

## What is Polycystic Ovarian Syndrome?

Polycystic Ovarian Syndrome (PCOS) is a common endocrine disorder among women of reproductive age.



1 in 10 women have PCOS

## Common Symptoms

Women suffering from PCOS present a group of symptoms associated with menstrual irregularities and androgen (male hormone) excess, which significantly impacts their quality of life.

- Mood changes
- Excessive body hair growth
- Fatigue
- Baldness/thinning hair
- Irregular periods
- Low sex drive
- Weight change/trouble losing weight
- High testosterone
- Insulin resistance
- Ovarian cysts
- Acne
- Infertility issues

## How Ovofolic Can Help You Manage Your PCOS



### HELPS MANAGE PCOS SYMPTOMS

Clinically proven to aid in the management of the hormonal and metabolic symptoms of PCOS.



### SUPPORTS REGULAR MENSTRUAL CYCLE

With healthier insulin sensitivity, it may help your body maintain healthy androgen, testosterone, and luteinizing hormone levels for a regular monthly cycle.



### SUPPORTS OVARIAN HEALTH

Myo & D-Chiro Inositol are naturally occurring compounds found in plant foods which can support healthy ovulation, contribute to oocyte quality, and support overall reproductive and ovarian health.



### VERSATILE DOSAGE FORMS

Convenient sachet for work and travel (30 or 60 sachet)  
Cost saving powder in jar (129g or 387g Jar)

## Ingredients Per Serving

|   |         |
|---|---------|
| Myo-Inositol                                      | 2000 mg |
| D-Chiro-Inositol                                  | 50 mg   |
| Folate (L-5-Methyltetrahydrofolate, Calcium Salt) | 200 mcg |

\*Myo-inositol and D-Chiro-Inositol in the body's naturally occurring ratio of 40:1.



# Ovofolic®

## A Natural Solution

Ovofolic is a unique dietary supplement specially formulated for reproductive health in women with Polycystic Ovarian Syndrome (PCOS).



Visit [www.elanhealthcare.ca](http://www.elanhealthcare.ca) for more information.



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## Benefits



### HELPS MANAGE PCOS SYMPTOMS

Clinically proven to aid in the management of the hormonal and metabolic symptoms of PCOS.



### SUPPORTS HORMONAL HEALTH

Blood glucose control, reproductive support, ovarian support, hormone support, improved IVF outcomes.



### SUPPORTS REGULAR MENSTRUAL CYCLE

With healthier insulin sensitivity, it may help your body maintain healthy androgen, testosterone, and luteinizing hormone levels for a regular monthly cycle.



### SUPPORTS OVARIAN HEALTH

Myo & D-Chiro Inositol are naturally occurring compounds found in plant foods which can support healthy ovulation, contribute to oocyte quality, and support overall reproductive and ovarian health.



### SUPPORTS FERTILITY

Active folate (L-5-MTHF), is involved in supporting fertility, normal early fetal development, red blood cell formation, and the maintenance of good health.



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## A Natural Solution

To support healthy hormone levels, menstrual cycles, and ovarian health.

