

PureWoman™

Ovarian & Metabolic Health Protocol‡

DEVELOPED WITH FELICE GERSH, M.D.*

This protocol was developed with women's health expert, Felice Gersh, M.D. It is designed to support ovarian and metabolic health by addressing common underlying factors, such as nutrient repletion, insulin receptor function, antioxidant status and GI health. Where indicated, practitioners are encouraged to choose from a selection of pertinent options. Dr. Gersh recommends the nutritional formulas in this protocol be used indefinitely to support nutritional adequacy and all other formulas be used as needed.

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATION†	DOSING*
Nutrient Repletion	Omega and micronutrient testing, particularly, vitamins B ₁₂ , D and magnesium	O.N.E.™ Multivitamin (Order Codes: ONE1/ONE6/ONE3) A once-daily multivitamin/mineral for adults	1 capsule daily, with a meal
		O.N.E.™ Omega (Order Codes: ONO6/ONO3) 1,000 mg of supercritical CO ₂ extracted, triglyceride-form EPA and DHA to support cardiovascular, joint, skin and cognitive health.‡	1 capsule daily, with a meal
Healthy Ovarian and Insulin Function (Choose from the products listed)	HbA1c Fasting blood glucose	Inositol Complex (Order Code: INC6) A combination of myo-inositol and d-chiro-inositol to support healthy ovarian function, emotional wellness and insulin signaling.‡	1 capsule, 2 times daily, with meals
		Metabolic Xtra (Order Code: MX29) Berberine, chromium, alpha lipoic acid and resveratrol provide support for insulin receptor function and healthy glucose metabolism.‡	1 capsule, 1-3 times daily, with meals
Antioxidant Status (Choose from the products listed)	Dietary assessment Total glutathione	NAC (N-Acetyl-Cysteine) 600 mg (Order Codes: NA61/NA63/NA69) Supports cellular antioxidant defenses, glutathione production and detoxification.‡	1 capsule, 1-3 times daily, between meals
		Quercetin (Order Codes: QU1/QU6) One of the most bioactive flavonoids. Research suggests a supportive role for cellular, immune and cardiometabolic health.‡	2 capsules, 1-2 times daily, between meals

continued on back

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



 800.753.2277 | PureEncapsulationsPro.com

© 2022 Pure Encapsulations, LLC. All Rights Reserved.



PureWoman™

Ovarian & Metabolic Health Protocol[‡]

DEVELOPED WITH FELICE GERSH, M.D.*

GI Health (Choose from the products listed)	Self-reported GI symptoms and/or a comprehensive stool analysis	Probiotic G.I. (Order Code: PG16) A probiotic blend designed to promote healthy barrier integrity and immune function in the G.I. tract.‡	1 capsule, 1-2 times daily, with or between meals
		G.I. Fortify (capsules) (Order Code: GIFC1) A blend of high-impact fiber, herbs and l-glutamine to support overall gastrointestinal function and health.‡	3 capsules daily, between meals with 8-12 oz water. Daily water intake should be increased when consuming this product.

Download this protocol and other exclusive PureWoman resources at PureEncapsulationsPro.com/PureWoman

PEP-PWOM-0922

*Patients may not require all supplements listed.
*Dosages should be personalized to the patient at the discretion of the healthcare provider.
+Dr. Felice Gersh is a retained advisor to Pure Encapsulations.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.
‡These statements have not been evaluated by the Food & Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.

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