



What is PMOS?

Polyendocrine Metabolic Ovarian Syndrome — formerly known as PCOS

PMOS (formerly called PCOS) is a common hormonal and metabolic condition that affects how the ovaries work, how the body processes blood sugar, and how hormones like insulin, androgens, and cortisol communicate with one another. The "polyendocrine" in the name reflects what we now understand: PMOS isn't just about the ovaries — it's a whole-body, multi-hormone (multi-endocrine) condition.

People with PMOS may experience irregular or missed periods, acne, unwanted hair growth, thinning scalp hair, weight changes that feel hard to manage, fatigue, mood swings, and difficulty getting pregnant. At the root of many of these symptoms is insulin resistance — when the body has to work harder to keep blood sugar balanced, which in turn drives up androgen (male hormone) production and disrupts ovulation.

The good news: PMOS is highly manageable. With the right combination of nutrition, targeted supplementation, and appropriate movement, most patients see real improvement in symptoms, energy, cycle regularity, and overall quality of life.

By the Numbers

1 in 10 women of reproductive age are affected by PCOS/PMOS	70% of cases go undiagnosed	#1 cause of infertility related to ovulation
50-70% of patients have underlying insulin resistance	4-12mo typical delay before an accurate diagnosis	It's manageable with the right nutrition, supplements & movement

Diagnostic Criteria

2 of the 3 findings below are needed for a positive PMOS diagnosis (once other conditions have been ruled out):

1	Irregular or Absent Ovulation Infrequent, irregular, or absent menstrual cycles.
2	Signs of Excess Androgens Clinical signs (excess facial/body hair, acne, scalp hair thinning) and/or elevated androgen levels on labs.
3	Polycystic Ovaries on Ultrasound Enlarged ovaries containing multiple small follicles.

Meeting 2 out of these 3 criteria = a positive diagnosis.



Nutrition & Supplement Plan

Small, consistent changes add up to big results

Dietary Foundations

- ♦ Avoid dairy and gluten — both are common inflammatory triggers that can worsen PMOS symptoms for many people.
- ♦ Eat fiber and protein before carbohydrates at each meal — this blunts blood sugar spikes and keeps insulin steadier.
- ♦ Aim for at least 20 grams of protein per meal to support blood sugar balance, satiety, and hormone production.
- ♦ Eat enough calories! Under-eating raises cortisol, and elevated cortisol can worsen insulin resistance and PMOS symptoms — this is not about restriction.

Daily Supplement Plan

As always, run any new supplement by your provider first, especially if you take other medications.

Supplement	Suggested Dose	Why it helps
Inositol (Myo + D-Chiro, 40:1)	2,000–4,000 mg/day, split AM & PM	Improves insulin sensitivity & supports regular ovulation
Berberine	500 mg, 2–3x/day with meals	Helps lower blood sugar & supports metabolic balance
Chaste Tree / Vitex	400–500 mg each morning	Supports healthy hormone rhythm & cycle regularity
Vitamin C (non-ascorbic acid form)	500–1,000 mg/day	Gentler on digestion; supports adrenal & immune health
Methylated Multivitamin	1 serving/day per label	Look for methylfolate + methylcobalamin for better absorption
Fish Oil (high EPA/DHA, mercury-tested)	1,000–2,000 mg combined EPA/DHA daily	Lowers inflammation & supports hormone production

Where to Order

Order quality, practitioner-grade supplements through our trusted dispensary:

<https://www.dssorders.com/dnswcustadminlogin.asp>

Order code: **JS5394**



Movement That Works With Your Body

Exercise for PMOS — sustainable over perfect

Rest Is Productive

It's okay — and often necessary — to take breaks. Overtraining raises cortisol, which can work against your hormonal balance. Listen to your body, and rest without guilt.

Great Movement Options

Low-Impact & Steady, Strength & Metabolic Support

- ♦ Walking (the PMOS favorite — see the protocol below!), yoga, gentle stretching, Pilates, swimming
- ♦ Strength training 2–3x/week — builds muscle & improves insulin sensitivity
- ♦ Bodyweight circuits or light resistance bands

Mostly Avoid

- ♦ Excessive high-intensity cardio (can spike cortisol)
- ♦ Back-to-back training days with no recovery

For Safe, Sustainable Weight Loss: The Morning Walk Protocol

1	Before you walk Take Perfect Aminos (Body Health) — pill or powder form — on an empty stomach.
2	Walk fasted Head out for a gentle 15–30 minute walk, first thing in the morning, before eating.
3	Right when you're home Take your Carnitine.
4	Break your fast Eat a low-fat meal built on carbs + protein (skip the added fats at this meal only).
5	Rest of the day Enjoy a balanced diet with healthy fats freely — just not at the post-walk meal.

You've Got This

Progress with PMOS isn't linear, and that's completely normal. Celebrate small wins, be patient with your body, and reach out to our team any time you have questions.