



PCO Px

Female hormone balance and ovarian support



PCO Px an evidence based formula of natural compounds designed to encourage balanced ovarian function. This blend of herbs promotes optimal hypothalamus, pituitary, ovarian axis function supporting optimal metabolic function and healthy androgen, insulin, prolactin levels. This restorative multi-factorial formula is blended to address neuroendocrine disruption and hormonal imbalance.

Vitex (chaste tree), being a principal herbal ingredient in this formula contains agnusides thought to be a main active compound in the herbs action to alleviate symptoms of hormonal imbalance during premenstrual syndrome (PMS) times and menopause.

PCO Px formula focuses on promoting healthy testosterone levels and androgen metabolism, encouraging healthy hair growth and skin health. This restorative blend of herbs and nutrients encourages normal healthy cortisol and adrenal function in response to internal or external stress.

Formula

Each/Chaque vegi cap contains:

Vitamin(e) D3 (cholecalciferol)	250 IU
Vanadium (as vanadyl sulfate)	0.20 mg
Chromium (polynicotinate)	0.15 mg
Inositol (myo-inositol, d-chiro-inositol)	150 mg
Chasteberry Extract (vitex agnus castus) (0.5% Agnuside)	150 mg
Saw Palmetto Extract (serenoa repens) (45% fatty acid)	150 mg
Organic Licorice Root (glycyrrhiza glabra L.(fabaceae))	150 mg

Constituent Bio Marker Per Dose

Vitex Agnusides	0.75 mg
Saw Palmetto fatty acids	67.5 mg

Non-Medicinal ingredients: hypromellose vegi capsule
Ingredients non medicinaux: hypromellose vegi capsule

Formulation Features

- **Vitex** (chaste tree) supports a healthy normal menstrual cycles, and ovulation cycle encouraging healthy fertility
- **Saw Palmetto** supports healthy ovarian function, and optimal androgen metabolism



95% of our herbs and herbal extracts are certified organic.

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Supplementation

- Take one to three capsules twice daily or as directed by your health care practitioner. Can be taken with or without food.
- Taking it with food may benefit those prone to nausea with medications.

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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