

Resveratrol Reduces Testosterone and DHEAS in PCOS (Polycystic Ovarian Syndrome)



Resveratrol, a natural polyphenol, reduced serum levels of both testosterone and dehydroepiandrosterone sulfate (DHEAS) in women with polycystic ovarian syndrome (PCOS), in a small double-blind study.

As reported in the *Journal of Clinical Endocrinology*: 1,500 mg of resveratrol, a natural polyphenol, was beneficial at lowering total testosterone levels by over 23%.

PCOS affects an estimated 5 million to 6 million women in the United States, is primarily characterized by hyperandrogenism and ovulatory dysfunction, and is considered the most common endocrine disorder of women of reproductive age.

Source: Medpage Today

Journal of Clinical Endocrinology and Metabolism

Before Using Prescription Medication for Diabetic Neuropathy – Try These Supplements



Clinical studies suggest use of benfotiamine (a specific form of B1) and methylcobalamine (a specific form of B12) with right alpha lipoic acid can reduce neuropathy in as little as 3 weeks... Years of clinical studies have proven that these ingredients work at eliminating unwanted symptoms from nerve pain. In fact, many of the studies conclude that these forms of B vitamins and R-Alpha Lipoic Acid actually reverse neuropathy...

– Read more at DiabeticConnect.com

R-alpha lipoic acid on Amazon

Vitamin B12 (Methylcobalamin) and Vitamin B1 (Benfotiamine) on

Amazon

Please consult your doctor before undergoing any health treatments or taking new supplements. This post, and all information on this site, is for educational and informational purposes only.*

The Metformin and B12 Deficiency Connection



Do you have **diabetes** and experience tingling and pain in your hands or feet? Is it diabetic neuropathy or could you be suffering from B12 deficiency instead? The symptoms can mimic each other. Metformin is the first line pharmaceutical in the treatment for **Type 2 Diabetes** worldwide. The benefits of this drug have been established. However, a not often known fact is that it can cause malabsorption of vitamin B12.

Long-term use of metformin, as well as having a preexisting malabsorptive illness, can increase your chance of developing a deficiency. If you are on metformin, ask your doctor to

check your B12 level annually. Taking sublingual B12 supplements or having an annual 1,000 mcg B12 injection can help prevent this risk. Taking calcium carbonate daily, 1200 mg, may also block the mechanism that is involved with the malabsorption.

References: Metformin-induced Vitamin B12 Deficiency Presenting as a Peripheral Neuropathy

David S.H. Bell, MD

South Med J. 2010;103(3):265-267.

Age Ageing. 2006 Mar;35(2):200-1.

Metformin-related vitamin B12 deficiency.

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