

OVOSICARE FERTILITY® NEW LAUNCH: IMPROVE FERTILITY FROM YOUR OWN CLINICAL PRACTICE

Ovosicare Fertility® is a food supplement to naturally cover all the daily nutritional needs of women of childbearing age who are looking for a pregnancy.

The slide features the Ginecare logo (Formación médica continuada, www.ginecarefmc.com) and the Ovoscicare Fertility product box. The main text reads: "NUEVO LANZAMIENTO OVOSICARE FERTILITY®: MEJORA LA FERTILIDAD DESDE TU CONSULTA". It lists the moderator as Dr. Anna Mallafré and speakers as Dr. Nicolás Mendoza and Dr. Fernando Losa. Logos for collaborating entities (ginep, TOKO-GINECOLOGÍA PRACTICA, AEEM) and Procure Health are also present. A small video inset shows Dr. Nicolás Mendoza.

More than 70 million couples have fertility problems. In Western countries, infertility affects 15% of the population of reproductive age (i.e. one in six couples).

Fertility problems and strategies to improve fertility were addressed in a webinar, moderated by **Dr Anna Mallafré**, gynecologist and Medical Advisor of Procure Health. In the webinar also participated **Dr Nicolás Mendoza** who is a gynecologist and Director of the Department of Obstetrics and Gynecology at the University of Granada. **Dr Fernando Losa**, who is an obstetrician gynaecologist, maternity and childcare specialist, expert in menopause from the AEEM and in gynecology from the UB, also participated.

In this webinar, the speakers presented a new product from **Procure Health, Ovoscicare Fertility®**, which improves the pregnancy rate and number of live births.

Two factors particularly affect fertility nowadays: late motherhood and polycystic ovary syndrome (PCOS)¹. PCOS is one of the most common causes of ovulatory dysfunction and can affect one in ten women of reproductive age.

There is a direct link between endocrine alterations in PCOS and carbohydrate metabolism disorders, such that there are receptors for insulin and insulin-directed actions within the follicle, mainly in THECA cells, that stimulate androgen synthesis, but there are also substances that can improve the response to both insulin and androgens, such as inositols. It has been speculated that inositol also participates in oocyte maturation²⁻³.

A double-blind, randomised clinical trial compared the effect of two combinations with different concentrations of Myo-Inositol (MI) and D-Chiro Inositol (DCI) (40:1 and 3.6:1). The study lasted 12 weeks with the participation of 60 women with PCOS undergoing in vitro fertilization using the intracytoplasmic sperm injection (ICSI) technique. The results were significantly higher in women treated with the high-dose DCI pattern in terms of pregnancy rate (55.2% vs. 14.8%), number of live births (16 vs. 4) and in the rate of ovarian hyperstimulation syndrome (3.4% vs. 18.5%)⁴.

The effect of these same doses of DCI on oocyte quality was also studied in another trial, highlighting its action in improving oocyte cytoplasm quality⁵.

Nutritional supplementation for fertility

Ovosicare Fertility's formula contains innovative patented and clinically proven ingredients: **DCI and IM (Caronositol), folic acid (Quatrefolic), pomegranate extract (Pomanox P30), melatonin, vitamin D3, vitamin E and B vitamins, zinc and other minerals.**

Quatrefolic (5-methyltetrahydrofolate) is the active form of folic acid which does not need to be metabolized to carry out its activity. It participates in the process of cell division and in the homocysteine metabolism. Because of its properties, it reduces the chances of early abortion, a common event among women with fertility problems.

Pomanox P30® prevents oxidative damage to the follicular fluid and helps maintain blood pressure in normal ranges.

Antioxidants, such as melatonin and vitamin E, help reducing oxidative stress, which is involved in problems such as miscarriages, premature birth, pre-eclampsia and gestational diabetes. Oxidative stress can also cause a high maternal and foetal morbidity and mortality burden.

In conclusion, **Ovosicare Fertility®** is an effective product designed to help women with subfertility as well as women over 35 years old who are looking for a natural way to improve their chances of conception.

GINECARE, continuing medical education

This webinar is part of a cycle aimed at gynecologists that takes place at Ginecare FMC, a platform for hosting continuing medical education for doctors, nurses, midwives and pharmacists.

In Ginecare FMC, users can find online courses, scientific publications, free webinars every two weeks, relevant news, videos of lectures and conferences, and interviews with leading doctors.

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