

Ovarian & Metabolic Health Protocol[‡]

DEVELOPED IN COLLABORATION WITH FELICE GERSH, M.D.[†]



This protocol was developed with Felice Gersh, MD, an award-winning physician board-certified in both OB/GYN and Integrative Medicine, to help you deliver the most effective care for your patients. Included are recommendations for foundational health and targeted interventions to support ovarian health and insulin function.[‡]

FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:[‡]

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE3 / ONE6)
- [Probiotic-G.I.](#) (PGI6)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)
- [Vitamin D₃ 25 mcg \(1,000 IU\)](#) (VD11 / VD12 / VD16) **or**
[Vitamin D₃ 125 mcg \(5,000 IU\)](#) (VD51 / VD52 / VD56) **or**
[Vitamin D₃ 250 mcg \(10,000 IU\)](#) (VD101 / VD106)

FOCUSED SUPPORT

The products in this category support common clinical objectives related to ovarian and metabolic health. Choose from the options listed below:[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Healthy Ovarian and Insulin Function	Insulin, HbA1c	Inositol Complex (Order Code: INC6) A combination of myo-inositol and d-chiro-inositol 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 Support	Dietary assessment, Total glutathione	NAC (N-Acetyl-Cysteine) 900 mg (Order Code: NA91 / NA92) Supports cellular antioxidant defenses, glutathione production and detoxification. [‡]	1 capsule, 1-2 times daily, between meals
	Dietary assessment, HsCRP	Quercetin (Order Code: 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

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to ovarian and metabolic health.†

Choose from the options listed below: ‡

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
GI Health	Self-reported GI symptoms and/or a comprehensive stool analysis	<p><u>G.I. Fortify (capsules)‡</u> (Order Code: GIFC1)</p> <p>A blend of high-impact fiber, herbs and l-glutamine to support overall gastrointestinal function and health.‡</p> <p>Also available as: <u>G.I. Fortify (powder)‡</u> (Order Code: GIF4)</p>	<p>3 capsules daily, between meals with 8-12 oz water.</p> <p>Daily water intake should be increased when consuming this product</p>

Available for download at PureEncapsulationsPro.com/Protocols

†Dr. Gersh is a paid advisor for Pure Encapsulations.

*All assessments may not be necessary. Testing should be used at the discretion of the healthcare provider.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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