



CUSTOM FORMULATIONS

QUALITY

mitochondrial health / egg quality

The mitochondria are organelles present in the oocyte (egg). They are responsible for energy production and egg quality. The Yinstill **Quality** supplement is formulated with the most effective ingredients available for optimizing mitochondrial health.

Ingredients (daily dose)

- Co Enzyme Q10 - 600mg
- Magnesium (Glycinate) - 200mg
- Acetyl-L-Carnitine - 2000mg
- R Lipoic Acid - 300mg
- Pyridoxal-5-Phosphate - 10mg
- N-Acetyl Cysteine - 600mg
- Turmeric BCM 95 - 120mg
- Resveratrol - 75mg
- L-Carnosine - 120mg
- MCC (filler) - 41mg

240 VCAPS

30 day quantity

Suggested Use: 8 capsules daily, away from food.

ABUNDANCE

sperm quality

The Yinstill **Abundance** supplement is designed to optimize male fertility by providing strong antioxidant support to the sperm. It also includes other key ingredients which improve overall male sexual health and libido.

Ingredients (daily dose)

- Zinc (Citrate) - 30mg
- Ascorbic Acid - 1000mg
- Magnesium (Glycinate) - 200mg
- Acetyl-L-Carnitine - 1000mg
- Selenium (L-Selenomethionine) - 200mcg
- N-Acetyl Cysteine - 600mg
- Eurycoma Longifolia 20:1 - 200mg
- Co Enzyme Q10 - 200mg
- Maca 0.6% - 1000mg

210 vcaps

30 day quantity

Suggested Use: Take 7 capsules daily.

REGULATE

PCOS

The purpose of the Yinstill **Regulate** supplement was to create a simple, yet effective, all-in-one formula for our PCOS patients. Its key ingredients work synergistically to increase insulin sensitivity, decrease androgen activity, improve egg maturation, and encourage more regular ovulation.

Ingredients (daily dose)

- DCI (D-Chiro-Inositol) 98% - 100mg
- Inositol - 4000mg
- R Lipoic Acid - 300mg
- 5-Methyltetrahydrofolate (Quatrefolate™) - 400mcg

Powder

30 day quantity

Suggested Use: 2 scoops daily.

BALANCE

hormone balance

The Yinstill **Balance** supplement contains both nutrients and botanicals that help the liver effectively restore hormonal balance. This is a great formulation for women with Endometriosis, fibroids or cysts, and can also benefit those who have recently experienced a failed IVF cycle.

Ingredients (daily dose)

- Calcium D-Glucarate - 225mg
- Indole 3 Carbinol - 225mg
- Broccoli Seed Extract SGS - 0.3mg
- Green Tea (Decaffeinated) 50% EGCG - 150mg
- Meriva® Turmeric Complex - 75mg
- Milk Thistle 80% - 75mg
- DIM - 75mg
- Rosemary 6% - 37.5mg
- Lycopene 5% - 7.5mg
- MCC (filler) - 237mg

90 VCAPS

30 day quantity

Suggested Use: Take 1 capsule, 3 times per day, with meals.

CALM

stress management

This Yinstill **Calm** supplement contains agents that promote relaxation and restful, regenerative sleep - something that is so important when working to nurture fertility potential. This formulation is safe to take throughout your entire IVF cycle, up to the day of embryo transfer.

Ingredients (daily dose)

- GABA - 100mg
- Magnesium (Glycinate) - 100mg
- 5-Hydroxytryptophan - 50mg

- Theanine - 200mg

30 vcaps

30 day quantity

Suggested Use: 1 capsule per day

RELIEVE

pain management

The Yinstill **Relieve** supplement was formulated specifically for women with Endometriosis. Its primary function is to relieve pain by decreasing inflammation in the body.

Ingredients (daily dose)

- Cordyalis - 1000mg
- Green tea (decaffeinated) - 1000mg
- EGCG - 500mg
- N-Acetyl Cysteine - 650mg
- Magnesium (Glycinate) - 200mg
- Bromelain 2400 GDU - 125mg
- Turmeric BCM95 - 120mg
- Papain 50 000 PU - 60mg

180 vcaps

30 day quantity

Suggested use: 3 capsules twice per day

CLEANSE

detoxification and elimination

Toxins in our environment can disrupt hormonal balance and contribute to infertility. The Yinstill **Cleanse** supplement (paired with the *Yinstill Cleanse dietary program*) is formulated to restore optimal liver function and hormonal balance, reduce inflammation, regulate blood sugar, and maintain a healthy weight.

Instructions (dose per serving)

- Retinyl Palmitate - 2000iu
- Beta Carotene (mixed carotenoids) - 3000iu
- Ascorbic acid - 300mg
- Vitamin D3 - 400iu
- Vitamin E (d-alpha Tocopheryl Acetate) - 50iu
- Vitamin B1 - 12mg
- Riboflavin-5-Phosphate - 10mg
- Niacinamide - 30mg
- Niacin - 8mg
- Pyridoxal-5-Phosphate - 10mg
- 5-Methyltetrahydrofolate (Quatrefolate) - 300mcg
- Vitamin B12 (Methylcobalamin) - 50mcg
- Biotin (1%) - 150mcg
- Vitamin B5 (Calcium Pantothenate) - 46mg
- Calcium (Citrate) - 300mg
- Magnesium (Citrate) - 150mg
- Zinc (Citrate) - 10mg
- Selenium (L-Selenomethionine) - 70mcg

- Manganese (Citrate) - 1.5mg
- Chromium (Polynicotinate) - 100mcg
- Molybdenum (Citrate) - 50mcg
- Potassium (Citrate) - 100mg
- Vanadium (Sulfate) - 50mcg
- Choline Citrate - 30mg
- Boron (Citrate) - 0.1mg
- Reduced L-Glutathione - 25mg
- N-Acetylcysteine - 50mg
- L-Glycine - 1650mg
- Taurine - 110mg
- Green Tea 50% Catechins - 25mg
- MSM - 100mg
- Quercetin - 250mg
- L-Glutamine - 500mg
- Betaine Anhydrous (TMG) - 50mg
- Medium Chain Triglycerides - 1500mg
- L-Lysine - 500mg
- Rice Protein - 13.4gm protein
- Pea Protein - 13.4gm protein
- Vanilla flavour - 4028mg

18 servings

10.5 day supply

Suggested use: Day 1-4, one serving daily. Day 5-21, one serving twice daily.

*Follow dietary guidelines as outlined in handout provided at <http://yinstill.com/handouts/cleanse.pdf>

**MCC (filler): microcrystalline cellulose (refined wood pulp).*

**Small amount of silicon dioxide (silica) for moisture control.*

**Capsules contain no other ingredients than listed above.*