



ADVANCED
FERTILITY
SOLUTIONS

PUTTING YOU IN CONTROL OF YOUR FERTILITY



Thank you for purchasing the PCOS solution.

Please use this as your reference guide and FAQ manual while taking your formulas.

Any queries about delivery please email orders@advancedfertilitysolutions.com

Any queries about the formulas, how to take them and what to expect please check this manual first. Contact drmartin@advancedfertilitysolutions.com if your questions are unanswered.

Shipping: Your order will be shipped within 3 business days of your order being received. It typically takes 7 days for most parcels to be delivered.

You will be provided a tracking number and tracking address. Please use this information to track your parcel. Once your parcel is sent we can provide no further information than what the tracking advice says. We have no control over your delivery once it has been sent.

Customs: Your parcel is being shipped from Australia. This means it is coming via international post and must pass through customs before being delivered in your country. Customs has no issues letting your products into your country, how long they take to do that is up to them. Every delay we have experienced in shipping is due to customs taking their sweet time. We have no control over customs.

Tracking: Please use the tracking number you have been provided at this web address <https://auspost.com.au/mypost/track/#/search>. It may take a day or two for your shipment to show up on the Australia Post tracking website so please do not worry if your tracking number does not show anything immediately. We have no control how fast Australia Post updates its tracking.

Delivery: Once your parcel is sent we can provide no further information than what your tracking advice says. We have no control over, nor can influence, the delivery of your parcel once it has been sent. That is up to the postal service. If your delivery has not moved since arriving at your country it is likely awaiting customs clearance.

My delivery is taking too long! What should I do? Be patient and look to your tracking advice for updates. Once your parcel is sent we can provide no further information than what your tracking advice says.

Contact: If you have further queries about your delivery please contact

orders@advancedfertilitysolutions.com

Please follow the instructions:

Start taking your formulas as soon as they arrive, what day of the month you begin is not important for these formulas.

Please take 2 pills twice per day with food.

Drink with warm water to wash them down and dissolve into your system as fast as possible.

Please take your formulas with or very close to food.

DO NOT take on an empty stomach.

If you feel any discomfort when taking the formulas, have a glass of hot water or two and a little something to eat. This should restore your stomach quickly.

Important information:

Your formulas will contain 108 pills in a 10:1 concentration.

The 108 pills will last 27 days.

They should be taken 2 pills twice per day with food.

The month's supply is based on a woman's menstrual cycle - 28 days, not the calendar month.

When a woman starts her first bottle, 27 days later the bottle will be finished. The second bottle will start on the 28th day. As these formulas are 'practitioner dispense only' a client would typically revisit their practitioner on the 28th day for assessment and prescription.

The formulas are designed to make a woman's cycle a regular 28 days by resolving the cysts that interrupt the natural hormonal cycle for ovulation and menstruation. This is why the formulas and dosages are created this way.

How will I know it has worked?

Having an ultrasound to confirm results is a great way to confirm results. What you should notice is that your menstrual cycle and ovulation are now regular and come at the same time each month. If your cycle has improved but not completely regular yet, you should order another three month supply to complete the job. Please remember losing 5% - 10% of body weight can make an incredible difference to your natural hormone regulation.

For everything you need to know about PCOS please visit this page

<https://www.advancedfertilitysolutions.com/pcos-treatment>

F.A.Q.

I am having a reaction to the formulas! What should I do?

The circumstances are rare but can happen. Sometimes it is completely unrelated, most often because the dosage is too strong for the digestive system to begin with.

Please follow these steps.

1. Stop taking the formula until your symptoms pass.

2. Introduce one formula back at half dose – 1 pill twice per day for one day. Do the symptoms return? If not, return to the normal dose 2 pills twice per day the following day. Do the symptoms return? If yes, we know it is this formula that is creating the problem. Please contact drmartin@advancedfertilitysolutions.com as soon as possible.

Using this method we can isolate which formula may be creating the problem and address the issue. Typically reducing the dosage of all formulas you are taking to one pill of each twice per day is sufficient to solve the problem. And then 2 weeks slowly return to the normal dose. This tends to solve most problems. If this does not solve your problems please contact drmartin@advancedfertilitysolutions.com as soon as possible.

Can I still take prescription medication while taking these formulas?

Yes, you can. If your medication is fertility related, we strongly recommend to book an online consultation with Dr. Martin here

[https:// www.advancedfertilitysolutions.com/book-online-consultation](https://www.advancedfertilitysolutions.com/book-online-consultation) and make sure that what you are taking is consistent with your goals.

Does this medication interact with other medicines?

There is no known interaction with other medicines.

I am taking supplements, vitamins, and minerals, is there a problem with taking this medicine at the same time?

As a general rule there few complications with medicines and these products. Vitamins, minerals, and supplements tend to come under the 'food' category. That means they are safe for consumption and if the body does not require them, they are passed harmlessly out of the body via the urine.

I have had recent surgery, is it safe to take these formulas?

We encourage you to allow yourself the proper time to heal from your surgery as recommended by your doctor. After then the formulas are safe to use.

I am preparing for IVF soon, when should I stop taking the formulas?

If you are using an unstimulated IVF cycle please stop three days prior to egg pick up. If you are doing a stimulated cycle please stop the formulas the day prior to beginning you injections.

Objections.

My GP, Doctor or Specialist says I shouldn't use these products because:

1. They don't believe they work.

2. Are not checked for safety or production standards.
3. They are worried they interfere with other drugs they wish to prescribe.
4. They don't like people taking them, and that is that.

Reasons why your doctor may raise objections.

Your doctor may be trained in pharmaceuticals and surgery. Do they have any training at all in Chinese Herbal Medicine? Are they familiar with any research or studies into the effectiveness of this therapy?

Our products have the highest production and safety standards and are rigorously tested for heavy metals and industrial toxins before production. Safety and effectiveness are top priorities. Our formulas are both safe and effective. Please feel as confident in that as we do.

Unwanted interactions are always possible; however, these interactions tend to be between pharmaceutical products, not natural ones. There are no known drugs that interact with these formulas.

As doctors and prescribers of Chinese Herbal Medicine, we are trained in pharmaceuticals as well as our own medicine. Unless your doctor has a degree in Chinese Herbal Medicine, it is likely we are more familiar with the effects of the combinations you may be taking than your doctor, GP or specialist.

We wish you all the best while using our PCOS solution. Please leave your feedback or post any questions to drmartin@advancedfertilitysolutions.com.

We would love to share further in your fertility journey, and please let us know if there is anything else we can do for you.

Sincerely

Advanced Fertility Solutions.