

The PureWoman™ Ovarian & Metabolic Health Protocol‡

Developed with Felice Gersh, M.D.†

Clinical Objective‡	Assessment	Product Recommendations*	Dosing
Promote ovarian function and support healthy insulin, testosterone, FSH, and LH balance	<ul style="list-style-type: none"> Serum insulin Total testosterone, estradiol, progesterone, FSH, LH, DHEA-S HbA1c Fasting glucose 	Inositol (powder) Order Code: INP2	2 scoops, 1-2 times daily, with or between meals
Support healthy lipid metabolism and cardiometabolic health	<ul style="list-style-type: none"> OmegaCheck® 	O.N.E.™ Omega Order Codes: ONO6 / ONO3	1 softgel capsule daily, with a meal
Provide critical nutrient cofactors that support ovarian and endocrine function	<ul style="list-style-type: none"> Micronutrient testing 	O.N.E.™ Multivitamin Order Codes: ONE1 / ONE6	1 capsule daily, with a meal
Support healthy metabolic function	<ul style="list-style-type: none"> 25 OH Vitamin D 	Vitamin D₃ 25 mcg (1,000 IU) Order Codes: VD12 / VD11 / VD16	1-5 capsules daily, with food
		Quercetin Order Codes: QU1 / QU6	2 capsules, 1-2 times daily, between meals
Support glutathione production and detoxification, which play an important role in ovarian health	<ul style="list-style-type: none"> No assessment needed 	NAC (N-Acetyl-L-Cysteine) 600 mg Order Codes: NA63 / NA61 / NA69	1 capsule, 1-3 times daily
Promote healthy insulin receptor function and glucose homeostasis, which support weight management†	<ul style="list-style-type: none"> HbA1c 	Metabolic Xtra Order Code: MX9	1 capsule, 1-3 times daily, with meals
Promote immune function in the skin	<ul style="list-style-type: none"> Physical assessment 	Zinc 15 Order Codes: Z11 / Z16	1 capsule daily, with a meal
		Niacinamide Order Code: NIA9	2 capsules, 1-3 times daily, with meals
Support methylation, which plays a role in fertility	<ul style="list-style-type: none"> MTHFR C677T genotype Serum folate Homocysteine 	PureGenomics® B-Complex Order Code: PGB1	1 capsule daily, with a meal
		OR Folate 1,000 Order Code: FOL19	1 capsule daily, with a meal
Support intestinal barrier function and gut microbiome	<ul style="list-style-type: none"> Microbiome testing 	Probiotic-5 Order Code: PRB6	1 capsule, 1-2 times daily, with or between meals

*Please note that patients may not require all supplements listed.

†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.

‡Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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Available for download at PureEncapsulations.com/purewmn-ovarianmetabolic



800-753-2277 | PureEncapsulations.com

490 Boston Post Road, Sudbury, MA 01776 USA

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The PureWoman™ Ovarian & Metabolic Health Protocol‡ (Cont.)

Developed with Felice Gersh, M.D.†

Clinical Objective‡	Assessment	Product Recommendations*	Dosing
Promote healthy cytokine balance	<ul style="list-style-type: none"> hsCRP 	CurcumaSorb Order Code: MCU1	2 capsules, 1-3 times daily, between meals
For additional support as needed	<ul style="list-style-type: none"> Assessment not necessary 	Hemp extract VESIsorb® Order Code: HEV3	1 softgel capsule daily, with or between meals
		Melatonin 3 mg Order Codes: ME31 / ME36	1 capsule daily, ½ to 1 hour before bedtime

*Please note that patients may not require all supplements listed.

Type of Assessment	Assessment Method(s)
Cardiometabolic	<ul style="list-style-type: none"> Lipids, Apo A1, Apo B, and oxLDL Myeloperoxidase F2 Isoprostanes
Endocrine	<ul style="list-style-type: none"> Complete Thyroid Panel with TSH, Free T4, Free T3, Anti TPO Anti-Müllerian hormone Adiponectin
Other Tests To Consider	<ul style="list-style-type: none"> CBC and CMP Ferritin ANA Celiac Panel Heavy metal analysis

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