Welcoming our New Members

Achievements by our Managing Committee Members

Editorial
- Dr. Duru Shah

Articles
- Deciphering Pathophysiological Patterns of PCOS using Multifaceted Approaches - Dr. Srabani Mukherjee
- Polycystic Ovary Syndrome remains a Challenging Diagnosis - Dr. Susan R Davis - Dr. Robin J Bell

Upcoming Events
- 6th Annual Conference of The PCOS Society of India 2021
- Call for Posters and Papers
Welcoming our New Members....

Patron Members

- Sanghamitra Dash
  Gynaecologist
- Sushma Baxi
  Gynaecologist
- Sharayu Bhalerao
  Gynaecologist
- Preksha Jain
  Gynaecologist

Life Members

- Jatin Shah
  Gynaecologist
- Preeta Yadav
  Dermatologist
- Alveera D’souza
  Gynaecologist
- Aditi Godbole
  Gynaecologist
- Devika Joshi
  Gynaecologist
- Priyadarshini Vartak
  Dermatologist
- Sheena Kapoor
  Gynaecologist
- Shalini Nagpal
  Gynaecologist
- Sweta Mishra
  Gynaecologist
- Aakriti Gupta
  Gynaecologist
- Gupta Sib Sankar Mohapatra
  Gynaecologist
- Ankita Jain
  Gynaecologist
- Nidaa Khan
  Gynaecologist
- Shenu Goyal
  Gynaecologist
- Nischala Cheruku
  Gynaecologist
- Ruchika Singh
  Gynaecologist
- Arohi Tasgaonkar
  Gynaecologist
- Lata Karuparthi
  Gynaecologist
- Supraja Movva
  Gynaecologist
- Ritika Masih
  Gynaecologist
- Nudrat Tazeen Momin
  General Physician
- Pushpinder Kaur Ahuja
  Gynaecologist
- Jhansi Peddi
  Gynaecologist
- Neelima Deshpande
  Gynaecologist
- Eshna Singh
  Gynaecologist
- Purva Reelkar
  Gynaecologist
- Kalyani Rajpurohit
  Gynaecologist
- Dr. Barsha Sahu
  Gynaecologist
- Dr. Smrutti Sahu
  Gynaecologist
- Dr. Poonam Gupta
  Gynaecologist
- Dr. Babitha Maturi
  Gynaecologist
- Dr. Jwal Banker
  Gynaecologist
- Dr. Kumkum Saini
  Gynaecologist
- Dr. Vinutha Hanji
  Gynaecologist

Associate Members

- Akshita Patel
  Nutritionist
- Jayshree Jothiswaran
  Lactation Consultant
- Sanchita Dhame
  Homoeopath
- Divya Arora
  Nutritionist
- Monalisa Dayanand Sanka
  Nutritionist

View your membership details here: https://www.pcosindia.org/membership.php

Achievements by our Managing Committee

- Installed as a Board Member at the Asia Pacific Initiative on Reproduction (ASPIRE) 2021-2023
  Dr. Duru Shah

- Installed as Chairperson of ICOG Indian College of Obgyn 2021-2022
  Dr. Uday Thanawala

- Installed as President of The Mumbai Obstetric and Gynaecological Society 2021-2022
  Dr. Sarita Bhalerao

- Installed as Secretary General of INDIAN MENOPAUSE SOCIETY, 27th of March 2021.
- Awarded Honorary PROFESSORSHIP of Indian Medical Association, December 2020
- Awarded Prestigious Fellowship of IMA-AMS (Academy of Medical Specialities), November 2020.
  Dr. Sandhya Saharan

- Installed as Chairperson of the SIG on Reproductive Endocrinology, ASPIRE.
- Specialty Editor, Fertility and Sterility ASRM, July 2021
- Editorial board member Endocrine Society 2020-2021
  Dr. Padma Rekha Jirge

- Founder & Editor in Chief of International Journal of Human Reproduction & Development (IJJRR)
  Dr. Kanthi Bansal

- Installed as President of The Thane Obstetrics & Gynecological Society
  Dr. Sandhya Saharan

- Installed as Editor of the Journal of Human Reproductive Sciences (JHRS) of ISAR
  Dr. Padma Rekha Jirge

- Installed as chairperson of the SIG on Reproductive Endocrinology, ASPIRE
  Dr. Madhuri Patil

- View your membership details here: https://www.pcosindia.org/membership.php
Dear Friends,

In August 2021, the PCOS Society of India will celebrate its 6th Birthday! A lot has happened during these 6 years - we have had 5 Annual Conferences with the 6th one on its way between 2nd - 3rd October 2021. If Covid permits, we will have it live, otherwise the virtual medium will rescue us as it had in 2020! Our team with our dynamic Managing Council has been extremely active, with “Pandora” our Newsletter reporting all what has happened once in 4 months of the year. This issue dated May- August 2021 is our 17th issue in a row, covers all what has happened between April, May, June and July 2021. Please glance through it and you will find many treasures in it!

We have consolidated our Society and become more visible. It’s time for us to expand and spread our wings. This year we have decided to create our "Youth Brigade" from within our members. All PCOS Society Members under the age of 40 years can apply before 1st September 2021 on this link https://forms.gle/rX5w8yMb1s4fpXcy6. This 32-member team, will be installed during the Annual Conference. The Youth Brigade will be groomed under our 16 member Managing Committee who will prepare them for their next step into the Managing Committee, depending on how pro-active they are in making our Society more vibrant!

Please look forward to our two 4-hour Workshops prior to and after the Congress, in collaboration with the Cardiology Society of India and the Endocrine Society of India. Experts from these organizations will update us with the knowledge which we need, to prevent morbidity in our PCOS girls/ women. I am happy to let you know that we have many achievers in our Managing Committee. We congratulate all of them and wish them higher accolades in the years to come.

Lots of new programs are in the air, more about them in the next issue.

Wishing you all the best of health, stay safe, stay healthy.

Join us and learn from the Experts!

With warm regards,

Duru Shah
Founder President
The PCOS Society of India
Polycystic ovary syndrome is a multifaceted, heterogeneous endocrinopathy with highly varied clinical presentation and is influenced by genetic makeup, ethnic and geographic diversity. PCOS is a leading cause of anovulatory infertility and affected women are progressively turning to assisted reproductive techniques for aiding conception. Any alteration in follicular environment comprising follicular fluid and granulosa cells may directly impact folliculogenesis in turn influencing oocyte quality, its capacity to fertilize and subsequently, embryo quality and pregnancy outcome. Despite accessibility to several high throughput studies, defined etiological basis and diagnostic marker for PCOS is yet to be established (Sagvekar et al., 2017). Here we have described salient findings from our multipronged studies in granulosa cells and follicular fluid to elucidate the underlying pathophysiology of altered folliculogenesis in PCOS.

In depth proteomic analysis of follicular fluid from healthy women identified 480 proteins with diverse functional category mainly related to enzyme activity, metabolism, oxidative stress, complement coagulation cascade, inflammation etc. Several were also novel proteins whose role in normal follicular development is not yet known and warrant further investigation (Ambekar et al., 2013). Differential proteome analysis of follicular fluid using quantitative iTRAQ-LCMS/MS approach revealed differential expressions of 186 proteins, and many of them were not reported previously in PCOS. Our findings of dysregulated proteins pertaining to alterations in metabolic functioning, basal lamina matrix composition, organization and expansion of cumulus oocyte complex (COC) matrix architecture, lipid transport, in PCOS follicle has thrown light on newer aspects of molecular aberrations in follicles of PCOS women, which may contribute to compromised ovulation, oocyte developmental capacity and fertilization. (Ambekar et al., 2015). Angiogenesis provides oxygen and nutrients essential for follicular growth and corpus luteum formation. Our study also shed light on dysregulation of several vital angiogenic molecules including VEGFA, FGF2, ANGPT1, HIF1A, FN1, HSPG2 and ADAMTS1 in study also shed light on dysregulation of several vital angiogenic molecules and nutrients essential for follicular growth and corpus luteum formation. Despite accessibility to several high throughput studies, defined etiological basis and diagnostic marker for PCOS is yet to be established (Sagvekar et al., 2017). Here we have described salient findings from our multipronged studies in granulosa cells and follicular fluid to elucidate the underlying pathophysiology of altered folliculogenesis in PCOS.

Current evidences are suggestive of involvement of epigenetic factors and associated epigenetic modifications including DNA methylation and histone modifications in onset and progression of this disorder. Our group investigated altered global DNA methylation usually indicative of drastic alterations in the epigenetic machinery and genomic instability, and site-specific methylation analyses demonstrated significant association of hypomethylation at CpG-4 site in LINE1 of cumulus granulosa cells (CGC) from women with PCOS compared to controls, which also showed strong association with hyperandrogenemic traits of PCOS (Sagvekar et al., 2017). Our genome-wide methylation analysis revealed differential methylation of 3840 genes harbouring 6486 CpG sites in CGCs of PCOS women. Of the total 3840 genes, 642 were reported in the ovarian database, out of which 132 genes showed differential promoter methylation patterns. Subsequent validation of selected genes demonstrated significant hypomethylation in 6 (AKR1C3, CASR, GHRHR, MAML1, DLR1, RETN) and significant hypermethylation in 5 genes (TF, TNF, LIF, HAPLN1, PTGER1) of these 132 genes. These genes were found to participate in important functions such as steroid biosynthesis, androgen and estradiol production, folliculogenesis, oocyte developmental competence, calcium homeostasis, COC matrix integrity and functioning, angiogenic regulation, ovulation, luteal maintenance, glucose tolerance and insulin action, and oxidative stress (Sagvekar et al., 2019). These global and genome-wide epigenetic findings derived from women with PCOS could be promising preludes to development of targeted epigenetic therapies using identified susceptibility genes in the PCOS ovary. Our work highlights combinatorial approaches to expand our knowledge of underlying molecular mechanisms of PCOS pathophysiology in the current scenario. These discoveries will open newer avenues for effective infertility management protocols and enhancing pregnancy outcomes for women with PCOS.

**Bibliography**

Polycystic Ovary Syndrome remains a Challenging Diagnosis

Susan R Davis
Head, Women’s Health Research Program
Monash University
MBBS, FRACP, PhD, FAHMS

Robin J Bell
Deputy Director,
Women’s Health Research Program
Monash University
MBBS (Hons), PhD, MPH, FAFPHM

Polycystic ovary syndrome (PCOS) is said to be the most common endocrine disorder of young women.1 Clearly the estimate of the prevalence of the condition is a function of the diagnostic criteria used.2 The NIH criteria (chronic anovulation and either clinical or biochemical hyperandrogenism) will provide a more conservative estimate than either the Rotterdam (which requires 2 out of 3 of oligo-anovulation, clinical and/or biochemical hyperandrogenism and polycystic ovarian morphology (PCOM)) or the Androgen Excess (AE)-PCOS Society criteria (hyperandrogenism with either evidence of ovarian dysfunction or PCOM). However, the definitions of these individual criteria are arbitrary.

Studies have used a range of definitions of oligo-anovulation, yet our systematic review showed that there was no significant difference between studies requiring oligo-amenorrhea and those using a broader definition of menstrual dysfunction that included short cycles. Clinical hyperandrogenism consistently includes hirsutism, but not always acne or male pattern baldness. However, various cut-off scores for the modified Ferriman-Galwey (mFG) scale have been used for the definition of hirsutism. Hyperandrogenemia is defined as well, and might include elevated levels of total testosterone, free testosterone or androstenedione, mostly measured by immunoassays with poor precision and sensitivity in the female range. Furthermore, reference ranges and cut-offs for serum androgens are assay-dependent, use arbitrary statistical definitions such as the 95th centile and are not always established in appropriate populations. The definition of PCOM has changed as the resolution of ultrasound equipment has improved. Whereas in the past an ovarian follicle count ≥ 12 was used to define PCOS, a recent guideline recommend this be increased to ≥ 20 while the Androgen Excess - PCOS Society Task Force recommended the evidence supported ≥ 25 to be used. The recent position statement on PCOS recommended that the criteria used for the diagnosis of PCOS need to be developed in the population in which the criteria will be applied.

We recruited 6896 Australian women, aged 18 to 39 years from the community who were representative of young Australian women according to age, education, relationship status, employment and occupation. We documented reference ranges for androgen levels measured by liquid chromatography-tandem mass spectrometry (LC-MS/MS) and the mFGscale to establish a definition of hyperandrogenism in this population. We then reported prevalences of PCOS in a sub-study of 168 women who provided details of their menstrual cycle, self-assessed mFG scores, a blood sample for serum androgen levels measured by LC-MS/MS, and who underwent a pelvic ultrasound. We used the highly conservative ovarian follicle count cut-off for the diagnosis of PCOM (≥ 25 follicles in at least one ovary).

The prevalence of PCOS by the NIH criteria was 10.1%, for the Rotterdam criteria 18.5% and for the AE-PCOS criteria 17.5%.3 Isolated hyperandrogenism was common, with 24 of 39 women in this category having an isolated elevated mFG score. PCOM was also common, present in 31 of 168 women and as an isolated finding in 10 of these 31 women. Of the women with at least 2 characteristics to fulfill the Rotterdam criteria, the largest group (n=12) had the combination of hyperandrogenism and PCOM. In six of these 12 women, their only evidence of hyperandrogenism was an elevated mFG score.

This study showed that even with the use of the most precise measurement of androgens, use of cut-offs to define clinical and biochemical hyperandrogenism established in the community from which study participants were drawn and the most conservative criteria for PCOM, the risk of over identifying women as having PCOS remained high. Hence, the identification of women with PCOS remains challenging with current criteria, with clinical hyperandrogenism and PCOM particularly contributing to over-identification of the condition. Young women who are inappropriately labelled as having PCOS will likely believe that they are at risk of a range of poor health outcomes in the future and may experience psychological harm.

References and further reading
VI Annual Conference of The PCOS Society of India 2021

Day 1
Opening Ceremony

Session 1: Understanding the origins of PCOS
- Kisspeptin, the new kid on the block | Alessandro Genazzani
- Evolution of OHSS over decades | Rina Agarwal
- Androgens, the havoc they create in PCOS | Chii Ruey Tzeng
- Discussion

Session 2: Tips and Tricks for IVF in PCOS women
- Ovarian Stimulation | Fady Sharara
- Luteal Support | Gamal Serour
- Adjuvant Therapies | Mohan Kamath
- Discussion

Session 3: Current Research in PCOS
- Kisspeptin, the new kid on the block | Alessandro Genazzani
- Evolution of OHSS over decades | Rina Agarwal
- Androgens, the havoc they create in PCOS | Chii Ruey Tzeng
- Discussion

Session 4: Points of View
- Ovarian Stimulation | Fady Sharara
- Luteal Support | Gamal Serour
- Adjuvant Therapies | Mohan Kamath
- Discussion

Session 5: Invited Oral Communication
- Kisspeptin, the new kid on the block | Alessandro Genazzani
- Evolution of OHSS over decades | Rina Agarwal
- Androgens, the havoc they create in PCOS | Chii Ruey Tzeng
- Discussion

Day 2
Welcome

Session 6: Invited NIRRH Session

Session 7: Impact of PCOS on other Systems
- Liver - Are PCOS women more prone to NASH and NAFLD? | Madhumita Premkumar
- Musculoskeletal system – Are PCOS women more sarcopenic? | Meeta Singh
- Bone – Are PCOS women less prone to osteoporosis? | Tobie De Villiers
- Discussion

Session 8: PCOS and Metabolic syndrome
- Does the PCOS phenotype predict the risk of developing metabolic syndrome? | Clare Boothroyd
- Should Metformin be prescribed before and during pregnancy? | Uday Thanawala
- Is PCOS a risk factor for increasing severity of COVID infection? | Shashank Joshi
- Discussion

Session 9: PCOS at Forty Plus – Identifying issues and managing them
- Hormone therapy - Selecting the best protocol | Mary Ann Lumsden
- Anxiety and Depression | Kathleen Hoeger
- Is fertility preserved in PCOS women? | Anuja Dokras
- Discussion

Session 10: Hyperandrogenemia in PCOS
- Moderator: Sonia Malik
- Panel Discussion: The cosmetic needs of Hyperandrogenic PCOS women – How best can we address them?
- Panelists: Gulrez Tyebkhan, Rasya Dixit, Anil Tibrewala, Dr. Anurag Lila

Concluding Session

Click here for Registrations https://pcosindia.org/upcoming_events.php
Pre & Post Congress Workshops

The PCOS Society of India
In Collaboration With
Cardiological Society of India
Presents

AN ONLINE PRE CONGRESS WORKSHOP ON

DOES PCOS AFFECT YOUR HEART AND VASCULAR SYSTEM?
On Saturday, 25th September 2021

Session I : The Pathophysiology of Cardiovascular Disease in men and women
- Coronary artery disease (CAD)
- Cerebro-vascular disease (CVD)
- Deep vein thrombosis (DVT)
- Discussion

Session II : PCOS and Cardio-vascular disease
- Does PCOS increase the risk of Cardiovascular Disease?
- How does one assess the risk for cardiovascular disease?
- How can we minimize risk factors of CVD in Women with PCOS?
- Discussion

Session III : Management of Cardiovascular Disease: Non-invasive and Interventional
- Coronary artery disease
- Cerebro-vascular disease
- Deep vein thrombosis
- Discussion

Session IV: Panel Discussion: Preventing cardiovascular events in PCOS women

Closing Session

Session I : The Adolescent girl – Risk factors for PCOS
- Does early and delayed menarche Matter?
- Is PCOS and Obesity, double trouble?
- How should we conform the diagnosis of PCOS in an adolescent?
- Discussion

Session II : Reproductive Age group
- Does PCOS increase the risk of Cardiovascular Disease?
- How does one assess the risk for cardiovascular disease?
- How can we minimize risk factors of CVD in Women with PCOS?
- Discussion

Session III : The Sub-fertile PCOS woman – Managing fertility treatment
- With menorrhagia
- With oligomenorrhea
- With amenorrhea
- Discussion

Session IV: Panel Discussion: Menstrual dysfunction – Endocrine disorders beyond PCOS

Closing Session

The PCOS Society of India
In Collaboration With
Endocrine Society of India
Presents

AN ONLINE POST CONGRESS WORKSHOP ON

PCOS OVARIAN SYNDROME AND MENSTRUAL DYSFUNCTION
On Saturday, 9th October 2021
Upcoming Events

Upcoming W3 Webinar Series

August 2021

- Metformin - Why, When & How?
- Which Gonadotropins should we use in ART for PCOS?

September 2021

- What is Sleep Apnea and why do we have to manage it?
- Do PCOS women develop Osteoporosis after menopause?
- Do Inositols play a role in PCOS management?

October 2021

- How should we manage Fertility Treatment in PCOS women during COVID times?
- Why Does OHSS occur and how to manage OHSS in PCOS?

W3 Webinar Series

Learn from the Experts Series

Dr. Duru Shah
MD, FCOG, DCP, PGDS, PCOS, DSO, BHF, FRCOG
Gynaecologist
Founder President, The PCOS Society (India)

Module 1 - Obesity and PCOS: Implications for Diagnosis and Treatment
31st July 2021

Dr. Shashank R. Joshi
MD, DM, FACP, FRCP, FACOG
Endocrinologist
Vice President, The PCOS Society (India)

Module 2 - PCOS and Pregnancy
19th Sept 2021

Dr. Uday Thanawala
MD, DGO, FCP, DNB
Obstetrician and Gynaecologist
Honorary Treasurer, The PCOS Society (India)

Module 3 - PCOS and Infertility
28th Nov 2021

Dr. Madhuri Patil
MD, FCPS, DGO, BHF, FICOG, Gynaecologist (IV Specialist)
Vice President, The PCOS Society (India)

Steps to View

1. Click on the Link: https://docmode.org/learn-from-the-experts/
2. Click on “Register”
3. This will take you to the Course page. Now click on “Enroll”
4. Register as Doctor and fill all Required Details
5. Verify by clicking on Link sent to you by Email
6. Once registered - You can log in and view the Course.
7. Already registered members can directly sign-in on the login date and start the course
Events & Collaborations

“IADVL Maharashtra in Collaboration with
The PCOS Society of India and
Psychodermatology Association of India
Present
“Skin Health Beyond Skin Care...”
11th April 2021

10:00 am
Introduction by
Dr. K.V. Madhukar - President IADVL, Maharashtra

10:10 am
“The Androgens Expose Condoms”
Dr. S. Prabhakaran, President, 20th Society of India

10:30 am
“Where the Mind and Skin Interact”
Dr. Shruti Parikh, Past President, PSAM

10:50 am
“Skin – A Neuronoduced Organ”
Dr. Rachna Jain, Psychologist, Founder, PSAM Society of India

11:10 am
“A Holistic Approach to Skin Disease”
Dr. Amruta Asole, Secretary, PSAM, Maharashtra

11:30 am
Vote of Thanks

Panel Discussion - 50 mins

Moderator: Dr. Asosha Sharma
Panelists: Dr. Duru Shah, Dr. Shashikant D Sheth, Dr. Abdul Latheef E. M, President PSAM, Dr. Gauri Pande, Consultant Dermatologist, Sanjeev Hospital & Gynaecologist, Mumbai, Dr. Dr. Apana Asole, Secretary PSAM, Maharashtra

Web link: https://digitalinfomedia.in/110-nov

2400+ Delegates

Convenor: Dr. Sangeeta Agrawal
The conference covered various issues and challenges in women with PCOS across all age groups i.e., adolescence to menopause. There were 6 keynote lectures along with discussions with experts on various subjects related to PCOS. The meeting was highly appreciated by the 2400 delegates who joined.

Patient Information Videos on PCOS

2-3 mins videos on our YouTube channel for patient education.

Youtube Channel Link
https://www.youtube.com/channel/UCD9SMMPaAg64lu_tgy1sthQ
Events Held - W3 Webinar Series

The ART & SCIENCE of COH in infertile PCOS women
3rd April 2021 | 7:00 - 9:30 pm (IST)

**EXPERTS**
- Dr. Sunita Bhat
- Dr. Arvind Sharma
- Dr. Pratiksha Malhotra
- Dr. Supriya Kulkarni

Supported by IVF Pvt. Ltd. Gynasmat S.B.
Registration Link: [https://www.amnicicuris.com/archieve/660](https://www.amnicicuris.com/archieve/660)

**WHAT WHEN WHY**
What is Fatty Liver?
5th May 2021 | 7:00 - 9:30 pm (IST)

**EXPERTS**
- Dr. Sunita Bhat
- Dr. Arvind Sharma
- Dr. Pratiksha Malhotra
- Dr. Supriya Kulkarni

Supported by IVF Pvt. Ltd. Gynasmat S.B.
Registration Link: [https://www.amnicicuris.com/archieve/632](https://www.amnicicuris.com/archieve/632)

**WHAT WHEN**
Can adjuvants assist in improving oocyte quality?
10th April 2021 | 7:00 - 9:30 pm (IST)

**EXPERTS**
- Dr. Shilpa Saha
- Dr. Ram Prakash
- Dr. Pratiksha Malhotra
- Dr. Supriya Kulkarni

Supported by [https://www.amnicicuris.com/archieve/660](https://www.amnicicuris.com/archieve/660)
Registration Link: [https://www.amnicicuris.com/archieve/643](https://www.amnicicuris.com/archieve/643)

**WHAT WHEN**
Does PCOS and Vitamin D have any connection?
22nd May 2021 | 7:00 - 9:30 pm (IST)

**EXPERTS**
- Dr. Sunita Bhat
- Dr. Arvind Sharma
- Dr. Pratiksha Malhotra
- Dr. Supriya Kulkarni

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Registration Link: [https://www.amnicicuris.com/archieve/643](https://www.amnicicuris.com/archieve/643)
Certificate Courses

- Over 800 doctors have enrolled for this Course & have found it extremely educative and enlightening.
- Enroll for the Course now to avail the amazing Course material.
- Get an attractive Certificate on Course completion by becoming a PCOS Society Member.
- Many participants have already become members to avail of this opportunity.
- Click on the link below to become a member today in a few easy steps online. https://pcosindia.org/TypeOfMembership.php
In infertility related to PCOS*

**Introducing**

**NORMÖZ PLUS**

Inositol 2 gm, N-Acetyl cysteine 600 mg, Folic Acid 50 mcg

Alleviates Hyperandrogenism... Restores Fertility

- **Inositol 2 gm**
- **N-Acetyl cysteine 600 mg**
- **Folic acid 50 mcg**

**Helps**

- Improve HPO axis functioning\(^2,3,4\)
- Reduce insulin resistance\(^3,4,5,6\)
- Improve ovarian function in PCOS patients\(^7\)
- Reduce hyperandrogenism\(^3,4,8\)
- Improve oocyte & embryo quality\(^3,4,9\)

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Calcium carbonate 1250 mg, Vitamin D\(^3\) 200 IU, Methylcobalamin 1000 mcg, L-Methyl folate 1000 mcg, Pyridoxal 5 Phosphate 20 mg

The High Potency Calcium with Extraordinary Power of Vitamin D\(^3\) & Active Form of Vitamins

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**CARNISURE-500**

L-Carnitine 500 mg Tablets

The Metabolic Energizer

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**In PCOS Management,**

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Vitamin D, Calcium & Strontium 5000 U

Efficiency in Deficiency with Better Patient Compliance