



START LIVING

REGULATE YOUR CYCLE

The most common hormonal disorder among women of reproductive age and young girls is Polycystic Ovary Syndrome. PCOS is especially common between the ages of 18 to 44 and in the UK 1 in 4 women suffer from this condition.

PCOS symptoms are often mistaken with other hormonal problems, as on their own they are not particularly shocking. As a result many women do not pay attention to PCOS and only realise they suffer from this condition when they experience problems with fertility.

LiYFCycle can help you:

- 🌿 **REGULATE YOUR MENSTRUAL CYCLE**
- 🌿 **REDUCE EXCESS HAIR**
- 🌿 **FIGHT ACNE**
- 🌿 **REDUCE HAIR THINNING**
- 🌿 **REDUCE WEIGHT GAIN**
- 🌿 **CONTROL HYPERPIGMENTATION**
- 🌿 **INCREASE OVULATION**
- 🌿 **REDUCE STRESS & DEPRESSION**

Finally, a programme to promote menstrual regularity and normal ovarian function. LiYFCycle is 100% natural and has been created by our experienced team of experts to solve one of the most common hormonal imbalances experienced by women.

A LITTLE BIT OF SCIENCE



WHAT IS LiYFcycle PROTISOL?

LiYFcycle Protisol is an inositol supplement scientifically formulated with plant based protein to promote menstrual regularity and normal ovarian function.

WHAT IS INOSITOL?

Inositol is a nutrient found in fruits, beans, grains, and nuts and is also produced by the body. Studies have shown that inositol improves the way the body uses insulin and promotes normal hormone levels, which in turn promotes regular menstrual cycles and normal ovarian function. Inositol also supports normal lipid levels, and promotes egg quality in women trying to conceive.

WHAT DOES INOSITOL DO?

Inositol has two benefits. The first one is that it is key to the insulin receptors of each cell. The receptor is on every cell wall and works as a lock and key mechanism. Insulin needs to fit the receptor lock exactly to open it up and work its magic on the cell. If the receptor isn't working very well, the body produces more insulin to compensate, leading to insulin resistance. Inositol helps the receptor work more efficiently so insulin can bind properly on the first time attempt, resulting positively by regulating insulin production.



The second benefit involves the insulin signalling pathway. As insulin attaches to the cell wall, it sets in motion a series of changes within the cell. Inositol plays a role in this series of changes to ensure that insulin is effective within the cell.

WHAT IS LiYFcycle?

LiYFcycle is an inositol supplement scientifically formulated with plant based protein to promote menstrual regularity and normal ovarian function.

Most PCOS diets recommend high protein, preferably plant protein and low carb/fat along

with supplements like Folic acid, Vitamin D & Inositols

LiYFcycle Protisol contains a blend of high quality pea protein extract along with Inositol, a combination of myo-inositol and D-chiroinositol. Recent studies have shown that taking an optimal combination of these two forms, is more beneficial than taking myo-inositol or D-chiro inositol alone.



BENEFITS OF LIYFCYCLE

- ❧ PROMOTES NORMAL HORMONE AND LIPID LEVELS
- ❧ REGULATES MENSTRUAL CYCLES
- ❧ PROMOTES EGG QUALITY
- ❧ ENHANCES OVULATION BY INCREASING PROGESTERONE
- ❧ LOWERED TESTOSTERONE LEVELS
- ❧ WEIGHT LOSS
- ❧ IMPROVES INSULIN SENSITIVITY
- ❧ INCREASES SHBG (SEX HORMONE BINDING GLOBULIN)
- ❧ MODERATES LUTEINIZING HORMONE TO TRIGGER OVULATION
- ❧ EFFECTIVE HIRSUTISM MANAGEMENT FOR EXCESS HAIR

ABOUT LiYFcycle

LiYFcycle has been designed by a team of medical professionals, scientists and Ayurveda experts around the world, with years of experience.

LiYFcycle can be taken along with most other nutritional supplements and prescription medications except DHEA. Please ask your doctor or other healthcare provider about taking Protisol with metformin as both may affect insulin levels.



LIVING WITH PCOS

Polycystic ovary syndrome is estimated to be found in 70% of women with ovulation difficulties that can lead to infertility.

Living with PCOS means different things to different women. This is because women experience the condition in different ways and have severe or lesser symptoms depending on their individual conditions. In addition, as women get older, some symptoms change with age such as when hirsutism decreases as hair distribution patterns change with advancing age and as the male hormones in the blood revert to more normal female levels.

Women with PCOS are more prone to an increase in the likelihood of developing serious conditions such as diabetes (usually Type 2 diabetes-non-insulin dependent diabetes) and developing womb (uterus) cancer. They are also at a greater risk of developing high blood pressure and high cholesterol, although this is reduced if their weight is controlled.

Diabetic symptoms include unusual thirst requiring large amounts of fluids, tiredness and having to wake up regularly throughout the night to pass urine. Symptoms of womb cancer include irregular spotting or bleeding in the 40 to 50 year age group or bleeding after the menopause.

It is important to emphasise that the presence of such symptoms does not necessarily mean you have any of these conditions. However, it does make sense that if you do have any of these symptoms, you do please consult your doctor for advice.

LiYFcycle you can help you decrease or eliminate PCOS symptoms and increase your quality of life. LiYFcycle can treat symptoms such as irregular periods, acne, excess hair, and elevated blood sugar amongst others.

Controlling PCOS can significantly lower your risks of infertility, miscarriages, diabetes, heart disease, and uterine cancer.



www.LiYF.org

Email : info@liyf.org

Tel : +44 (0) 2070 77 11 77