

YOU'RE NOT ALONE

For the past couple of years, doctors and researchers around the world have been working hard to try to identify and "solve" one of the most common but poorly understood and diagnosed conditions affecting millions of women today.

Have you ever heard of PCOS? Not many have yet. It's short for Polycystic Ovarian Syndrome, and it might sound like some rare and far-away condition, but it's not. PCOS is extremely common – some say the most common – condition among women, in the fertile age group (15-49) today.

It is a hormonal (endocrine) and metabolic condition that presents with some of the most common "everyday" signs and symptoms that women experience:

- Irregular, missed (or absent) menstrual cycles
- Weight gain
- Acne, pimples and oily skin
- Excess hair growth
- Difficulty falling pregnant

And, of course, there's the invisible effects that go with it all. The fear of leaving the house when you just want to hide from the world. The anxiety of "will this ever go away?" The depression of "why me?" and "am I alone?"

Fortunately, we now know enough about PCOS to be able to do something about it.

**YOU ARE NOT ALONE.
WE ARE HERE TO SUPPORT YOU.**

www.ovaria.co.za

OVARIA

OVARIA FOR A HEALTHY LIFESTYLE

Ovaria is a nutritional supplement that comes in powder form. Choose from two flavours – orange or peach.

You simply tear open the sachet, mix the content with water and drink, once per day.

Ask your doctor for more information, find Ovaria at your nearest reputable pharmacy or simply order it online via Lamelle's health store:

www.lamellepharmaceuticals.co.za



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OVARIA

SUPPLEMENT FOR OVARIAN HEALTH



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OVARIA

- **Ovulation**
- **Normal menstrual cycle**
- **Healthy insulin levels**
- **Glucose metabolism**
- **Hirsutism (excess hair growth)**
- **Acne**

CAN YOU SPARE A MINUTE FOR YOURSELF?

Before you look in the mirror. (Again!) Before you step on that scale. (For the thousandth time.) There's something really important that you should know.

Every day, millions of women around the world look at themselves in the mirror and see something that no one else does. They are of every age and from every culture. They feel happy, sad, depressed, insecure, scared, determined. They are brave. And would be even more so, if only they knew that they are not alone.

Are you one of them? Have you ever felt the pressure rise when you notice you've put a little bit of extra weight? Your weight just keeps creeping up; no matter how careful you are of what you eat or how regularly you exercise. How about the frustration when you see another swollen, red pimple? Or the facial hair that means you'll have to wax or use a hair removal product, just to look like a "normal" woman again?

And what about your last period. When was it again? Does thinking about your cycle give you a rising sense of dread? Well, here's something really important you should know:



OVARIA

Ovaria is an ovarian-health nutritional supplement. Our main ingredient is a naturally-occurring complex that's part of the vitamin B family, 4000 mg Myoinositol, the required daily dose clinically proven to be effective in the treatment of PCOS symptoms.

The naturally-occurring ingredient in Ovaria bind to cell receptors, activating the signalling pathways that regulate thyroid hormones and, most importantly, insulin in the body. This means Ovaria helps activate glucose transporters and helps your cells use the glucose. And, so doing, Ovaria helps normalise blood insulin levels, which normalises androgen and improves the symptoms of PCOS, including weight gain, fertility, oily skin, acne and hair growth.

THE INGREDIENT IN OVARIA IS PROVEN TO:

- Increase ovulation rate in 16 weeks
- Increase menstruation cycles
- Reduce hirsutism (excess hair growth) by 29% in 6 months

THE BENEFITS OF OVARIA:

- Improves ovulation to enhance fertility in women
- Normalises the menstrual cycle – in case of period problems
- Improves insulin resistance – useful for managing weight problems
- Improves blood glucose level (fasting glucose)
- Reduces hirsutism – used for hair growth problems
- Reduces the severity of acne – used for acne problems
- Improves insulin resistance, reducing type 2 diabetes risk and its complications
- Reduces blood androgens – used for acne, excess hair and increased sebum

WHAT IS PCOS REALLY?

PCOS is a hormonal condition that also affects your metabolism. Research shows that most women who are diagnosed with PCOS have an underlying problem with processing insulin, the hormone that helps your body store and use carbohydrates as energy.

When your body is unable to use insulin correctly, this insulin resistance triggers your ovaries to produce more androgens (male hormone) than normal. This plays havoc with your weight change, causes acne and may cause excess hair growth. Even scarier, the excess androgen in your body contributes to irregular or missed periods – and could even lead to infertility.

WHAT CAN I DO IF I THINK I HAVE PCOS?

The good news is you can get help. And it's pretty easy. Your doctor or gynae will be able to advise you. You can take a few quick tests, get an expert's insight and finally have an answer to the questions you had about your body.

And it doesn't matter what age you are. In your teens, you might just want some answers about your weight, acne, hair growth and those times you missed your period. Or, if you want to start a family, you might already have some trouble conceiving. Even later in life, if you've had some of these symptoms and just want to make sure the insulin part doesn't become something more serious (yes, PCOS has been linked to diabetes and heart diseases).

If you feel you need some clarity, getting medical advice is a way to break out of the cycle of fear and anxiety. A way to change things. To take back your life and be able to look forward again.

PLUS: WE HAVE YOUR BACK

Lamelle Pharmaceuticals have developed an exciting new product specifically to complement the treatment of PCOS and promote ovarian health. Have a look: