

PREBIOTICS RESEARCH & WOMEN'S HEALTH

A randomized, triple-blind, placebo-controlled trial. In women with PCOS.

STUDY DESIGN:

INTERVENTION

20g resistant dextrin, daily

Dissolved in water, vs. a matched placebo

DESIGN

**Randomized, triple-blind,
placebo-controlled**

DURATION

**Three
Months**

LOCATION

**Tabriz,
Iran**

WHO WAS STUDIED:

62 **Women, ages 18–45**
all diagnosed with PCOS

2 X 31

Randomly split into
two equal groups

100%

Completion, zero dropouts
across the three months

RESEARCHERS TRACKED:

LIPID LEVELS

INFLAMMATORY MARKERS

PCOS SYMPTOM SCORES

HORMONE LEVELS

WHAT CHANGED:

Relative to placebo

METABOLIC

↓ LDL

↓ Triglycerides

↓ HDL

↓ Total cholesterol

↓ Fasting glucose

INFLAMMATION

↓ CRP

HORMONES

↓ DHEA-S

↓ Free Testosterone

SYMPTOMS

↑ Menstrual cycle regularity

↑ Hirsutism

EVERY MARKER MOVED IN THE RIGHT DIRECTION

THE RESEARCHERS CONCLUDE:

When tested in a randomized, blinded, placebo controlled trial, resistant dextrin supported healthy metabolic parameters and androgen levels in women with PCOS, and eased the symptoms tied to them, including hirsutism and irregular cycles.