PARTICIPATE IN A GROUND-BREAKING DIET AND LIFESTYLE CLINICAL TRIAL FOR WOMEN WITH POLYCYSTIC OVARY SYNDROME.

A team from the University of Michigan's School of Nursing and School of Medicine are recruiting women with polycystic ovary syndrome to participate in a 4-month online program. This study will assess an innovative diet and lifestyle approach, using nutritional ketosis to treat PCOS.

Click Here to Get Started
You could be eligible if you:

• Have polycystic ovary syndrome
• Are between the ages of 21-40
• Are motivated to lose weight or control your PCOS
• Regularly check your e-mails and text messages

Participants will receive:

• $60 for finishing the program and taking measurements at baseline and 4 months
• Easy-to-use digital scale
• Your test results so you can see how your weight, hormones, blood sugar, and cholesterol change over time

The program includes:

• Information about food, sleep, exercise, and stress reduction
• 17 online, video-based lessons
• Supportive text messages and access to a coach
• Cookbooks full of delicious recipes

FOR OUR PRELIMINARY SCREENING, PLEASE CLICK HERE.
The University of Michigan PCOS Intervention Using Nutritional Ketosis Study

Contact the study team:

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Primary Investigator: Dr. Laura Saslow

Study #: HUM 00113697