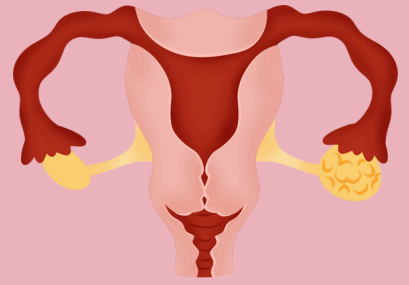


Myo-Inositol + D-Chiro-Inositol (MI:DCI) Patient Handout



What is Myo-Inositol & D-Chiro-Inositol?

Myo-Inositol (MI) & D-Chiro-Inositol (DCI) are natural vitamin-like nutrients that help your body regulate insulin, hormones, and ovarian function.

In PCOS, the body often has trouble using insulin properly and may produce excess male hormones (androgens). The 40:1 MI:DCI ratio is designed to help restore the natural balance your ovaries prefer. The ovaries normally maintain a 40:1 ratio of MI to DCI.

How to take/How long to see Improvement?

Most commonly:

- **Dose:** 2 grams of MI with 50mg of DCI (40:1) ratio.
- **Frequency:** Twice daily
- **Form:** Typically supplied as a capsule for oral use.

Most patients begin noticing improvements in:

- Cycle regularity: 6-12 weeks
- Ovulation: 1-3 months
- Skin/hair symptoms: 3-6 months
- Insulin resistance or weight changes: 3+ months

Consistency is very important.

MI & DCI 40:1 Ratio In PCOS Treatment

Research shows that the MI:DCI combination may help with many common PCOS Symptoms such as:

- Helping restore regular menstrual cycles and increasing the chance of natural ovulation
- Reducing insulin resistance by improving insulin sensitivity which reduces hormone imbalance.
- Reducing androgen production which may decrease acne and unwanted facial/body hair.
- Supporting weight management with the improvement of insulin sensitivity which makes weight loss efforts more effective.

Side Effects

MI:DCI is generally very well tolerated, but possible mild side effects may occur such as:

- Bloating
- Gas
- Mild stomach upset
- Headache (rare)

Take the medication with food to reduce incidence of side effects.