

DO YOU SUFFER FROM¹...

INSULIN RESISTANCE

OBESITY

HAIR LOSS

ACNE

UNWANTED HAIR GROWTH

IRREGULAR PERIODS

REPRODUCTIVE HEALTH
PROBLEMS

**YOU MAY
HAVE PCOS**



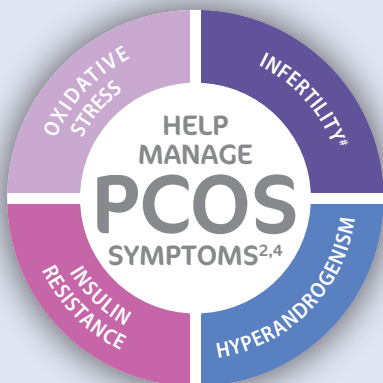
Sinopol®
BRING BACK BALANCE

READ FURTHER TO FIND OUT MORE ABOUT PCOS AND
HOW SINOPOL® HELPS TO CORRECT THE HORMONAL AND
METABOLIC IMBALANCES IN WOMEN STRUGGLING WITH
POLYCYSTIC OVARIAN SYNDROME (PCOS)²

WHAT IS POLYCYSTIC OVARIAN SYNDROME (PCOS)?



PCOS is a **hormonal disorder** among women of reproductive age that involves **hormonal imbalances** and **metabolic abnormalities** such as **insulin resistance**, **dyslipidaemia** (high levels of cholesterol in the blood which increases the risk of clogged arteries, heart attacks or stroke), **hypertension** (high blood pressure) and **excess weight** which significantly increase the risk of **infertility**, **type 2 diabetes**, **cardiovascular disease** and **affect quality of life**.³



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[#]Linked to PCOS



WHAT ARE THE SYMPTOMS AND SIGNS OF PCOS?

PCOS may present with different symptoms at different stages of a woman's life.⁵

Common symptoms and signs of PCOS are:

1. Menstrual irregularities or no periods at all, due to not ovulating⁵
2. Several ovarian cysts⁵
3. Unwanted hair growth on the upper lip, face, arms, back, chest, thumbs, toes or abdomen (hirsutism), due to an excess of androgen hormones (male hormones)^{5,6}
4. Thinning hair on the head⁶
5. Acne⁵
6. Insulin resistance

A complex condition where muscles, fat, and liver do not respond well to insulin and are unable to use glucose from your blood for energy. High insulin levels in the blood stream cause **hormonal imbalances** which can lead to excess androgens, **no ovulation** and therefore **reproductive health issues**. Further problems may include **obesity, high blood pressure** and **cholesterol** and **type 2 diabetes**.^{5,7}

WHAT CAUSES PCOS?

The exact cause is **unknown**, but it is considered to be caused by **hormonal imbalances**. Up to 80 % of women with PCOS are insulin resistant, which plays a major role in the development of hormonal imbalances. Genetic, environmental and lifestyle factors are believed to be involved in the development of PCOS.^{5,6,8}



WHAT ARE THE CONSEQUENCES OF PCOS?

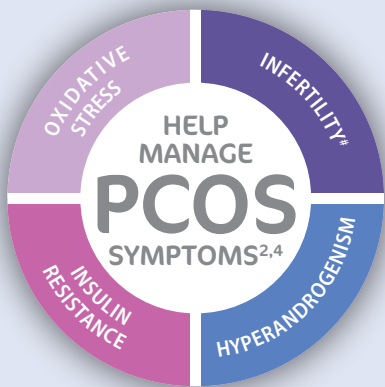


PCOS not only affects your body physically and emotionally, but also has several health risks, including an increased risk of heart disease, diabetes and some female cancers.⁵



Reproductive health issues affect 40 % of women with PCOS. In fact, approximately 90 % – 95 % of women presenting to infertility clinics and who do not ovulate, have PCOS.⁹

The nature of PCOS may increase the risk of pregnancy complications such as the development of high blood pressure, premature births or low birthweight babies.⁵



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WHAT IS SINOPOL®?

SINOPOL® is a supplement which contains **alpha-lipoic acid, myo-inositol and folic acid.**² These **3 ingredients** work together to help women with **PCOS** restore balance to their **hormones** and **metabolic indicators** such as **insulin, glucose and cholesterol**, and to help regulate menstrual cycles and therefore improve reproductive health.^{2,4,10}

ALA

1. ALPHA LIPOIC ACID

Is a **powerful antioxidant** which reduces oxidative stress and helps to promote healthy glucose metabolism.^{2,11} It may also help reduce body weight, body mass index and waist circumference.¹²

MI

2. MYO-INOSITOL

Helps **reduce insulin resistance** in women with PCOS, and therefore may help with hormonal balance. Myo-inositol and alpha-lipoic acid work together to help improve reproductive health.^{2,4}

FA

3. FOLIC ACID

Helps to **form red blood cells**, and also helps to prevent neural tube defects (**a birth defect**) in unborn babies.²

CLINICAL RESEARCH

Clinical studies on myo-inositol and/or alpha-lipoic acid have demonstrated improvements as follows:



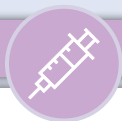
Reduced unwanted hair growth¹⁰



Reduction in body weight¹²



Reduced testosterone (an androgen) levels¹³



Reduced insulin resistance¹⁴



Improved reproductive health (in patients on *in-vitro* fertilisation (IVF) cycles)⁴



HOW IS SINOPOL® AND SINOPOL® HIM TAKEN?

DOSAGE AND DIRECTIONS FOR USE^{2,15}

- **Take 1-2 sachets daily at least an hour before meals. For optimal results, take 2 sachets daily, 10 hours apart.**
- Add contents of sachet to a **small** glass of water, **mix well and drink immediately.**
- Due to the **fast-slow technology**, granules will still be visible in the solution.
- **Do not wait for the granules to dissolve** as these are responsible for the slow release to ensure 24-hour coverage.
- Rinse glass with additional water and drink to ensure **all granules are swallowed.**

