

PCOS

1. How does this supplement support PCOS management?

This supplement improves insulin sensitivity, balances hormones, and supports digestion with Myo-Inositol, dietary fibers, and essential minerals to help reduce PCOS symptoms naturally.

2. Can this product improve hormonal balance and menstrual health?

Yes, Myo-Inositol helps regulate hormones, reduce androgen levels, and promote regular menstrual cycles for better reproductive health.

3. What is the key role of Myo-Inositol in this supplement?

Myo-Inositol enhances insulin signaling, lowers blood sugar and androgen levels, and supports ovulation, crucial for managing PCOS symptoms.

4. How does prebiotic fiber benefit PCOS?

Prebiotic fiber boosts gut health by nourishing good bacteria, aiding digestion and blood sugar control, which supports hormonal balance and weight management in PCOS.

5. Are fruits beneficial for PCOS?

Fruits like berries and pomegranates are rich in antioxidants and fiber, helping stabilize blood sugar, reduce inflammation, and improve hormone balance naturally.

6. Is this supplement safe with PCOS medications?

Yes, it's generally safe but always consult your healthcare provider before combining with medications to ensure safety and effectiveness.

7. Can women with insulin resistance benefit from this supplement?

Definitely, this supplement supports insulin sensitivity and metabolic health, helping reduce insulin resistance commonly seen in PCOS.

8. What is the recommended dosage and usage duration?

Take 1-2 tasty servings daily, mixed with water, juice, or smoothies. Use consistently for 3-6 months alongside a balanced diet for best results. Consult your doctor if you are on medication.

9. How do I use and prepare this supplement?

Mix one serving (5 g) with water, juice, or smoothies. You can also add it to yogurt or oatmeal for a delicious, easy way to support your PCOS health daily.

10. Is this a medical treatment for PCOS?

No, this is a wellness supplement to support PCOS management naturally. It complements but does not replace prescribed medical treatments.