

PROTOCOL GUIDE

HEALTHY OVARIAN FUNCTION

Overview

The ovaries help with menstruation and pregnancy support as they produce eggs for fertilization and hormones like estrogen and progesterone. These hormones are necessary for fertility, menstrual health, and assist in reproductive development. We can utilize targeted dietary, lifestyle, and nutraceutical interventions to support healthy ovarian function.

Lifestyle Support



Try yoga or meditation for stress reduction to aid in HPA axis regulation



Prioritize daily physical activity to help with energy and blood sugar balance



Incorporate sleep hygiene techniques to get sufficient rest and promote hormone production

Dietary Considerations

- Consider intermittent fasting to improve menstruation and lower androgens.
- Include colorful foods in daily diet that are high in antioxidants like berries, citrus fruits, leafy green vegetables, beets, artichoke, and squash.
- Incorporate fiber-rich foods to help with satiety and blood sugar balance.
- Limit intake of overly processed food items and prioritize more whole, plant-forward meals.



Primary Supplements

Product	What it Does	Suggested Use
NAC	Provides antioxidant support for healthy metabolism and blood sugar management.*	Take 1 tablet one to three times daily.
DIM Vitex	Contains diindolylmethane (DIM), Vitex extract, B6, magnesium, and chromium for proper metabolism of reproductive hormones and to lessen the severity of PMS.*	Take 2 capsules once daily with meals.
Coenzyme Q10	CoQ10 (ubiquinone) is a fat-soluble antioxidant that assists energy utilization and improves ovulation.*	Take 2 capsules once daily with meals.
Liposomal Melatonin	Melatonin works as a reproductive antioxidant in a fast-acting liposomal form for improved bioavailability and prolonged retention in the body.*	Take 2 pumps by mouth an hour before bedtime and hold for 30 seconds before swallowing.

REFERENCES

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Supportive Supplements

Product	What it Does	Suggested Use
Zen Sleep	Contains GABA, L-Theanine, vitamin B6 in the form of P5P, and 5-HTP as a the precursor to serotonin and melatonin. Supports healthy sleep and assists in synchronization of the body's sleep-wake cycle.*	Take 2 capsules 30 minutes - 1 hour before bedtime.
Super Vitamin B	B-vitamin complex to improve blood sugar, reduce menstrual cramps, and aid in proper hormone detoxification.*	Take 1 capsule two to three times daily with meals.
Zinc Picolinate	Zinc is a cofactor for the body's antioxidant enzymes, serves as a key nutrient to support healthy thyroid & ovarian function, and plays a role in blood sugar balance.*	Take 1 capsule twice daily with meals.
Super EPA	Long-chain EPA & DHA plays a key role in improving lipid profiles and blood sugar balance.* Friend of the Sea certified, from anchovies.	Take 2 softgels twice daily with meals.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.