



Laura Cipullo Whole Nutrition PCOS Supplement Guide



Supplement	Brand/Dosage	Indications								Notes	Contraindication /Side Effects
		Ovulation / Cycle/ Fertility	Insulin resistance (HOMA-IR >1.9-2.0)	Decrease androgen level	Decrease lipid level	Decrease inflammation	NAFLD/ Liver	Mood/ Stress	Other		
Alpha-Lipoic Acid ¹	300 to 1200 mg/day		X		X (TGs)						
Ashwagandha ^{2,3}	Mood Juice Super You (has combination of adaptogens including Ashwagandha and Rhodiola Rosea - below)							X		Can boost testosterone in androgen insufficiency, doesn't seem to exacerbate it in PCOS	Contraindicated in pregnancy
Berberine ⁴⁻⁸	500mg to 1500 mg per day Thorne OR Theralogix	X	X	X	X		X		X (blood pressure)		Common side effects:hypoglycemia, GI effects Contraindicated in pregnancy Usually don't recommend if already on metformin
Biotin ⁹⁻¹¹	You may see clients on this for acne and/or hair loss Too much biotin can worsen acne High supplemental biotin can elevate testosterone levels on labs and interfere with thyroid function tests									If a client is taking high dose biotin and has lab abnormalities, pause supplement and re-draw labs	Excessive intake can exacerbate acne
Cinnamon ^{12,13}	1-6 g/day 1 teaspoon ground cinnamon = 3 g	X	X								Hypoglycemia
Co-Enzyme Q10 (Co-Q10) ¹⁴	Theralogix NeoQ10	X	X	X	X					Those taking statins can benefit from CoQ10	



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Diindolylmethane (DIM) ^{15,16}	100-200 mg No current studies in PCOS but people using anecdotally								X ("estrogen excess" possibly helpful for acne)	Found in cruciferous vegetables Promotes estrogen metabolism in females	Darkened urine GI upset Headache Can modulate effect of estrogen should be used with caution in hormone modulated conditions
Inositol (Myo+D-Chiro Inositol in a 40:1 ratio) ¹⁷⁻²⁰	Theralogix Ovasitol (1 scoop twice daily with food) OR Wholesome story Myo+D-chiro inositol (4 capsules twice daily) Total dose should be Myo-inositol 4000 mg/D-chiro 100 mg - divided into 2 doses (2000 mg Myo and 50 mg D-chiro per dose)	X	X	X	X	X	X		X (blood pressure)	Make sure total daily dose equivalent to Myo-inositol 4000 mg/D-chiro 100mg - divided into 2 doses Safe during pregnancy	
Iron ^{21,22}	For iron deficiency: Vitron C every other day or 325 mg ferrous sulfate For lower iron status, but not a true/severe deficiency; MVI with high dose iron (Theralogix Essential w/ 18 mg OR TheraNatal Core Prenatal with 27 mg)								X (deficiency)	Best absorbed with vitamin C Take away from calcium foods or supplements	
Magnesium ²³⁻²⁷	200-350 mg Magnesium glycinate New Chapter Magnesium+Ashwagandha - 1 tablet 2-3 hours before bed (if needing extra stress support)		X					X	X (PMS; anxiety, stress, sleep)		Side effects GI upset, diarrhea in large doses Ashwagandha is not safe during pregnancy



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N-Acetyl Cysteine (NAC) ^{28,29}	1.6 -3 g per day Wholesome story NAC 3 capsules (600 mg each) daily OR Pure Encapsulations 2 capsules daily (900 mg each)	X	X	X	X	X	X				Safe in single doses in pregnancy however daily use not well studied; minimal side effects
Omega-3 ³⁰⁻³⁴	Typically 1500-2000 mg total omega-3 Nordic Naturals Ultimate Omega	X		X	X (TGs)	X			X (blood pressure and heart health)		
Spearmint ³⁵	Wholesome Story 3 capsules/day OR Two cups of tea daily - Traditional Medicines			X							
Resveratrol ^{36,37}	100-250 mg daily		X	X							Generally safe consumed in foods - not everyone should take supplements including: NAFLD - resveratrol linked to liver dysfunction Bleeding disorder - increased risk of bleeding, bruising Hormone sensitive conditions - can act like estrogen in body and not taken by those with conditions (e.g. uterine fibroids, breast cancer) that can



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											worsen w/ estrogen exposure
Rhodiola rosea ³⁸	400-600 mg HUM Big Chill							X			Contraindicated in pregnancy
Turmeric ³⁹	Theralogix Curcusb		X		X	X					Iron deficiency, kidney stones, anticoagulant/platelet drugs
Vitamin B12 ⁴⁰	If on metformin: b-complex or standalone B12 Naturemade Stress B-complex has extra Zinc, Copper, and Vit C If low B12 levels methylated B12: 5 mg daily								X (deficiency)	Metformin can reduce B12 Want B12 >600pg/mL	
Vitamin D ⁴¹⁻⁴³	Dose dependent on current levels: <20 - recommend weekly RX @ 50,000 OR 10000 IU daily 20-35: 5000 IU daily 35-45: 2000 IU daily *adjust dose to maintain serum levels around 50-60s Naturemade and/or Theralogix	X		X		X			X (deficiency)	Want levels between > 35 ng/dL and <100 (>60-80 can sometimes be taxing on the body) Most women w/ PCOS vit D deficient	
Zinc ⁴⁴⁻⁴⁵	15-60 mg daily; importance to balance with copper Thorne Zinc with copper If also needing B Complex - Naturemade stress B-complex	X		X	X						High levels of zinc on its own can cause copper deficiency - recommend zinc with copper in 8:1 ratio



Useful Tools

Homeostatic Model Assessment of Insulin Resistance (HOMA-IR) calculator to calculate insulin resistance

- Need fasting glucose and insulin
- >2.0 is considered insulin resistance
- <https://thebloodcode.com/homa-ir-calculator/>

“Cheat sheet” for specific symptoms

Irregular cycles, infertility

- Inositol BID
- NAC 1800 mg
- Ensure they are eating enough, stress management (possibly adaptogens if not TTC), correct nutrient deficiencies (i.e. vitamin D)
- Prenatal if TTC - Ritual, Theralogix, Needed

Cravings (particularly for sugar), weight gain → consider insulin resistance

- Inositol BID
- Consider also add in NAC and/or Berberine

Hair loss, hirsutism, acne → consider elevated androgens

- Inositol BID
- Spearmint capsules or tea
- Possibly zinc and copper

Stress, anxiety, sleep

- Magnesium
 - If not TTC and would benefit from stress support - Magnesium + Ashwagandha (New Chapter)
- Other adaptogens: ashwagandha, rhodiola rosea

For all clients: Ensure adequate Vitamin D, B12, iron, omega-3 intake (many may benefit from supplement); if on metformin recommend a B-complex

Patients are advised to consult with a qualified healthcare professional prior to beginning a supplement regimen.



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