

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.

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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
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The University of Michigan PCOS Intervention Using Nutritional Ketosis Study

Contact the study team:

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