomum*) is a plant in the ginger family used to flavor food. It’s also known as green cardamom or the “Queen of Spices,” due to its price tag [\[R\]](#), [\[R\]](#).

The plant produces pods or capsules that contain 15-20 seeds each. The seeds can be used whole or can be ground to a fine powder before use [\[R\]](#), [\[R\]](#).

Some people use cardamom powder to help lower triglycerides [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 194 women with PCOS, supplementation with cardamom (3 g/day) for 4 months decreased LH, androstenedione, DHEA, TNF-α, IL-6, and CRP levels, while increasing FSH [\[R\]](#).

Cardamom may help by balancing hormones and improving insulin resistance. It also aids in weight loss, which is beneficial for managing PCOS.

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Eat More Protein and Less Carbs

IMPACT

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EVIDENCE

1 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [\[R\]](#), [\[R\]](#).

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Meanwhile, protein boosts muscle mass and helps control your weight [\[R\]](#).

How it helps

Research has indicated that dietary composition, particularly high-protein and low-carbohydrate intake (for 12 weeks), may restore reproductive and metabolic physiology in overweight women with PCOS, leading to improvements in menstrual cyclicity and insulin resistance. These dietary changes may help by supporting weight loss [\[R\]](#).

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Vegetables

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

Women with PCOS tend to consume fewer vegetables compared to healthy people, suggesting that increasing vegetable intake could be beneficial for managing the condition. Women with PCOS may have a higher consumption of high glycemic index foods and lower consumption of legumes and vegetables [\[R\]](#).

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Pulses

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Pulses—such as beans, lentils, chickpeas, and peas—are nutrient-dense and great sources of protein, fiber, and vital minerals like iron and potassium [\[R\]](#).

Regular intake of pulses has been linked to improved weight management due to their high fiber content that promotes feelings of fullness [\[R\]](#).

How it helps

Diets centered around pulses (for 16 weeks) may be associated with improvements in cholesterol levels, insulin sensitivity, blood pressure, LDL cholesterol, and triglycerides in women with PCOS. A pulse-based diet, when combined with exercise, may provide long-term health benefits on insulin sensitivity and blood fat levels for women with PCOS [\[R\]](#), [\[R\]](#).

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Astaxanthin

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take an astaxanthin supplement daily, with a typical dosage ranging from 4 to 12 mg. It is best taken with a fat-containing meal to enhance absorption.

TYPICAL STARTING DOSE

12 mg

Description

Astaxanthin is a powerful antioxidant found in certain microalgae and seafood. It is known for its potential benefits in reducing oxidative stress, supporting skin health, and promoting eye health.

[Astaxanthin](#) is a naturally-occurring orange-red pigment carotenoid found in algae, shrimp, lobster, crab, and salmon [\[R\]](#). As an antioxidant, astaxanthin is **10 times stronger than zeaxanthin, lutein and [beta-carotene](#), and 100 times stronger than [vitamin E](#)** [\[R\]](#). People take astaxanthin to:

- Support skin health [\[R, R\]](#)
- Reduce exercise fatigue [\[R, R\]](#)
- Prevent heart disease [\[R, R, R\]](#)

How it helps

Astaxanthin, a powerful antioxidant, can help manage PCOS by reducing inflammation and balancing hormones, potentially easing symptoms. It may also assist in improving insulin resistance, which is a common issue with PCOS.

In a [placebo-controlled trial of 42 women with PCOS](#), supplementation with astaxanthin (8 mg/day) for 40 days **increased serum CAT and TAC, but had no effects on MDA or SOD**. Astaxanthin also **improved MII oocyte and high-quality embryo rate** [\[R\]](#).

Astaxanthin (12 mg/day for 60 days) also **lowered ER stress** in a [placebo-controlled trial of 58 women with PCOS](#) [\[R\]](#).

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Keto Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [\[R\]](#), [\[R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R\]](#), [\[R\]](#)

How it helps

In 2 studies of overweight or obese women with PCOS, adopting a ketogenic (for 12-24 weeks) improved weight, hormone and blood fat levels, and psychological well-being [\[R\]](#), [\[R\]](#).

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Dietary Antioxidants

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Higher dietary antioxidant intake may be associated with a lower risk of developing PCOS. This suggests that a diet rich in antioxidants may protect women from PCOS [\[R\]](#).

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Ashtanga Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Ashtanga yoga for 60 to 90 minutes at least three times per week. Choose a quiet, comfortable space and consider joining a class or using online guides for structured sequences.

TYPICAL STARTING DOSE

1 hour

Description

Ashtanga yoga is a dynamic and physically demanding style of yoga that combines breath, movement, and meditation. It aims to improve flexibility, strength, and mental focus while promoting overall fitness and stress reduction.

How it helps

Ashtanga yoga, as part of a broader yoga practice, may help address stress, as a key factor contributing to PCOS [R].

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Avoid BCAA Supplements

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Do not purchase or consume branched-chain amino acid (BCAA) supplements, which are often found in the form of powders, pills, or energy bars marketed for muscle building and recovery. Check the labels of your dietary supplements and sports nutrition products to ensure they do not contain BCAAs.

Description

BCAA supplements, which are amino acids, aren't needed for most people as they're generally gotten from a balanced diet. If you rely on these for muscle build-up, they might push your body to produce less muscle-supporting hormones. Plus, too much BCAA can potentially harm the kidneys over time. For overall health, eat a variety of nutritious foods instead.

How it helps

A study noted higher plasma levels of BCAAs in women with PCOS compared to healthy women, and these elevated levels correlated with weight, insulin resistance, waist circumference, and testosterone levels [R].

Genetically higher levels of BCAAs may increase the risk of PCOS [R].

Please note: *There is not enough safety data for long-term BCAA supplementation at doses above **12 g/day**. Increased BCAA intake may be linked to type 2 diabetes [R].*

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Wood Betony

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take wood betony supplements in the form of capsules or tablets, typically ranging from 300 to 600 mg daily. This can be split into two doses taken with meals. Continue this regimen for up to two weeks, then take a one-week break before resuming if needed.

TYPICAL STARTING DOSE

300 mg

Description

Wood betony (*Stachys officinalis*) is a perennial herb native to Europe and Asia that has been used in traditional herbal medicine for centuries. The plant is believed to have anti-inflammatory and stress-reducing properties.

People use wood betony to help with:

- Headaches
- Arthritis
- Stress and anxiety
- Indigestion

How it helps

In a non-placebo-controlled trial of 66 women with abnormal uterine bleeding due to PCOS, supplementation with wood betony (5 g, 3x/day for 3 months) was **as effective as medroxyprogesterone** (10 mg, 3x/day for 3 months) **at decreasing bleeding rates** [\[R\]](#).

Next Steps

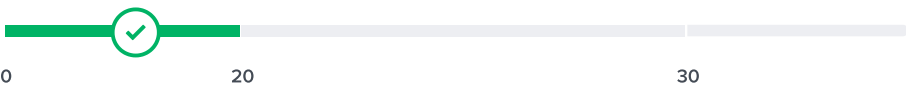
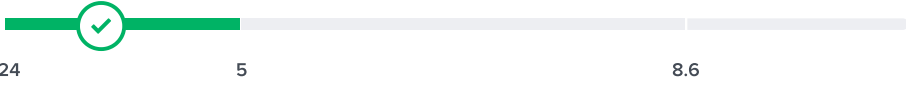
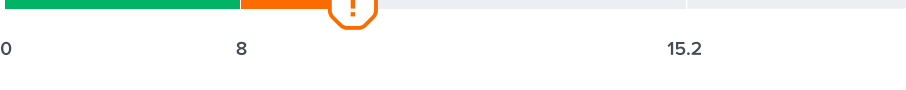
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	FSH	2.46 mIU/mL		9 Nov 2025
	VLDL Cholesterol	11 mg/dL		9 Nov 2025
	LH	2.73 mIU/mL		9 Nov 2025
	SHBG	39.3 nmol/L		9 Nov 2025
	DHEA Sulfate	303 mcg/dL		9 Nov 2025
	Prolactin	9.83 ng/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Insulin, Fasting	9.08 uU/mL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025



Testosterone, Total

1500 ng/dL



9 Nov 2025



Testosterone, Free (Direct / Labcorp)

150 pg/mL



9 Nov 2025