SUPPLEMENTS GUIDE.

A guide to the key supplements commonly discussed in the context of PCOS & PMOS — what they do, why they matter, and general dosage guidance. Affiliate links for specific brands will be added via the app.

Important: This is not medical advice. Always consult a healthcare professional before starting any new supplement, particularly if you are on medication or have an existing health condition. Dosages listed are general guidance only and individual needs vary.

📝 Placeholder document — content to be reviewed and personalised by Caitlyn Stock before publishing.

INSULIN & BLOOD SUGAR REGULATION

INOSITOL (MYO & D-CHIRO)

One of the most researched supplements for PCOS & PMOS. Improves insulin sensitivity, supports ovarian function, and has been shown to help regulate menstrual cycles. The 40:1 ratio of Myo-inositol to D-Chiro-inositol mirrors the body's natural ratio.

INSULIN SENSITIVITY · CYCLE REGULATION · OVARIAN FUNCTION

DAILY DOSE
2–4g Myo + 50–100mg D-Chiro
Split morning & evening

BERBERINE

Often referred to as nature's metformin. Activates AMPK, an enzyme that regulates glucose metabolism. Particularly useful for lean PCOS where insulin resistance may not show on standard tests but is present at a cellular level.

BLOOD SUGAR · INSULIN RESISTANCE · METABOLISM

DAILY DOSE
500mg
2–3x daily with meals

MAGNESIUM BISGLYCINATE

Many women with PCOS & PMOS are deficient in magnesium. Supports insulin sensitivity, reduces cortisol, improves sleep quality, and helps with anxiety — all of which are interconnected in hormonal health.

INSULIN SENSITIVITY · CORTISOL · SLEEP · ANXIETY

DAILY DOSE
300–400mg
Evening preferred

HORMONAL BALANCE

VITEX (CHASTEBERRY)

Supports the pituitary gland and helps regulate LH and FSH levels — two hormones critical to ovulation and cycle regularity. Particularly helpful in the luteal phase and for women with elevated LH relative to FSH.

LH/FSH BALANCE · OVULATION SUPPORT · LUTEAL PHASE

DAILY DOSE
400–500mg
Morning, consistently

ZINC

Supports healthy testosterone metabolism, reduces androgens, improves skin health (particularly hormonal acne), and supports immune function. Often low in women with PCOS & PMOS.

ANDROGEN REGULATION · HORMONAL ACNE · IMMUNE SUPPORT

DAILY DOSE
25–40mg
With food

VITAMIN D3 + K2

Vitamin D deficiency is extremely common in PCOS & PMOS and is directly linked to insulin resistance, irregular cycles, and mood disorders. K2 is essential to take alongside D3 to ensure calcium is directed to bones rather than arteries.

HORMONE PRODUCTION · INSULIN SENSITIVITY · MOOD

DAILY DOSE
2000–4000 IU D3
Test levels first ideally

CORTISOL & STRESS RESPONSE

ASHWAGANDHA (KSM-66)

An adaptogen that directly lowers cortisol levels. Elevated cortisol suppresses ovulation and disrupts the entire hormonal cascade. Particularly important for lean PCOS & PMOS where stress is often a primary driver of cycle disruption.

CORTISOL REDUCTION · STRESS ADAPTATION · OVULATION SUPPORT

DAILY DOSE
300–600mg
KSM-66 form preferred

B VITAMIN COMPLEX (B6, B9, B12)

B vitamins are essential for hormone metabolism, methylation, and nervous system function. B6 specifically supports progesterone production and reduces PMS symptoms. B9 (folate, not folic acid) is critical for those with MTHFR mutations — common in PCOS & PMOS.

HORMONE METABOLISM · PROGESTERONE · METHYLATION

DAILY DOSE
B-complex
Look for methylated forms

GUT HEALTH & INFLAMMATION

OMEGA-3 (EPA & DHA)

Reduces systemic inflammation — a key driver of PCOS & PMOS symptoms. Supports insulin sensitivity, lowers androgens, and improves mood. Fish oil or algae-based omega-3 (for non-fish eaters) are both effective.

ANTI-INFLAMMATORY · INSULIN SENSITIVITY · ANDROGEN REDUCTION

DAILY DOSE
1–3g EPA/DHA
With a meal containing fat

PROBIOTICS (MULTI-STRAIN)

Gut health is directly connected to hormone regulation — the gut microbiome plays a key role in oestrogen metabolism via the estrobolome. A diverse, multi-strain probiotic supports this pathway and reduces inflammation.

GUT MICROBIOME · OESTROGEN METABOLISM · INFLAMMATION

DAILY DOSE
10–50 billion CFU
Multi-strain, varied rotation