



## Fast, Effective and Safe

### PolyCystic Ovary Syndrome (PCOS)

Our understanding of the causes of PCOS has dramatically advanced in the past few years which is excellent news for anyone with the condition. 65-80% of affected women have insulin resistance which can now be targeted directly, getting to the root cause of PCOS in the majority of women.

Normalising your response to insulin enables you to metabolise sugar and fat more effectively and corrects hormonal imbalances that can give rise to typical PCOS symptoms.

### Gestational Diabetes (GDM)

Gestational Diabetes or Diabetes in Pregnancy is becoming increasingly common, affecting 12-18% of women. It can cause long and short term health problems for mother and baby so prevention helps safeguard you both. Inoself is a proven product which prevents the development of GDM in 65-70% of women at risk.

**It is safe to use throughout pregnancy and has no known side effects or interactions with other medicines.**

We hope this introduction to Inoself is helpful and that you can appreciate the positive role it can play in your life. Although new to the UK and Ireland, it has been used with great effect in Italy for over 10 years. It has helped hundreds of thousands of women live more normal lives and corrected many of the signs and symptoms associated with PCOS and syndromes of similar origin. We are very excited to introduce this groundbreaking product and help as many women as possible live fuller, healthier lives.

On our website you will find an extensive reference resource with links to the latest research and in-depth explanations of how Inoself gets to the root cause of the problem, supplementing a metabolic deficiency characteristic of PCOS. We look forward to your visit.

Connect with your



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for a fuller, healthier life

## PCOS & DIP Targeted Treatment

**Fast, Effective & Safe in  
Polycystic Ovary Syndrome  
& Diabetes in Pregnancy**



## What is PCOS?

PCOS is a very common endocrine disorder that affects about 10% of women of reproductive age. It derives its name from the appearance of the ovaries in many women with the syndrome.

## How do I know if I am affected?

PCOS tends to run in families: sufferers often have close relatives with PCOS and/or Type 2 Diabetes (T2D) - you should tell your doctor about any relevant family history.

## Symptoms can vary in range and severity, they may include:

- Irregular/absent periods
- Difficulty in getting pregnant
- Adult acne/oily skin
- Hirsutism – unwanted hair on the body, face or buttocks
- Loss or thinning of scalp hair
- Weight gain – can be rapid and difficult to lose
- Mood changes and depression

## Diagnosis

This will normally be done by a gynaecologist or endocrinologist using set criteria. Typically, women with PCOS have irregular or infrequent periods and/or evidence of high male hormones (e.g. testosterone) and/or polycystic ovaries. Once diagnosed, an effective treatment plan can be put into place.

**If you are one of the majority of women (65-80%) with PCOS who have insulin resistance, it is very likely that you will benefit from Inoself.**



## Treatment with Inoself

Although PCOS cannot be cured at present, excellent results are possible in the majority of sufferers with Inoself. Inoself is a targeted treatment that supplies an essential metabolite, lacking in most affected women. The active ingredient, myo-inositol, is required by a number of cell functions, including blood sugar regulation and fat metabolism. Its lack can cause the typical PCOS symptoms. Correcting the deficiency allows the cells to function normally, reducing or eliminating symptoms.

*Weight control and daily aerobic exercise for 30 minutes has an additive effect, combined with Inoself.*



## How long until I notice a difference?

Results can be quite rapid. Blood tests (e.g. cholesterol or insulin) usually improve ahead of symptoms. Hirsutism is relatively slow to respond because the hair follicles have a 6 month life cycle. Positive blood test results should encourage you to continue treatment so that you enjoy the full benefits of Inoself, which has been shown to help improve or eliminate all PCOS symptoms.

In several studies of women with very few or absent periods, 70% started ovulating normally after just 3 months. If having a baby is one of your treatment goals, normal ovulation is a very desirable starting point. If not, we recommend that birth control should be considered.



## How long should I take Inoself for?

Inoself is a lifelong supplement. The syndrome has long term health risks particularly associated with raised cholesterol. Inoself lowers "bad" cholesterol (LDL-C) by over 20% and raises "good" cholesterol (HDL-C) by a similar amount. This reduces or eliminates the associated long term risks so long as you keep taking it.



## Pathway to Pregnancy

Becoming pregnant can be very challenging. Many women seek specialist fertility help to achieve that particular goal. As only about 20% of affected women ovulate normally, the chances of conceiving without treatment are limited. Inoself has been shown to be highly effective in normalising ovulation in 70% of women within 3 months, markedly improving the chances of conceiving naturally.

## Protection throughout Pregnancy

Gestational Diabetes (GDM) affects 12-18% of pregnant women in the UK and Ireland. It is important because there are significant health risks to both mother and baby.

Prevention is usually better than treatment. In two large studies, Inoself reduced the risk of developing GDM by 65% in women with a family history of Type 2 Diabetes (T2D) and by 70% in women with a BMI above 30.

## By taking Inoself throughout pregnancy the incidence of GDM is hugely reduced.

Women with GDM are much more likely to develop T2D in later life, they also tend to have larger babies with inherent risks for delivery. There is also a much larger risk of developing hypertension which can lead to pre-eclampsia. Babies born to women with GDM have a much higher chance of needing high dependency care; Inoself reduces the risk significantly.

**Eliminate or reduce the raised health risks of pregnancy for both you and your baby with Inoself.**

