

Benefits of Vitamin D3 Supplementation Among Women with PCOS* (N=84)

| | Before Supplementation | After Supplementation |
|------------------------------------|--|--|
| Menstrual Cycles | Irregular or absent in most | More regular in >50% of participants |
| Ovulation | Rare or absent | Ovulation significantly increased |
| Ovarian Morphology | Polycystic features present | Favorable changes seen |
| Testosterone | Elevated (especially with high LH/FSH) | Decreased (notably when LH/FSH > 2) |
| Overall Fertility Potential | Decreased | Improved through better ovulation and cycles |

*Participants received 30,000 IU Vitamin D3 per week for a duration of either 12 or 24 weeks

