WHAT ARE THE INDICATIONS FOR PLANFERTIL?
Planfertil is a product developed to improve women’s fertility. It creates the optimal conditions in the female reproductive system for a natural and physiological fertilization.

WHAT IS PLANFERTIL?
Planfertil is a cocktail of micronutrients, naturally present in a woman’s body, that have a protective action on the physiological process of maturation of the oocytes.

WHY DO MANY WOMEN HAVE FERTILITY PROBLEMS?
The common causes why a woman has problems conceiving are represented by:
- Irregular ovulation
- endometriosis
- pelvic inflammation, often due to the use of contraceptive methods such as the IUD (coil)
- emotional stress
- advanced age
Poor oocyte quality is one of the most intractable causes of infertility in women.

WHY DO FREE RADICALS BUILD UP IN THE FOLLICLE?
Reactive Oxygen Substances or ROS are formed continuously in cells as a consequence of both oxidative biochemical reactions and external factors. They are produced within the follicle, especially during the ovulatory process. Oxidation has been compared to an inflammatory process and ROS are important mediators of these inflammatory reactions: they accumulate in follicles and contribute to disrupting the plasma membrane of luteal cells because of lipid peroxidation and other oxidative reactions, during follicle rupture. However an excessive amount of ROS causes oxidative stress and may damage oocyte and granulose cells. Data on build-up has shown that ROS accelerate oocyte aging and deteriorate oocyte quality. ROS must be continuously deactivated to keep only the small amount necessary to maintain normal cell function otherwise the accumulation of ROS and development of oxidative stress result in poor oocyte quality.

AS THE BUILD-UP OF ROS IN THE FOLLICLE CANNOT BE AVOIDED, WHAT ARE THE PHYSIOLOGICAL SYSTEMS THAT A WOMAN’S BODY HAS TO PROTECT THE OVULE FROM POSSIBLE DAMAGE?
Only high quality oocyte produce well-developed embryo. Oxidative stress in the oocyte caused by ROS must be limited in order for a good embryo to be produced. Consequently antioxidant substances, both enzymatic and non-enzymatic, are present in the follicle, helping to maintain the delicate oxidant/antioxidant balance. The most important of these is Melatonin.

WHY IS MELATONIN SO IMPORTANT FOR FEMALE FERTILITY?
Melatonin is naturally present in the follicle: it is worth noting that there is a higher melatonin concentration in the follicle than in blood. The ovarian concentration of melatonin is significantly higher in the proestrus than on the other days of the oestrus cycle. Melatonin is taken up from the circulation by the ovary during follicular growth. More melatonin concentration is higher in the fluid of large follicles than in small follicles showing: it is naturally accumulated in pre-ovulatory follicles to protect the oocyte during the ovulation process.
Melatonin is one of the most powerful free radical scavengers in human body: it is more powerful than any other antioxidant (like SOD, glutathione, Vitamin C and Vitamin E) and, due to its small size and lipophilic property, it can easily enter any tissue.
If taken orally, melatonin in concentrated in particular in the ovaries. The concentration of melatonin in human follicular fluids increases depending on the doses of melatonin (1 mg, 3 mg, 5 mg) taken orally. When women were given a dosage of 5 mg of melatonin (as in Planfertil) orally at 10.00 p.m., the intrafollicular concentration of melatonin rose from 112 pg/ml to 432 pg/ml. Most melatonin concentration in follicular fluid is inversely correlated with the increase of oxidative stress marker of oocyte.
The administration of melatonin has resulted consequently in higher quality oocytes and embryos and have improved the outcome of pregnancy in two recent clinical trials.

WHY IS PLANFERTIL BETTER THAN OTHER PRODUCTS FOR FEMALE FERTILITY?
Planfertil is the first product based on melatonin for a natural and physiological preparation for pregnancy. Its efficacy in protecting ovulation compared to other products is due to:
- the fact that melatonin is naturally present in a much larger quantity than any other antioxidant in the follicles;
- the fact that by taking Planfertil there is a significant increase in melatonin in the follicles, which is not true for other antioxidants;
- the fact that by taking Planfertil, the increase in melatonin induces a reduction in the oxidative markers in the follicle and consequently an improvement in the quality of oocytes.

IS THE ACTION OF PLANFERTIL DUE ONLY TO MELATONIN?
No, the efficacy of Planfertil is also due to other substances. Melatonin is associated with Myo-inositol because three clinical trials have shown an increased efficacy of this association in improving female fertility.

Pharmaceutical studies:

This also extends the indications of Planfertil to nutritional support in the case of Polycystic Ovary Syndrome, a disorder which is responsible for 10% of cases of female infertility.
In addition there are also substances such as Vitamins D and Folic Acid which have a proven effect on female fertility.

WHEN SHOULD A WOMAN TAKE PLANFERTIL?
PLANFERTIL is developed to be taken one a day in the evening at 10.00 p.m. from the first day after menstruation until the following cycle.

DOES PLANFERTIL HAVE ANY SIDE EFFECTS?
No, PLANFERTIL, unlike other products for female fertility, is based on substances that are naturally present in a woman’s body. It does not have side effects and is absolutely safe.

WHO SHOULD USE PLANFERTIL?
Planfertil is a support to prepare the female body in the best way for fertilization and pregnancy. It can be taken by any woman who wants to have a baby.

On medical indication, Planfertil can also be associated to support normal therapies for the treatment of female infertility.

PLANFERTIL: Box 30 caps