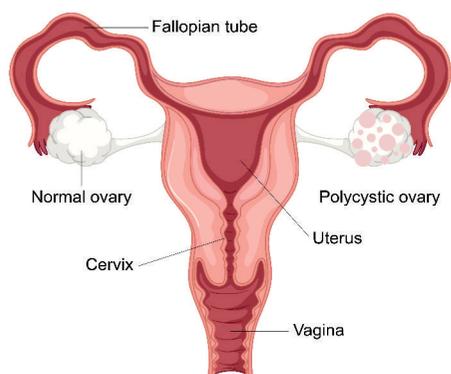


Life Care Pharma *introduces*



O-Cyst tablet

Myo-Inositol 600 mg,
D-chiroinositol 15 mg,
Folic Acid 400mcg,
Vitex Berry Extract 50 mg,
N-Acetyl L-Cysteine 400mg &
Co-Enzyme q.10. 50 mg

A perfect & latest combination first time in Bangladesh

40:1 Combination of Myo-inositol and D-chiro-inositol: A First-Line Treatment for PCOS

Why the 40:1 Ratio of Myo-Inositol & D-Chiro inositol Matters?

The majority of the tissues in our bodies have a unique combination of MYO to DCI in a 40:1 ratio. MYO converts into DCI but in PCOS women, this conversion is believed to be defective. So, what happens in PCOS women is that MYO is get converted into DCI too quickly, depleting levels of MYO inositol and raising levels of DCI. This is why so many women with PCOS struggle with infertility because they are making too much DCI which worsens egg quality in high amounts (over 600 mg per day). This is why taking a combination of MYO and DCI in the 40:1 ratio to maintain the physiological ratio in the body is important.

This is why taking a combination of Myo-Inositol and D-Chiro inositol in the 40:1 ratio is to maintain the physiological ratio in the body is important for improving egg quality and menstrual regulation, Promotes Ovulation, improve oocyte & embryo quality, as well as pregnancy rates in PCOS

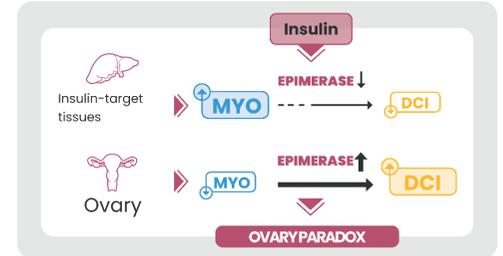
- **Health Benefits of Myo and DCI Inositol**
- Regulates menstrual cycles
- Promotes Ovulation
- Improves egg quality
- Reduce hair loss
- Decreases the risk of gestational diabetes in pregnancy
- Lowers insulin and glucose
- Lowers cholesterol
- Lowers inflammation
- Improves anxiety
- Improves acne



In recent years, an increasing number of studies have focused on the ability of inositols, especially myo-inositol and D-chiro-inositol, to improve ovulation and fertility of PCOS women.

In PCOS women, in hyperinsulinemia conditions, epimerase activity is accelerated, causing excessive conversion of myo into D-chiro. Unlike the other organs, the ovary is never insulin resistant and, in PCOS woman, it becomes rich in d-chiro inositol. Myo deficiency causes a negative effect on the FSH signal (follicle stimulating hormone) and on the oocyte quality.

Myo and D-chiro 40:1: is need to restore the impairment by restoring the correct myo/d-chiro ratio at ovarian level too. Study also demonstrated the advantages of the combined 40:1 ratio for oocyte quality compared to d-chiro inositol alone.



In PCOS women, a positive correlation was also found between the volume of the follicular fluid, myo inositol and the presence of mature oocytes.

The administration of d-chiro-inositol alone, at high doses, has been shown to decrease oocyte quality and ovarian response. On the contrary, the best results were obtained with the combination of Myo and d-chiro.

N-Acetyl-Cysteine (NAC):

NAC is a powerful antioxidant that works to reduce inflammation and oxidative stress in the body. Oxidative stress occurs when you have an imbalance of antioxidants and free radicals, which causes toxic and damaging effects to your cells. Supplementing with NAC can improve insulin resistance in women with PCOS.

Hyperandrogenism—or high androgen levels—is common in women with PCOS and is one of three criteria for a PCOS diagnosis. Testosterone is the main androgen often elevated in women with PCOS. High testosterone levels can cause symptoms like acne, facial hair, and hair loss. Using NAC for PCOS may reduce testosterone levels. Taking NAC for PCOS can greatly increase your chances of getting pregnant. A large study showed that women taking NAC with PCOS were 3.5 times more likely to become pregnant.

Vitex:

When you have too much prolactin and too little progesterone. This situation is diagnosed with PCOS. Insufficient levels of progesterone interfere with menstrual regularity and fertility. They also contribute to the development of cysts on the ovaries, which is a characteristic of PCOS or Polycystic Ovary Syndrome. Vitex regulate pituitary gland function. It encourage the secretion of luteinizing hormone or LH & decrease prolactin hormone. Vitex stimulate hormones essential for regular ovulation and restore overall hormonal balance. This helps in shifting the estrogen to progesterone ratio in favour of progesterone.

Co-Enzyme Q10:

During maturation process require a significant amount of energy in order to develop into normal healthy egg. CoQ10 improves mitochondrial function and enhances synthesis of adenosine triphosphate (ATP), supplying essential energy to all cell of the body including ovum. In women their egg would be perform better, would create better embryo and better pregnancy chance .

Dose: Take 1 tablet 3times daily after meal.

How Supplied: Each box contains (3*10) 30 tablets in blister strip.

Ref: <https://www.pcosnutrition.com/combination-of-myo-inositol-and-d-chiro-inositol-for-pcos/>

<https://www.inositoli.it/en/myo-d-chiro-401/>

<https://rootfunctionalmedicine.com/nac-for-pcos>

Imported and marketed by:

Life Care Pharma



Office Address :

House no-501,Avenue:03,Road no. 08.

DOHS,Mirpur,Dhaka-1216,Bangladesh

Bangladesh

Mfg by:



AELICURE Pharma

Address:46-47 Shyam Industrial Area,Kathwada,Ahmedabad-382430

Gujarat, India