

Vitamins and Supplements for PCOS

PCOS (Polycystic Ovary Syndrome) is a complex hormonal disorder where many women can benefit from targeted use of vitamins and supplements. These support hormonal balance, improve metabolic processes, and can alleviate symptoms like irregular cycles, acne, or insulin resistance.

Key Vitamins and Supplements in Detail

Myo-Inositol & D-Chiro-Inositol

What is it? Natural sugar alcohols that act as messengers in insulin and hormone signaling.

Benefits for PCOS: Improves insulin sensitivity, normalizes ovarian function, and reduces androgens.

Dosage: 2000 mg Myo-Inositol + 50 mg D-Chiro-Inositol daily (40:1 ratio).

Side Effects: Rare digestive discomfort.

Vitamin D

Importance: Acts as a hormone, influencing immunity, bone health, and hormones.

PCOS Link: Deficiency is common and linked to insulin resistance.

Dosage: 2000–4000 IU daily (adjust based on blood tests).

Tip: Optimize levels with 10–20 min of morning sun exposure.

Omega-3 Fatty Acids

Types: EPA/DHA from fish oil.

Benefits: Anti-inflammatory, improves blood lipids, and reduces insulin resistance.

Dosage: 1000–3000 mg daily.

Magnesium

Function: Supports 300+ enzymatic processes (e.g., energy, muscle relaxation).

PCOS Benefits: Reduces PMS and muscle tension.

Dosage: 300–400 mg nightly (citrate/glycinate forms).

Zinc

Role: Essential for skin, immunity, and hormone production.

PCOS Benefits: May reduce acne and hair loss.

Dosage: 10–30 mg daily (avoid long-term high doses).

B Vitamins (B12, Folate)

Function: Energy, cell division, and nerve health.


PCOS Note: Metformin users often need B12 supplementation.


Exercise for PCOS


Why It Matters

Exercise improves insulin sensitivity, weight management, stress, and hormone balance.

Recommended Activities

 **HIIT**
Short bursts of intense exercise (e.g., 30 sec sprint + 90 sec walk).

 **Strength Training**
Squats, push-ups (2–3x/week)

 **Cardio**
150+ min/week (cycling, swimming).

 **Yoga/Pilates**
Stress relief and flexibility

Sample Weekly Plan

Day	Activity	Duration
Monday	HIIT	20 min
Tuesday	Yoga	30 min
Wednesday	Strength Training	40 min
Thursday	Walk	30 min
Friday	Cycling	45 min
Saturday	Strength	40 min
Sunday	Rest/Stretching	20 min


What to Avoid with PCOS

Foods/Lifestyle

Avoid


 Sugar, refined carbs, processed foods, excess alcohol/caffeine.

Stress/Sleep

 Prioritize 7–9 hours of sleep and stress management (meditation, yoga).

What to Do

Eat

 Fiber, protein, healthy fats (avocado, nuts).

Live

 Regular meals, exercise, and hydration.