

# 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"> <li>Serum insulin</li> <li>Total testosterone, estradiol, progesterone, FSH, LH, DHEA-S</li> <li>HbA1c</li> <li>Fasting glucose</li> </ul>	<b>Inositol (powder)</b> (Order Code: INP2C-C)	1 scoop 1-2 times daily
Support healthy lipid metabolism and cardiometabolic health	<ul style="list-style-type: none"> <li>OmegaCheck®</li> </ul>	<b>EPA/DHA Essentials</b> (Order Codes: ED11C-C)	1 capsule 2 times daily with meals
Provide critical nutrient cofactors that support ovarian and endocrine function	<ul style="list-style-type: none"> <li>Micronutrient testing</li> </ul>	<b>Women's Nutrients</b> (Order Codes: WN1C-C)	1 capsule daily, with a meal
Support healthy metabolic function	<ul style="list-style-type: none"> <li>25 OH Vitamin D</li> </ul>	<b>Vitamin D<sub>3</sub> Liquid</b> (Order Codes: VDLC-C)	1-5 drops daily
		<b>Quercetin</b> (Order Codes: QU1C-C)	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"> <li>No assessment needed</li> </ul>	<b>NAC 600 mg</b> (Order Codes: NA61C-C NA69C-C)	1 capsule, 1-3 times daily
Promote healthy insulin receptor function and glucose homeostasis, which support weight management	<ul style="list-style-type: none"> <li>HbA1c</li> </ul>	<b>Metabolic Xtra</b> (Order Code: MX9C-C)	1 capsule, 1-3 times daily, with meals
Promote immune function in the skin	<ul style="list-style-type: none"> <li>Physical assessment</li> </ul>	<b>Zinc 15</b> (Order Codes: Z11C-C)	1 capsule daily, with a meal
Support methylation, which plays a role in fertility	<ul style="list-style-type: none"> <li>MTHFR C677T genotype</li> <li>Serum folate</li> <li>Homocysteine</li> </ul>	<b>PureGenomics® B-Complex</b> (Order Code: PGB1C-C)	1 capsule daily, with a meal
Support intestinal barrier function and gut microbiome	<ul style="list-style-type: none"> <li>Microbiome testing</li> </ul>	<b>Probiotic-5</b> (Order Code: PRB6C-C)	1 capsule, 1-2 times daily, with or between meals
		<b>Barrier Integrity Powder</b> (Order Code: EIP1C-C)	Take 1 scoop daily, with at least 1 cup (250 mL) of water or juice
Promote healthy cytokine balance	<ul style="list-style-type: none"> <li>hsCRP</li> </ul>	<b>CurcumaSorb</b> (Order Code: MCU9C-C)	2 capsules, 1-3 times daily, between meals
For additional support as needed	<ul style="list-style-type: none"> <li>Assessment not necessary</li> </ul>	<b>Melatonin 3 mg</b> (Order Codes: ME36C-C)	1 capsule daily, ½ to 1 hour before bedtime

Available for download at [PureEncapsulations.ca/en/pure-resources](https://PureEncapsulations.ca/en/pure-resources)

Please note that patients may not require all supplements listed.

\*Dr. Felice Gersh is a retained advisor to Pure Encapsulations.

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