

Reset

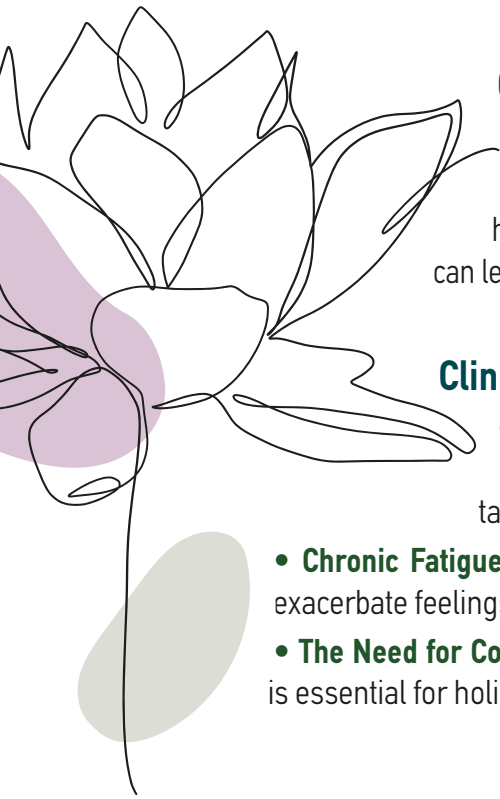


A Targeted Food Supplement for
Emotional and
Physical Well-being

Comprehensive Support for
a pleasant mood against stress and fatigue related to PMOS



Reset



Comprehensive Support for PMOS-Related Mood and Fatigue. A Targeted Food Supplement for Emotional and Physical Well-being

PMOS affects approximately 1 in 10 women of reproductive age, not only impacting physical health but also significantly affecting mental well-being. The hormonal imbalances inherent in PMOS can lead to increased susceptibility to mood swings, anxiety, and chronic fatigue.

Clinical Insights:

- **Mood Disorders:** Research indicates that women with PMOS are at a higher risk for mood disorders, including depression and anxiety, due to elevated androgen levels and insulin resistance.
- **Chronic Fatigue:** Metabolic dysfunction associated with PMOS often results in persistent fatigue, which can exacerbate feelings of stress and anxiety.
- **The Need for Comprehensive Care:** Addressing these psychological symptoms alongside physical symptoms is essential for holistic management of PMOS.

How Reset Supports Emotional and Physical Well-Being in Women with Polyendocrine Metabolic Ovarian Syndrome (PMOS)

Cycle Comparison

Typical Cycle	PMOS Cycle	Impact on Mood/Energy
Estrogen rises, FSH stimulates eggs.	LH is high, FSH is low. Immature follicles build up.	Irritability, fatigue, anxiety.
LH surge triggers release of egg.	LH is consistently high. No ovulation (Anovulation).	Energy peaks, then immediately drops.
Progesterone rises (calm).	Progesterone remains low (no ovulation).	High irritability, severe fatigue, depression.

Summary of Key Drivers

- **High Testosterone:** Irritability, low motivation.
- **Low Progesterone:** Anxiety, insomnia, stress.
- **High Insulin:** Fatigue, cravings, brain fog.

Dosage: Take 2 capsules daily, 1 in the morning and 1 in the evening with food. Consult your doctor for individualized dosage. Reset has a natural composition and its use is not expected to have any side effects.

Magnesium Glycinate (800 mg)

- Calms the nervous system
- Reduces anxiety and promotes relaxation
- Enhances neurotransmitter function
- Supports mood stabilization

L-Theanine (140 mg)

- Promotes relaxation without drowsiness
- Reduces stress and anxiety
- Increases alpha brain wave activity
- Enhances mental clarity and focus



Ashwagandha KSM-66 (400 mg)

- Reduces cortisol levels
- Alleviates stress-related symptoms
- Adaptogenic support
- Improves mood balance and resilience

B Complex (100% RDA)

- Boosts energy production
- Reduces fatigue and increases vitality
- Supports brain health
- Enhances cognitive function and mood

SUPPLEMENT FACTS

INGREDIENTS	Amount per serving	RI (%)
KSM-66 Ashwagandha Root Extract	400 mg	**
L-Theanine (from Green Tea Extract)	140 mg	**
Magnesium bisglycinate (18% elemental Magnesium)	800 mg	**
Vitamin B1 (as Thiamine HCL)	1,1 mg	100
Vitamin B2 (Riboflavin)	1,4 mg	100
Nicotinamide	16 mg	100
Vitamin B5 (as Calcium d-Pantothenate)	6 mg	100
Vitamin B6 (as Pyridoxine HCL)	1,4 mg	100
Folic acid	200 µg	100
Vitamin B12 (Methyl cobalamin)	2,5 µg	100
Biotin	50 µg	100

Dose: 2 caps
Servings per container: 30

 **KSM-66
Ashwagandha®**
WORLD'S BEST ASHWAGANDHA



Hormonal imbalances inherent in **Polyendocrine Metabolic Ovarian Syndrome** can lead to increased sensitivity to mood swings, anxiety and chronic fatigue.

“**Reset** intervenes in all stages, supporting emotional and physical well-being.



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