



**WOMEN'S
HEALTH**

Most Researched & Patented White Mulberry Leaf Extract

**Turns fast sugars and carbs
into slow ones**



Did you know?

Reducing glucose & insulin spikes is correlated with a reduction in PCOS & menopause symptoms

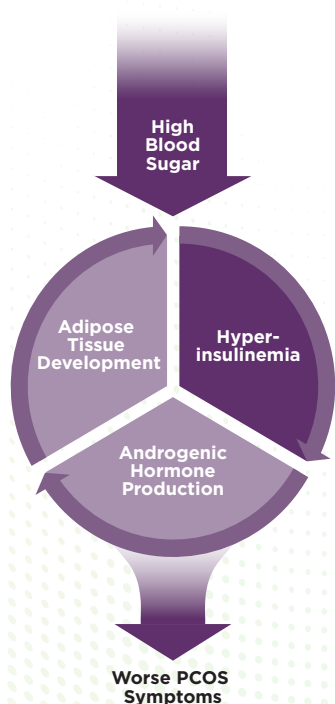
Natural hormonal shifts in a woman's life can create significant challenges. Polycystic ovary syndrome (PCOS), affecting around 10% of women globally, and can cause irregular menstruation, infertility, hair loss and fatigue. The menopausal period is known to cause hot flashes, weight changes and brain fog, amongst others. These disruptive changes also have a profound effect on a woman's natural systems regulating blood sugar, insulin and blood lipids which can increase the risk of cardiovascular disease and diabetes.

PCOS

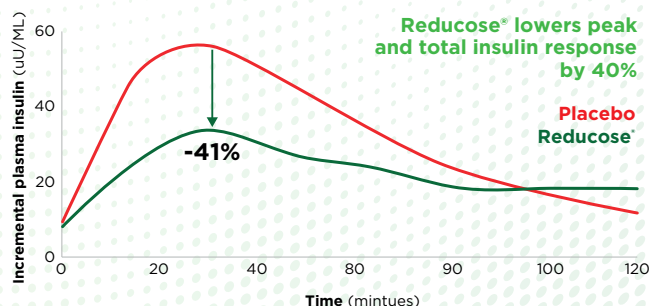
- The exact cause is unknown however research has shown that alongside hormonal imbalances, there is a strong correlation between PCOS and hyperinsulinemia.¹
- Consistent high postprandial glucose spikes can cause hyperinsulinemia which in turn amplifies ovarian androgen (male hormone) secretion.²
- These hormones increase visceral fat accumulation contributing to further hyperinsulinemia and worse PCOS symptoms.³
- Interventions reducing post prandial blood glucose and insulin spikes have been shown to reduce the symptoms of PCOS.⁴

Menopause

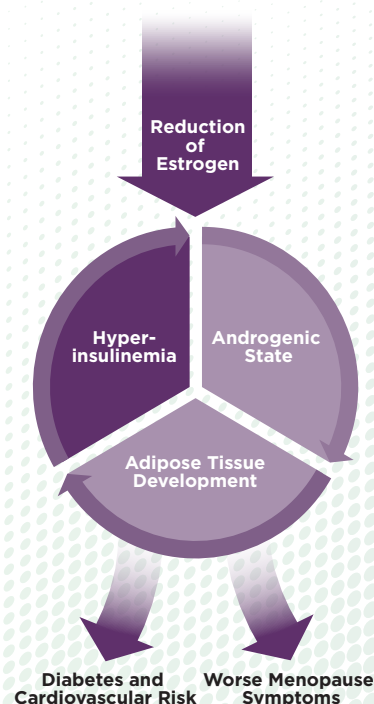
- The production of estrogen and progesterone is reduced in women's ovaries, leading to an increasingly androgenic (male hormonal) state.
- This contributes to visceral fat accumulation, higher cholesterol, and hyperinsulinemia.^{3,5}
- Hyperinsulinemia is associated with worsening menopausal symptoms.⁶
- The recent ZOE PREDICT study found that, age-matched, post-menopausal women experienced significantly higher postprandial glucose and insulin responses, increasing metabolic risk.⁵
- Changing to a low GI diet and increasing exercise have been shown to reduce the severity of symptoms and lower cardiometabolic risks.⁷



- ✓ Reducose® lowers peak and total postprandial glucose and insulin responses by up to 40%.*
- ✓ Reducose® increases insulin sensitivity and helps maintain healthy, normal insulin levels.*⁸
- ✓ In clinical studies, Reducose® has significantly lowered the glycemic index of foods it is combined with.*⁹
- ✓ Reducose® is a plant-based solution that helps mitigate the negative cycles triggered by hormonal changes.*



Thondre et al., 2021. Effect of 250mg Reducose® on postprandial plasma insulin response



**Reducose® maintains a healthy blood sugar and insulin response,
helping to rebalance women's health in a natural way**

Be the woman you want to be... Get your zen back!



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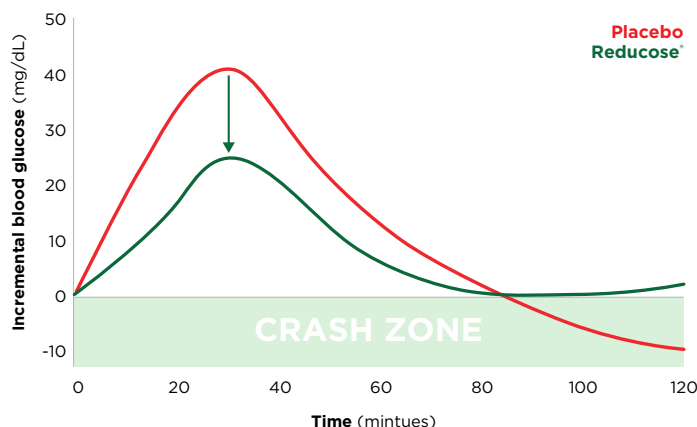
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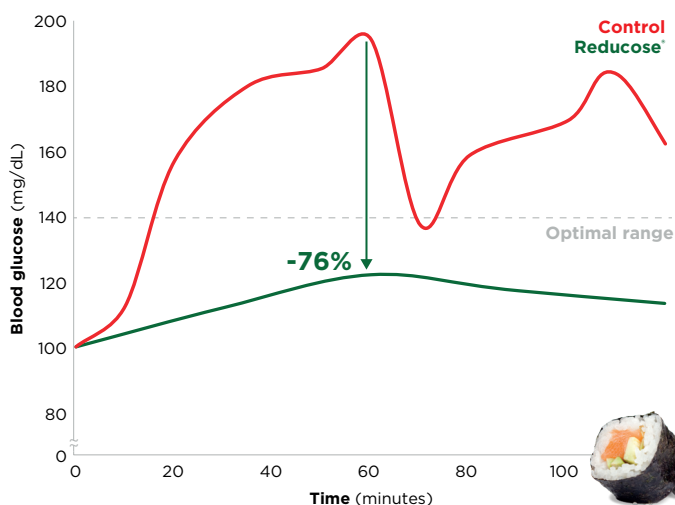
- ✓ Efficacious small dose backed by 10+ human clinical studies*†
- ✓ Works immediately: in the upper digestive system it blocks enzymes that break down sucrose and carbohydrates into glucose*†
- ✓ Up to 40% lower post meal blood sugar & insulin response, supporting healthy blood sugar*
- ✓ Reducose® helps to support a healthy microbiome and, in clinical studies, was not shown to cause an increase in gastrointestinal issues*†
- ✓ Consumers can feel the satiety & sustained energy benefits from the first dose*

**Reducose® lowers peak and total
glucose & insulin response by 40%**

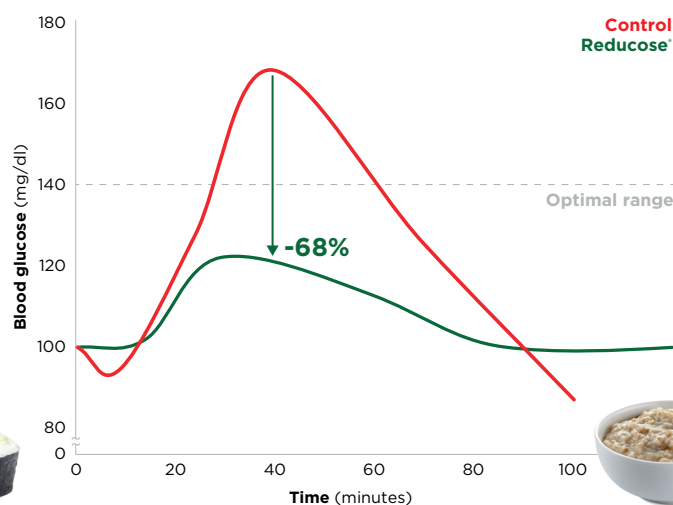


Efficacy can be measured and tracked on Continuous Glucose Monitors (CGM)*

**Veggie sushi, edamame,
soy sauce**



**Porridge with water, chia seeds,
nuts, protein powder**



- ✓ Works immediately: you can feel and see the results
- ✓ Worry less about hidden sugars & carbs
- ✓ Feel better and balanced
- ✓ Fits simply and naturally in your life
- ✓ Take back control and love your food, again!



For more information,
e-mail: info@phynova.com
or visit Phynova.com

* Scientific References: 1. DeUgarte et al. Fertil Steril. 2005 May;83(5):1454-60. doi: 10.1016/j.fertnstert.2004.11.070. 2. Moghetti P. Curr Pharm Des. 2016; 22(36):5526-5534. doi: 10.2174/1381612822666160720155855. 3. Per Björntorp. Diabetes Care. 1991; 14 (12): 1132-1143. https://doi.org/10.2337/diacare.14.12.1132 4. Kircher and Smith. Ann Pharmacother. 2008;42(6):847-51. doi: 10.1345/aph.1K639. 5. Bermingham et al. EBioMedicine. 2022;85:104303. 6. Thurston et al. J Clin Endocrinol Metab. 2012; 97(10):3487-94. 7. Kroenke et al. Menopause. 2012; 19(9):980-8. 8. Liu et al. PLoS One. 2016;11(4):e0152728. doi: 10.1371/journal.pone.0152728. 9. Ding et al. PLoS One. 2023;18(8):e0288911. doi: 10.1371/journal.pone.0288911. CGM source materials: <https://avea-life.com>, Stabiliser

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.