

Chirogyn

Chirogyn is a dietary supplement containing myo-inositol, D-chiro-inositol, alpha-lipoic acid, folic acid, calcium, zinc, manganese and complex of vitamins recommended in:

- Polycystic Ovary Syndrome (PCOS)
- period disorders

In a study conducted in Italy in 2007, researchers followed 25 women with oligo-amenorrhea (irregular menses) or amenorrhea (no menses) due to PCOS. Myo-inositol and folic acid were given daily. Those treated had at least one menstrual cycle, and of these, seventy two percent continued ovulating normally. Forty percent of the women became pregnant and the study concluded that, "Myo-inositol is a simple and safe treatment that is capable of restoring spontaneous ovarian activity and consequently fertility in most patients with PCOS." Over the last decade, myo-inositol has been used more and more as a natural insulin sensitizer.

Myo-inositol is a safe and effective naturally occurring substance that improves insulin resistance for the management of PCOS.

Zinc- contributes to normal fertility and reproduction, contributes to normal macronutrient metabolism and has a role in the process of cell division

Manganese-contributes to normal energy-yielding metabolism

Vitamin B6- contributes to normal functioning of the nervous system and contributes to the regulation of hormonal activity

Folic acid- contributes to the reduction of tiredness and fatigue

Content:

Ingredients: myo-inositol; maltodextrin; acid: citric acid (E 330); calcium carbonate; alpha lipoic acid; Flavours; D-chiroinositol; zinc citrate; manganese gluconate; colour: riboflavin (E 101); anti caking agent: silicon dioxide (E 551); sweetener: sucralose (E 955); vitamin B12 (E cyanocobalamin); vitamin D (cholecalciferol); vitamin B6 (pyridoxine hydrochloride); folic acid (pteroylmonoglutamic acid). Product may contain lactose (from milk).

Content of active ingredients in 1 sachet - recommended daily dosage (% NRV)

Myo inositol	2000 mg	-
Alpha-lipoic acid	70 mg	-
D-chiro-inositol	15 mg	-
Folic acid	400 µg	200%



<i>Manganese</i>	<i>1,8 mg</i>	<i>100%</i>
<i>Vitamin B12</i>	<i>2,5 µg</i>	<i>100%</i>
<i>Calcium</i>	<i>200 mg</i>	<i>25%</i>
<i>Zinc</i>	<i>10 mg</i>	<i>100%</i>
<i>Vitamin B6</i>	<i>1,4 mg</i>	<i>100%</i>
<i>Vitamin D3</i>	<i>5 µg</i>	<i>100%</i>

How to use:

Dissolve the content of sachet in 150 ml of warm water, drink right after dissolving.

Recommended daily intake:

1 sachet daily.

Do not exceed the recommended daily intake of the product.

Dietary supplement should not be used as a substitute of a varied diet.

Packing:

- 30 sachets