



new
you



Transforming Health for Women with **Polyendocrine Metabolic Ovarian Syndrome (PMOS)**

A Natural Approach to Weight Management
and Insulin Sensitivity



In the Polyendocrine Metabolic Ovarian Syndrome (PMOS), insulin resistance acts as a central “engine” that drives a self-perpetuating cycle of hormonal imbalance and weight gain.

1. The Insulin Trigger

- **Insulin Resistance:** The body’s cells (muscle, liver, fat) become less responsive to insulin.
- **Hyperinsulinemia:** To compensate, the pancreas pumps out even more insulin. This excess insulin is the primary driver of PMOS symptoms.

2. Hormonal Shift (The Ovaries & Liver)

High insulin levels send signals that disrupt reproductive hormones:

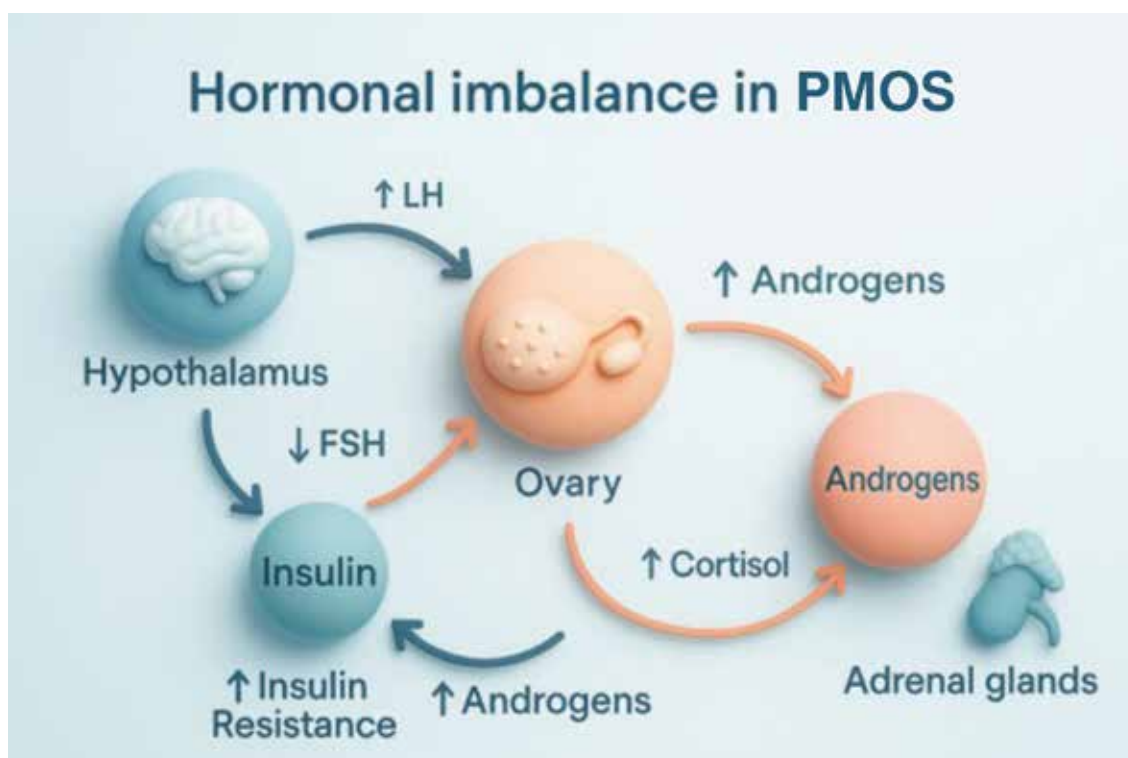
- **Increased Androgens:** Insulin directly stimulates the ovaries to produce excess testosterone.
- **Lowered SHBG:** Insulin suppresses the liver’s production of Sex Hormone-Binding Globulin (SHBG). Without enough SHBG to “mop up” extra hormones, free testosterone levels in the blood skyrocket.
- **LH/FSH Imbalance:** The high insulin and androgen environment often causes an elevated LH to FSH ratio (often 3:1), which prevents the follicle from maturing and leads to irregular or absent ovulation.

3. Impact on Weight & Metabolism

- **Fat Storage:** High insulin is a “fat-storage” hormone. It tells the body to store calories as fat, specifically visceral (abdominal) fat, and makes it metabolically difficult to “burn” that fat for energy.
- **Cravings:** Rapid spikes and drops in insulin cause intense sugar and carb cravings, leading to a higher caloric intake.

4. The Loop Closes

- **Weight Exacerbates Resistance:** Increased abdominal fat cells are “metabolically active”—they release inflammatory markers that further increase insulin resistance.
- **The Result:** More insulin is produced, which creates more testosterone, leading to more weight gain, which restarts the cycle.



Understanding PMOS and Metabolic Challenges

Polyendocrine Metabolic Ovarian Syndrome (PMOS) is not only a reproductive disorder but also a metabolic condition. It often leads to challenges in weight management and insulin resistance, which can exacerbate PMOS symptoms and affect fertility.

Medical Insights:

- **Insulin Resistance:**
A common feature in PMOS, leading to higher insulin levels that can worsen hormonal imbalances and contribute to weight gain.
- **Weight Management Difficulties:**
Many women with PMOS struggle with weight gain, which can further impact hormone levels and overall health.

The rationale behind the development New you:
TARGETED FORMULATION

New you is designed with key ingredients that address the metabolic aspects of PMOS, supporting healthier weight and improved insulin sensitivity.

Key Ingredients and Their Roles (per 2 capsules):

- **NAC (N-Acetyl L-Cysteine) 300 mg:** Known for its antioxidant properties, NAC helps reduce inflammation and improve insulin sensitivity, aiding in weight management.
- **Berberine (Rebersa) 500 mg:** Enhances insulin sensitivity and supports metabolic function, making it a powerful ally in managing weight and glucose levels.
- **Alpha Lipoic Acid 300 mg:** A potent antioxidant that supports glucose metabolism and energy production, helping to maintain a healthy weight.

Addressing PMOS Challenges with NEW YOU. How New you Transforms Lives

- **Enhanced Insulin Sensitivity:** By improving how the body uses insulin, NEW YOU aids in restoring hormonal balance and reducing PMOS symptoms.
- **Weight Management Support:** Facilitates healthy weight loss and maintenance, which can improve fertility outcomes.
- **Boosted Energy Levels:** Supports cellular energy production, helping to combat fatigue and increase vitality.
- **Revolutionizing Quality of Life.**

SUPPLEMENT FACTS		
Ingredients	Amount per serving	RI (%)
N-Acetyl cysteine (NAC)	300 mg	**
Alpha Lipoic acid	300 mg	**
Rebersa® Hydrochloride (Berberis aristata extract)	500 mg	**

Dose: 2 caps
Servings per container: 15



“^{new} **yoli** empowers women with PMOS
by addressing metabolic challenges,
supporting them on the path to better health
and successful pregnancies.



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Distribution Partner:
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Pharmaceutical Products Trading
27 Menelaou Street, GR 11852, Athens | Tel.: +306946511642



Exclusively available in Cyprus through:
Medaxis Ltd.,

Souliou 26 Block A, Suite #201 2363, Nicosia, Cyprus T.: +357 99 792 266
info@medaxisco.com www.medaxisco.com   medaxisco

medaxisco.com

