



049 SW Porter St. Portland, OR 97201

VOLUNTEERS NEEDED FOR PCOS RESEARCH STUDY
ASHLEY HAYWOOD - PRINCIPAL INVESTIGATOR

The *Gymnema sylvestra* study team is looking for female volunteers who are willing to participate in a pilot study of the herb *Gymnema sylvestra* as a natural treatment for women with Polycystic Ovary Syndrome (PCOS).

Participation will require:

- Eight Visits to the National College of Natural Medicine for about 1 hour:
Each visit will include:
 - a fasting blood draw
 - three questionnaires
 - saliva sampling
- 6-month use of the *Gymnema sylvestra* – once daily
- Meeting all Inclusion/Exclusion Criteria
 - ❖ A woman between the ages of 18-40
 - ❖ Have a previous diagnosis of PCOS and/or a fewer than 9 menses a year
 - ❖ be willing to submit five blood draws
 - ❖ be willing to maintain a consistent regimen of herb for 6 months
 - ❖ remain free from use of hypoglycemic drugs and hormones.
 - ❖ not be pregnant or trying to become pregnant during the study,
 - ❖ as well as other criteria

The benefit of participating in the research study includes the opportunity to provide data to help increase the evidence base for the use of botanical treatments in the treatment of Polycystic Ovary Syndrome. Will get copies of lab tests at the end of the study for your own information.

If you are interested in participating please take a number from below and give us a call!!!

THANK YOU

If you are interested in the PCOS research study

**Please call:
503-552-1753**