**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.

<table>
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<th>CLINICAL OBJECTIVE‡</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATION†</th>
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</table>
| **Nutrient Repletion** | Omega and micronutrient testing, particularly, vitamins B₁₂, 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 |
| **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 |
| **Antioxidant Status**  
(Choose from the products listed) | Dietary assessment  
Total glutathione | **NAC (N-Acetyl-Cysteine) 600 mg**  
(Order Codes: NA6/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 |

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

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

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†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.
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