

Mayogest D:

Myogest D is prescribed for Poly Cystic Ovarian Syndrome (PCOS) in women. Hormonal imbalance is primary cause of PCOS. Myogest D helps to balance the hormonal disturbance. It also improves quality of ovum and thus improves the symptoms in patients of infertility.

Composition:

Myo-inositol	1000 mg
D-chiroinositol	25 mg
L-Methyl Folate	400 mg
Vitamin D3	1000 iu
Chromium Picolinate	100 mcg

Myo-inositol

Myo-inositol is considered a safe and effective treatment for polycystic ovary syndrome (PCOS). It works by increasing insulin sensitivity, which helps to improve ovarian function and reduce hyperandrogenism. It is also shown to reduce the risk of metabolic disease in people with PCOS. Myo-inositol's role as FSH second messenger leads to a correct ovarian follicle maturation and consequently to a higher oocyte quality. Improving the oocyte quality in both women with or without PCOS, Myo-inositol can be considered as a possible approach for increasing the chance of success in assisted reproductive technologies.

D-Chiroinositol

Recent evidence reports a faster improvement of the metabolic and hormonal parameters when these two isomers (myo-inositol and D-Chiroinositol) are administered in their physiological ratio. The plasmatic ratio of myo-inositol and D-chiro-inositol in healthy subjects is 40:1 of myo- and D-chiro-inositol respectively. The use of the 40:1 ratio shows the same efficacy of myo-inositol alone but in a shorter time. In addition, the physiological ratio does not impair oocyte quality.

L-Methyl Folate

Anemia in pregnancy is a decrease in the total red blood cells (RBCs) or hemoglobin in the blood during pregnancy or in the period following pregnancy. It involves a reduction in the oxygen carrying capacity of the blood. Anemia is an extremely common condition in pregnancy and postpartum world-wide, conferring a number of health risks to mother and child. Maternal signs and symptoms are usually non-specific, but can include: fatigue, pallor, dyspnea, palpitations and dizziness. There are numerous well-known maternal consequences of anemia including: maternal cardiovascular strain, reduced physical and mental performance, reduced peripartum blood reserves, increased risk for peripartum blood product transfusion, and increased risk for maternal mortality.

Folate is a form of B vitamin that occurs naturally in many foods. Folic acid is the man-made form of folate that is added to processed foods or vitamin and mineral supplements. Folate is needed in the human body for production of red blood cells.

A lack (deficiency) of folate in the human body can be caused by certain diseases, by taking certain medications, or by not getting enough folate in your diet. Folate deficiency can lead to decreased red blood cells, or anemia. Folate deficiency can also cause high levels of a certain amino acid in the blood, a condition called hyperhomocysteinemia.

Vitamin D:

Vitamin D has been shown to play a role in egg quality, development, and overall fertility. A study published in the *Journal of Obstetrics & Gynecology* showed that infertile PCOS women had improvements in menstrual regularity after 3 months of supplementation with 1000 milligrams of calcium and 400 international units (IU) per day of vitamin D.

Vitamin D status has been shown to improve fertility and pregnancy rates during assisted reproduction therapy. In a study published in the *European Journal of Endocrinology*, infertile women with PCOS who underwent Clomid stimulation had more mature follicles and were more likely to get pregnant when they had higher vitamin D levels. Conversely, those who were deficient in vitamin D had less mature follicles and lower pregnancy rates.

Chromium Picolinate

Picolinate form of chromium supplementation aids in reducing insulin resistance and improving glucose metabolism. U.S. Food and Drug Administration (FDA) approved a qualified health claim for chromium picolinate as a dietary supplement relating to insulin resistance and risk of PCOS. Any company wishing to make such a claim must use the exact wording: "One small study suggests that chromium picolinate may reduce the risk of insulin resistance, and therefore possibly may reduce the risk of PCOS."