

Boost your chances  
of having a baby

Targeted and highly  
effective treatment



for both of you

*Conceiving solutions  
for generations*





# How does inoself help in PCOS?

Among the challenges presented by PCOS, trying to become pregnant can be one of the most distressing. The syndrome can affect women in different ways and to varying degrees. Inoself is a proven effective treatment for all aspects of the syndrome, including subfertility.

inoself has a range of actions that treat other non-fertility symptoms. Another leaflet, available online, addresses those actions.



Often, women with PCOS ovulate irregularly or not at all which is one of the major brakes on getting pregnant. Studies of anovulatory women with PCOS show that 70% start to ovulate normally within 3 months of commencing treatment and one of the studies yielded a pregnancy rate of nearly 1 in 4 at the first attempt at natural conception. Other studies involving women undergoing ovarian stimulation demonstrated the range of inoself benefits: fewer cancelled cycles, better oocyte quality, lower doses of FSH used and, most importantly, a significantly higher live birth rate.

**In all of the studies using the recommended dose, involving thousands of patients, there were no reported side effects – and there are no known adverse interactions with other treatments.**

# What if I don't have PCOS?

If you're reading this leaflet and do not have PCOS, you are probably still facing challenges that are preventing you from becoming pregnant. You may have made significant lifestyle changes and tried other treatments without success so far. Now you find yourself seeking expert help and guidance and it's highly likely that inoself can play an important role to help you achieve your goal.



## 3 months pretreatment with inoself can improve outcomes

Two recent studies show that inoself can play a very positive role, significantly improving the quality of oocytes - a much better starting point if you are trying to get pregnant.

The study protocols involved taking inoself for 3 months in preparation for a cycle of treatment such as IVF or ICSI.

The number of top quality (M2) oocytes and the Ovarian Sensitivity Index were significantly higher following treatment. The amount of FSH required was significantly (12-19%) lower. There was also a trend showing that pregnancy rates were higher but larger studies are needed to prove this benefit to statistical significance.

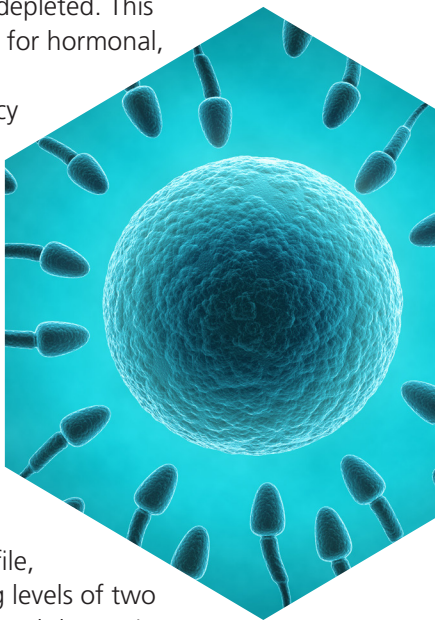
**inoself can save you money and improve outcomes: the saving due to the reduced amount of FSH per treatment cycle more than outweighed the cost of 3 months pretreatment.**

# How does it help men?



**inoself** contains an active ingredient that is often lacking in both sexes and which can manifest itself as PCOS in women and as diabetes and/or metabolic syndrome in men and women. Inositoria is often observed amongst affected individuals which is symptomless in the early stages but is a sign that the body's supply of inoself's active ingredient, myo-inositol NF12, is depleted. This metabolite is essential for hormonal, sugar and cholesterol regulation. A deficiency can alter biochemical balance and impede a couple's chances of conceiving.

Importantly, for prospective fathers, it is also essential for normal sperm motility and concentration. A deficit can alter the normal hormonal profile, significantly increasing levels of two hormones, LH & FSH, and decreasing a third, inhibin. Taking inoself twice daily for 3 months can restore hormonal balance and increase sperm count, concentration and motility. It can also raise the proportion of acrosome-reacted spermatazoa, thereby improving your chances of conceiving.



**The combined benefits are good prognostic indicators that may improve your chances of conceiving.**



# Where can I buy inoself?

inoself is available exclusively online:

**[www.inoself.com](http://www.inoself.com)**

Select your package we'll take care of the rest. It's simple, secure and hassle-free.

## Recommended treatment times

3 months pretreatment for both men and women is the proven treatment protocol recommended by most doctors.

For women with PCOS, additional benefits accrue from long term treatment. Please see our site.



You can order online with your phone, tablet or PC. If you have any questions, please email us: we want to help.

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