**McMinn Clinic**

**Supplements for PCOS**

*You are welcome to get these supplements in whatever brand that you choose, and to get it wherever you wish. However, here are some options for you. Most of these products are available online.*

Alpha lipoic acid can help to reduce insulin resistance. Douglas Labs at 100 mg per pill, to take 2-5 pills a day.

-Ashwagandha- May take powder, tincture, or capsules- Pure Encapsulations has a good brand of capsule; One 500 mg capsule/day

-Berberine Balance by Douglas labs at 2 pills a day.

-May improve IR

 -Don’t take it if you are breast feeding or pregnant.

-This is a supplement that you’ll want to take for a limited period of time, such as a few months.

-Also it can alter liver metabolism, so if you are taking drugs like antidepressants, beta blockers, blood thinners, antibiotics or immunosuppressants then consult your provider.

-Black Cohosh- may find online as tincture or capsule. Pure Encapsulations has a good brand.

-Choline up to 900 mg per day.

-Chromium Picolinate at 500 mics twice a day.

-Co Enzyme Q 10 (UBQH) by Integrative Therapeutics 100 mg- at 2 pills a day

-Curcumin in the form of Theracumin by Integrative Therapeutics- 2 capsules a day

-Fenugreek- can improve sugar and insulin levels. May take capsules, powder or seeds.

-Fertility Blend- Follow directions on bottle.

-Fish Oil in the form of Pure Omega by Integrative Therapeutics- 2 soft gels per day

-L- Carnitine- Pure Encapsulations at one pill per day

-Maitake mushrooms- MRS complex by Pure Encapsulations at one pill once a day

-Magnesium glycinate by Douglas Labs at 300-500 mg/day

-Manganese- this is included in ONE multivitamin by Pure Encapsulations

-Melatonin by Orthomolecular 1 mg tab. Take 1-3 tabs per day.

-Methylated B complex vitamins in the form of Methyl CPG by Orthomolecular

 -One pill once a day.

-Metformin is a prescription item and the dose is to be determined by your provider.

-Multivitamin in the form of ONE multivitamin- by Pure Encapsulations at one pill/ day.

-Myoinositol- Pure Encapsulations- 2 scoops (4 grams) per day

-Myoinositol and DCI together as combination. May find online as a powder or capsule.

-NAC by Integrative Therapeutics at 600 mg per day

Prebiotic- Galactomune by Klaire. Or may get the prebiotics through the food that you eat. Go online and search for “prebiotic food list.”

Peony and licorice

 -Can find this combo online

-Don’t take in combo with fertility drugs

-Don’t take if you’re under 18

-Don’t take for more than 6 months. Take a break for a month, then you can resume if it was helping you.

-Prenatal vitamin by Pure Encapsulations- 2 per day

-Probiotics - Orthobiotics by Orthomolecular at 1 pill per day. Other good brands may include: Dr. Ohhira, Ther-biotic Complet by Klaire Labs.

-Progesterone- If needed then consult your provider for the dosage and timing.

-Quercitin in the form of Alpha-glycosyl IsoQuercitin at by Integrative Therapeutics

-Resveratrol at 1,500 mg per day Pure Encapsulations- 40 mg per capsule

-Rishi Mushrooms- MRS complex by Pure Encapsulations at one per day

-Selenium- this is included in ONE multivitamin by Pure Encapsulations.

-Spearmint tea at 2 cups per day.

-Vaginal probiotic in the form of Women’s ProFlora by Integrative Therapeutics

-Vitamin C at 1,000 mg by Integrative Therapeutics.

-Vitamin D3 2,000 IU- You’ll find 2,000 IU in the ONE multivitamin by Pure Encapsulations, or you can take a separate vit D pill.

-Vitamin E (mixed tocopherols) by Pure Encapsulations at one pill per day.

-Zinc at 15-45 mg. You’ll find this in ONE multivitamin by Pure Encapsulaitons.

-Zygluten at 1-2 capsules with each gluten meal, or may be used as an excellent overall digestive enzyme

If you become pregnant then stop taking berberine, resveratrol, cannabis products, curcumin, black cohosh, and funugreek