

HOW THE INGREDIENTS IN INOFOLIC® CAN HELP WITH PCOS

Inofolic® is a natural health product. **Myo-inositol** is the main ingredient in Inofolic®. Each Inofolic® capsule contains 600mg of myo-inositol, sourced from whole plant *Zea mays* (corn). In women with PCOS, myo-inositol helps improve insulin sensitivity, it helps promote regular ovulation and helps normalize menstrual cycle irregularities. Myo-inositol also helps increase the quality of eggs released in each ovulatory cycle in women with PCOS, and helps them prepare for pregnancy.

Myo-inositol helps with the androgenic (testosterone) impact of PCOS by helping restore hormonal balance as well as helps reduce the elevated level of male hormones (hyperandrogenism) which in return can reduce excess hair growth.

In addition, Myo-inositol helps manage metabolic and hormonal conditions, and promotes healthy glucose metabolism, in women with PCOS.

Folic Acid is the other medicinal ingredient in Inofolic®. Each Inofolic® capsule contains 200 mcg of folic acid (folate). Folic acid helps to reduce the risk of neural tube defects when taken at least 3 months prior to becoming pregnant and during early pregnancy.

WHAT'S NEXT

Once you have received a diagnosis of PCOS, your healthcare provider may recommend lifestyle changes, diet and exercise, the oral contraceptive pill, other medications and supplements, such as Inofolic. You may start using Inofolic®:

- Take 2 capsules, 1 time per day; or take 1 capsule twice daily (preferably 12 hours apart) separated from meals.

It may take a few months to start working and changes may be subtle at first.

Talk to your health care provider about what you should expect and take note of any changes in a journal.

WHERE CAN I BUY INOFOLIC®?

Inofolic® is now available to Canadian women living with PCOS. Inofolic® is available online at:

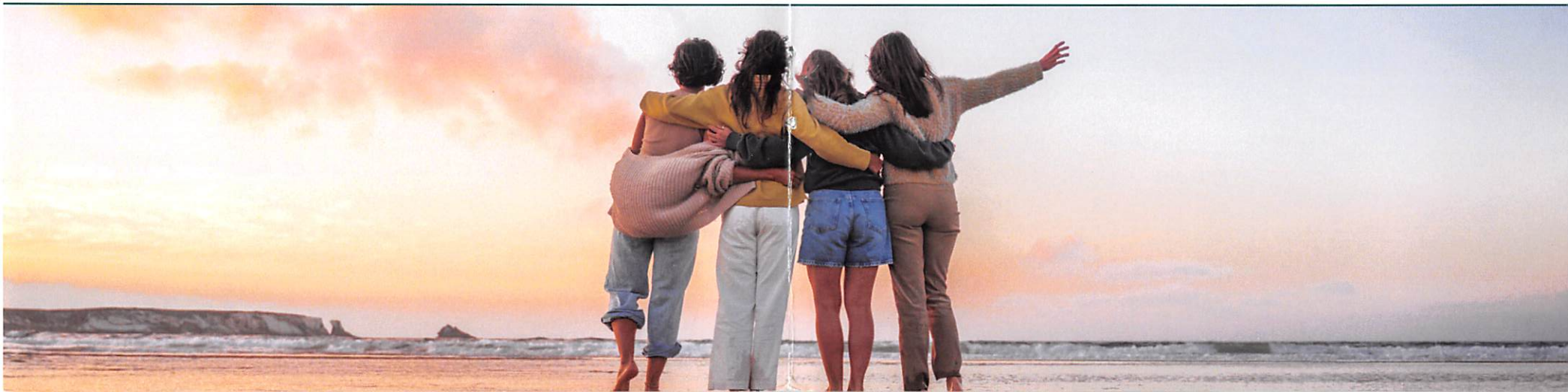
[Amazon](#)

[Well.ca](#)

[Pharmex Direct](#)

Inofolic® may not be available in all local retail pharmacies. Ask your local pharmacy for a special order of Inofolic®.

Where can I find more information about Inofolic®?



FREQUENTLY ASKED QUESTIONS

How can Inofolic® help my acne and excess hair growth?

Myo-inositol helps to reduce blood testosterone level, which in turn helps reduce excess facial and body hair in women with PCOS (hirsutism) and helps reduce acne.

How does Inofolic® help treat issues related to infertility?

Clinical research shows that myo-inositol helps restore ovulation, normalize menstrual cycle irregularities, and improve ovary egg (oocyte) quality.

- It also helps promote and restore pregnancy rates and fertility in women under 36 years old with PCOS who undergo in vitro fertilization (IVF).
- The combination of myo-inositol and folic acid in Inofolic® helps support normal early fetal development and helps reduce the risk of neural tube defects.



THE FOLLOWING ARE SOME RECOMMENDED USES OF INOFOLIC® IN WOMEN WITH PCOS:



Helps reduce excess hair growth and acne.



Aids in the management of PCOS's hormonal and metabolic conditions.



Helps to improve insulin sensitivity.



Helps promote regular ovulation and helps support regular menstrual cycles.



Helps increase the quality of eggs and helps restore normal ovarian function.



Helps to support normal early fetal development.



WHAT CAN I DO?

Each woman has her own story with PCOS, because every woman experiences a different combination of signs and symptoms.

Talk with your healthcare provider, and ensure you clearly communicate all your symptoms, any discomfort or doubts you may have, your treatment expectations, whether you have a desire for pregnancy or not, and any issue that concerns you. There are various options that can help improve your symptoms and your health care provider can help you choose the right one.

Often, women struggle to find the right solution for this complex syndrome, but together with your healthcare provider and the information found here, you can feel more confident about how to manage your condition.

The International PCOS Guidelines recommend a lifelong reproductive health plan including a focus on healthy lifestyle and prevention of weight gain, and optimization of fertility.⁶



When should I start Inofolic® therapy?

You can start taking it at any moment, regardless of where you are in your menstrual cycle.⁷

When should I first start noticing results?

There is individual variation in the response to Inofolic® based on the type and severity of signs and symptoms. Clinical evidence has shown that it may take 3-4 months to restore ovulation,⁸ and up to 6 months to reduce symptoms related to skin such as acne and hirsutism in women with PCOS.⁹

What is the difference between Inofolic® soft-gel capsules and other inositol preparations?

Myo-inositol in powder form might not be absorbed as effectively by the body due to certain factors. This means you might need to take higher amounts of it to get the desired effects, which could cause more side effects and make it harder for people to stick to taking it regularly.

When developing supplements, how well the body can absorb them is really important. This is called bioavailability. It shows how much and how quickly a substance gets into your bloodstream when you take it, especially when taken orally. →



To address this, scientists developed a new soft gelatin capsule form of myo-inositol combined with folic acid, called Inofolic®. 600 mg of Myo-inositol in soft-gel capsule form was tested against 2,000 mg in powder form to see how well the body absorbs it. The myo-inositol in the soft-gel capsule showed better absorption compared to the powder. This means despite containing approximately three times less myo-inositol, the soft-gel capsule achieved the same blood levels as the powder.

What should I do if I forget to take Inofolic®?

If you missed a dose of Inofolic, take it as soon as you remember. But if it is almost time for your next dose, skip the missed dose and continue with your next scheduled dose. Go back to the regular dosing schedule. Do not take two doses at the same time.

Does Inofolic® have side effects?

Supplementation with Folic Acid can mask a vitamin B₁₂ deficiency. If you are unsure whether you are taking enough vitamin B₁₂, consult a health care provider prior to use.

THE MAIN SYMPTOMS OF PCOS ARE:^{4,5}



Irregular periods

Hormonal changes may cause irregular menstrual cycles and sometimes no cycle at all.



Infertility

It may be difficult to get pregnant due to unbalanced hormone levels that affect egg maturation.



Metabolic Changes

Higher cardiovascular risks, and greater chance of developing diabetes.



Weight gain

Higher risk of being overweight, mainly in the abdominal area.



Acne & Hair loss

Skin problems, such as acne and alopecia "hair loss".



Excessive hair growth

Unwanted and excessive facial or body hair (hirsutism).

BioSyent's PCOS Symptoms Checker is a useful way to identify your specific symptoms and goals. Use this tool and discuss your condition with your health care provider.





WHAT IS PCOS?

Polycystic Ovary Syndrome (PCOS) is a condition that affects 1.4 million Canadian women.¹ The causes of PCOS are not yet well understood, but after years of research, healthcare providers know a lot more about this syndrome and how to support PCOS women.

PCOS is characterized by unbalanced hormone levels, especially those involved in female reproduction. Often, metabolism is also affected, increasing the risk of developing Type II Diabetes.²

While some women may only experience mild symptoms, for others, the condition can be quite debilitating. PCOS can negatively impact quality of life by affecting both physical health and psychological well-being.³

Are there any warnings when using Inofolic®?

Keep out of reach of children. Do not exceed the recommended daily dose.

Dietary supplements are not intended as a substitute for a varied and balanced diet and healthy lifestyle.

If symptoms persist or worsen, consult your healthcare provider. To ensure the timely treatment of a serious cause of infertility, consult a healthcare provider prior to use.

REFERENCES

- 1) Lujan ME, Chizen DR, Pierson RA. Diagnostic criteria for polycystic ovary syndrome: pitfalls and controversies. *J Obstet Gynaecol Can.* 2008 Aug;30(8):671-679. doi: 10.1016/S1701-2163(16)32915-2. PMID: 18786289; PMCID: PMC2893212.
- 2) Liao WT, Huang JY, Lee MT, Yang YC, Wu CC. Higher risk of type 2 diabetes in young women with polycystic ovary syndrome: A 10-year retrospective cohort study. *World J Diabetes.* 2022 Mar 15;13(3):240-250. doi: 10.4239/wjd.v13.i3.240. PMID: 35432752; PMCID: PMC8984565.
- 3) Podfigurna-Stopa A et al. *Gynecol Endocrinol.* 2015 Jun;31(6):431-4.
- 4) Laganà AS et al. *Trends Endocrinol Metab.* 2018 Nov;29(11):768-780.
- 5) Minozzi M et al. *Reprod Biomed Online.* 2008 Oct;17(4):579-82.
- 6) Helena Teede et al. *International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome 2023* Aya Mousa, Chau Thien Tay, Helena Teede. Technical Report for the International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. doi.org/10.26180/23625288.v1 Copyright Monash University, Melbourne, Australia 2023 ISBN: 978-0-6458209-0-4
- 7) Pkhaladze L et al. *Eur Rev Med Pharmacol Sci.* 2021 Dec;25(23):7476-7485.
- 8) Costantino D, Minozzi G, Minozzi E, Guaraldi C. Metabolic and hormonal effects of myo-inositol in women with polycystic ovary syndrome: a double-blind trial. *Eur Rev Med Pharmacol Sci.* 2009 Mar-Apr;13(2):105-10.
- 9) Zacchè MM, Caputo L, Filippis S, Zacchè G, Dindelli M, Ferrari A. Efficacy of myo-inositol in the treatment of cutaneous disorders in young women with polycystic ovary syndrome. *Gynecol Endocrinol.* 2009 Aug;25(8):508-13. doi: 10.1080/09513590903015544. PMID: 19551544.



inofolic.

www.inofolic.ca

@inofolic_canada @inofolic.canada InofolicCanada

Find Inofolic® at:

amazon Well.ca Wellness Delivered

PHARMEX Direct Inc.

your local pharmacist can also order Inofolic upon request.

Watch women share their PCOS journey online at inofolic.ca/patient-stories



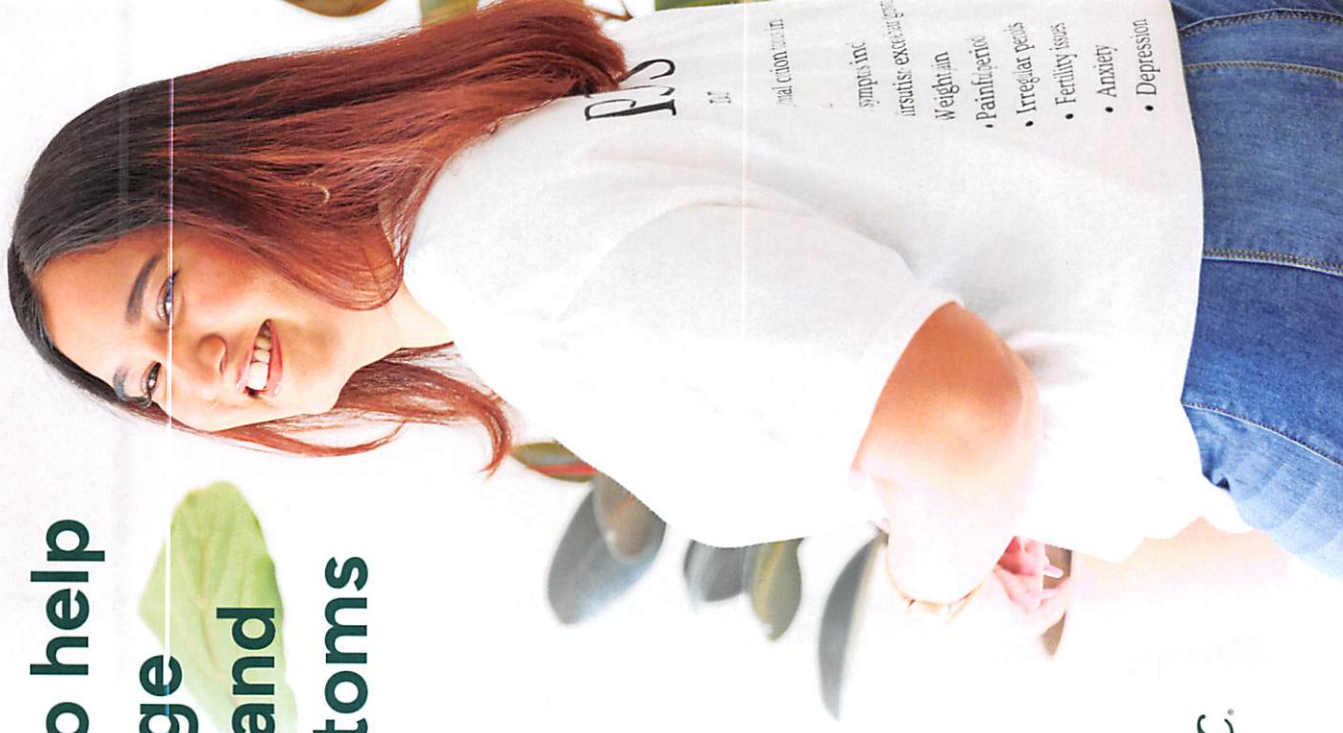
This product may not be right for you. Always read and follow the label and consult your health care provider regularly. The contents of this pamphlet are for informational purposes and are not intended to offer personal medical advice. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this pamphlet.

Inofolic.ca

BioSyent Pharma Inc.
1-888-439-0013
inofolic@biosyent.com

Polycystic ovary syndrome (PCOS):

Tips to help manage signs and symptoms



inofolic.

- Weight gain
- Painful periods
- Irregular periods
- Fertility issues
- Anxiety
- Depression