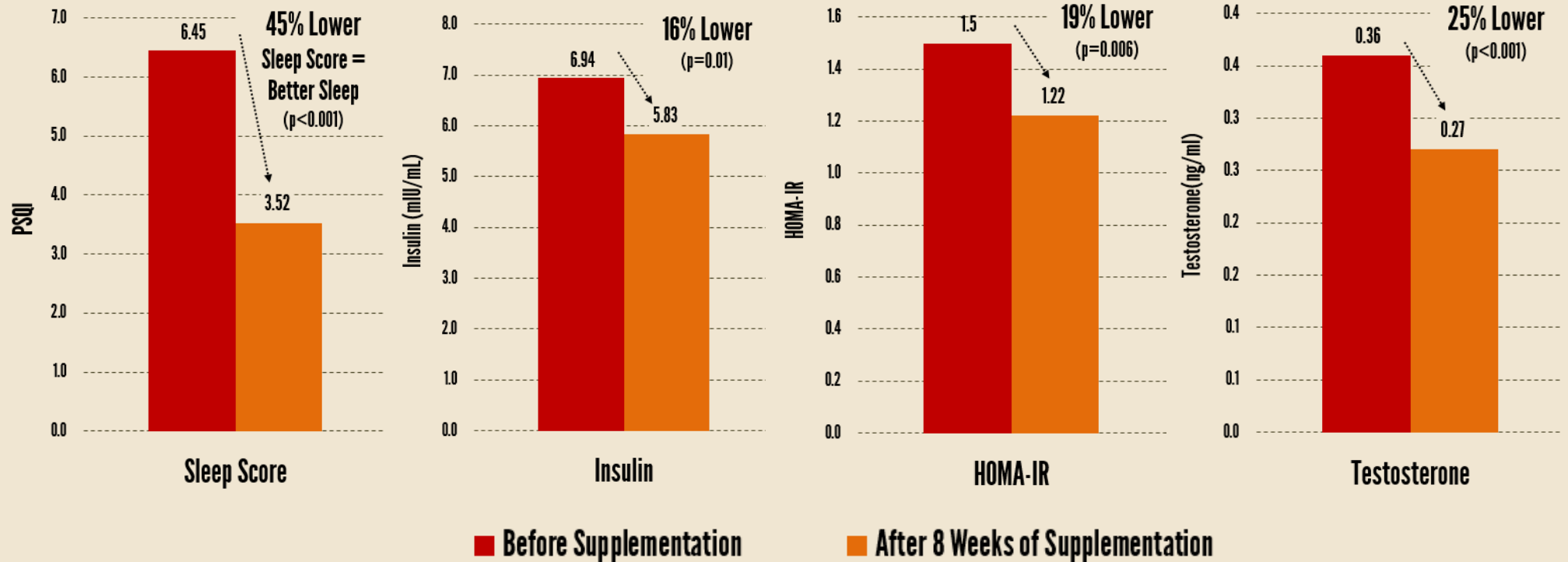


Effect of Magnesium and Melatonin Co-Supplementation on Sleep Quality, Metabolic Markers, and Testosterone Levels Among Women with PCOS (N=22)



Co-supplementation resulted in improved sleep, improved glucose homeostasis with lower insulin resistance, lower total testosterone, and the improvement of other metabolic parameters not included on this chart

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Alizadeh et al., *Nutr Metab*, 2021.



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