

# A Natural Approach for Women with PCOS-Related Infertility

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## About Caronositol Fertility

Caronositol Fertility is a **science-backed, patented combination** of myo-inositol (from corn phytin) and D-chiro-inositol (from carob tree fruit) in a ratio of 3.6:1. Multiple clinical trials demonstrate its support for the health of women with fertility challenges related to Polycystic Ovary Syndrome (PCOS).

PCOS is a highly prevalent endocrine-metabolic disorder, the main characteristics of which are hyperandrogenism (responsible of hirsutism, acne and alopecia in this population), chronic oligo-anaovulation and polycystic ovaries. Responsible for nearly one-third of all infertility diagnoses in women, PCOS is the most common ovulatory disorder in women of reproductive age.

**Caronositol Fertility offers benefits for women's reproductive health,** helping to support normal ovarian function and maintain hormone balance.



## Caronositol Fertility Certifications

- Patented
- New Dietary Ingredient (NDI) (Caronositol)
- Vegan
- Gluten-free
- Non-GMO
- Kosher
- Halal

## Key Attributes

Women's health

Support for PCOS and fertility

Improvements in pregnancy rates in women with PCOS

Improvements in birth rates in women with PCOS

Clinically documented

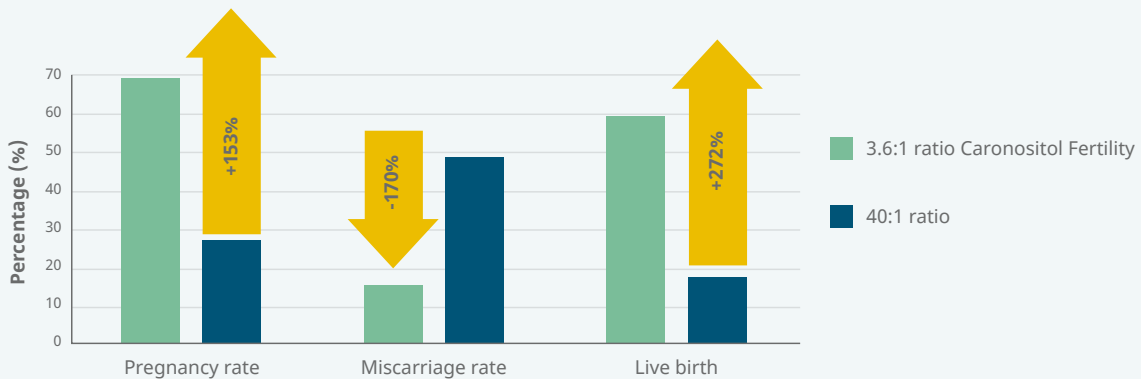


## Benefits for health in women with PCOS

**Caronositol Fertility** improves rates of pregnancy, miscarriage, live births and ovarian hyperstimulation syndrome in women with PCOS.<sup>1</sup>

### Study protocol

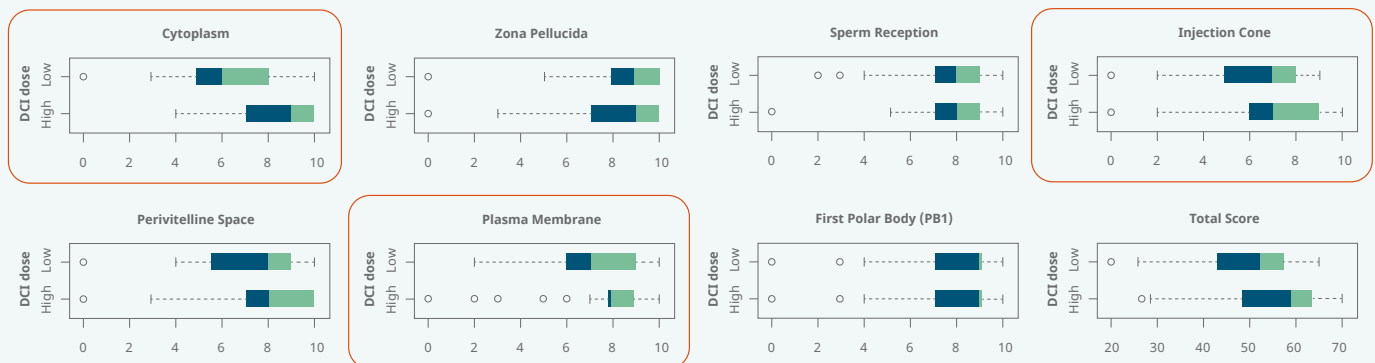
<b>Study site</b>	Granada University, Granada, Spain	<b>Key results</b> <ul style="list-style-type: none"> <li>Combining a higher dose of D-chiro-inositol (DCI) with myo-inositol (MYO) improved pregnancy rates and reduced the risk of ovarian hyperstimulation syndrome (OHSS) in women with PCOS undergoing ICSI, compared to the control group on a smaller dose of DCI with MYO.</li> <li>The clinical trial demonstrated: <ul style="list-style-type: none"> <li>153% increase in the pregnancy rate</li> <li>170% decrease in the miscarriage rate</li> <li>272% improvement in the live birth rate</li> </ul> </li> <li>Reduction in the risk of ovarian hyperstimulation syndrome (OHSS)</li> <li>Caronositol Fertility was well tolerated, with no side effects and with benefits noticeable after three months.</li> </ul>
<b>Population</b>	60 women with PCOS undergoing intracytoplasmic sperm injection (ICSI)	
<b>Age</b>	18-40 years	
<b>Design</b>	Double-blind, randomized, controlled, D-parallel group study	
<b>Duration</b>	12 weeks	
<b>Serving</b>	Study group: 550mg of myo-inositol + 150mg of D-chiro-inositol (Caronositol Fertility ratio of 3.6:1) twice per day Control group: 550mg of myo-inositol + 13.8mg of D-chiro-inositol (main competitor's ratio of 40:1) twice per day	



**Caronositol Fertility** improves oocyte quality in women with PCOS.<sup>2</sup>

### Study protocol

<b>Study site</b>	Granada University, Granada, Spain	<b>Key results</b> <ul style="list-style-type: none"> <li>The combination of MYO-DCI at the Caronositol Fertility ratio of 3.6:1 improved specific factors related to oocyte quality in women with PCOS undergoing ICSI, compared to those taking a lower dose of DCI.</li> </ul>
<b>Population</b>	172 oocytes from 11 women with PCOS undergoing ICSI	
<b>Age</b>	18-40 years	
<b>Design</b>	Double-blind, randomized, controlled, parallel-group study	
<b>Duration</b>	3 weeks	
<b>Serving</b>	Study group: 550 mg of MYO + 150 mg of DCI per day Control group: 550 mg of MYO + 27.6 mg of DCI per day	

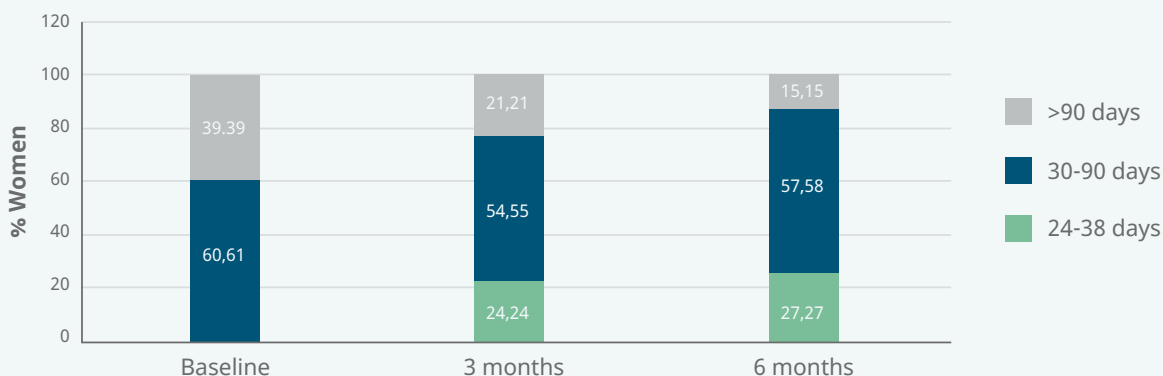


**Caronositol Fertility** regularizes menstrual cycles and improves insulin resistance in women with PCOS.<sup>3</sup>

**Study protocol**

<b>Study site</b>	Department of Obstetrics and Gynaecology, All India Institute of Medical Sciences, New Delhi, India	<p><b>Key results</b></p> <p>✔ The combination of MYO-DCI at the Caronositol Fertility ratio of 3.6:1 regularized menstrual cycles and improved insulin resistance in young women with PCOS.</p>
<b>Population</b>	70 young women with PCOS	
<b>Age</b>	15-24 years	
<b>Design</b>	Randomized, controlled, open-label study	
<b>Duration</b>	6 months	
<b>Serving</b>	550 mg of MYO + 150 mg of DCI twice per day	

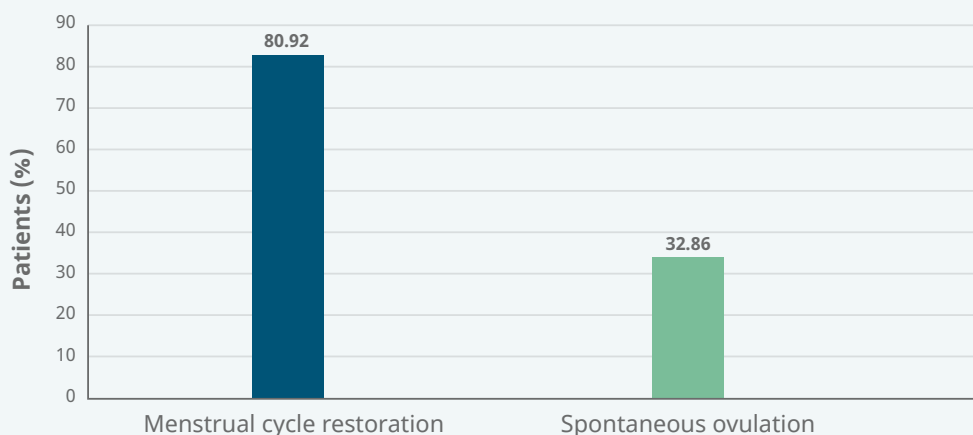
**Change in menstrual cycle**



**Caronositol Fertility** improves PCOS symptoms.<sup>4</sup>

**Study protocol**

<b>Study site</b>	Multicenter (India): Vyas Clinic in Jaipur, Pairaiturkar Clinic in Pune, Safal Hospital in Nagpur, Panchsheel Hospital in New Delhi	<p><b>Key results</b></p> <p>✔ The combination of MYO-DCI at the Caronositol Fertility ratio of 3.6:1 regularized menstrual cycles, restored spontaneous ovulation and improved the hormonal, glycemc and lipid profile in women with PCOS.</p>
<b>Population</b>	283 young women with PCOS	
<b>Age</b>	12-45 years	
<b>Design</b>	Retrospective study	
<b>Duration</b>	September 2019 to February 2020	
<b>Serving</b>	550 mg of MYO + 150 mg of DCI twice per day	





## Learn more about Caronositol Fertility

To further explore the science behind Caronositol Fertility, please consult Caronositol Fertility Research Summary on Kerry.com.

### About Kerry

Caronositol Fertility is an ingredient in Kerry's ProActive Health Portfolio.

Kerry is a world leader in taste and nutrition for the food, beverage, and pharmaceutical markets. We innovate with our customers to create great-tasting products with improved nutrition and functionality, while ensuring better impact for the planet.

Our ProActive Health Portfolio is an industry-leading range of branded ingredients that offer clinically validated benefits, inspiring lasting health to make a lasting difference.

With a global RD&A team of 1,100+ food scientists, leading consuming insights, and extensive global footprint, we solve our customers' complex challenges with differentiated solutions.

We are driven by an ambition to be our customers' most valued partner, creating a world of sustainable nutrition. Our goal is to reach over two billion consumers with sustainable nutrition solutions by 2030.

For more information, visit [www.kerry.com](http://www.kerry.com)



### References

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3. Kachhawa G, Senthil Kumar KV, Kulshrestha V, Khadgawat R, Mahey R, Bhatla N. (2022) Efficacy of myo-inositol and D-chiro-inositol combination on menstrual cycle regulation and improving insulin resistance in young women with polycystic ovary syndrome: a randomized open-label study. *International Journal of Gynecology and Obstetrics* (published online ahead of print 10 November, 2021), Aug; 158(2):278-284. doi: 10.1002/ijgo.13971
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