





ADVANCED  
FERTILITY  
SOLUTIONS

PUTTING YOU IN CONTROL OF YOUR FERTILITY



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**OVANCE & RPM**  
**LOW AMH COMBINATION**  
IMPROVE EGG QUALITY



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**TruCycle+**  
**MENSTRUATION FORMULA**  
HEALTHY CYCLE HEALTHY FLOW

Thank you for purchasing Ovance RPM and TruCycle+ formulas.

Please use this as your reference guide and FAQ manual while taking your formulas.

Any queries about delivery please email [orders@advancedfertilitysolutions.com](mailto:orders@advancedfertilitysolutions.com)

Any queries about the formulas, how to take them and what to expect please check this manual first. Contact [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com) if you require more information.

**Shipping:** Your order will be shipped within 3 business days of your order being received. It typically takes 7 days for most parcels to be delivered.

You will be provided a tracking number and tracking address. Please use this information to track your parcel. Once your parcel is sent we can provide no further information than what the tracking advice says. We have no control over your delivery once it has been sent.

**Customs:** Your parcel is being shipped from Australia. This means it is coming via international post and must pass through customs before being delivered in your country. Customs has no issues letting your products into your country, how long they take to do that is up to them. Every delay we have experienced in shipping is due to customs taking their sweet time. We have no control over customs.

**Tracking:** Please use the tracking number you have been provided at this web address <https://auspost.com.au/mypost/track/#/search>. It may take a day or two for your shipment to show up on the Australia Post tracking website so please do not worry if your tracking number does not show anything immediately. We have no control how fast Australia Post updates its tracking.

**Delivery:** Once your parcel is sent we can provide no further information than what your tracking advice says. We have no control over, nor can influence, the delivery of your parcel once it has been sent. That is up to the postal service. If your delivery has not moved since arriving at your country it is likely awaiting customs clearance.

**My delivery is taking too long! What should I do?** Be patient and look to your tracking advice for updates. Once your parcel is sent we can provide no further information than what your tracking advice says.

Contact: If you have further queries about your delivery please contact

[orders@advancedfertilitysolutions.com](mailto:orders@advancedfertilitysolutions.com)

**Please follow the instructions:** Start taking your formulas as soon as they arrive, what day of the month you begin is not important for these formulas. Please take 2 pills from each bottle twice per day with food. Drink with warm water to wash them down and dissolve into your system as fast as possible. Please take your formulas with or very close to food. DO NOT take on an empty stomach. If you feel any discomfort when taking the formulas, have a glass of hot water or two and a little something to eat. This should restore your stomach quickly.

### Important information:

Your formulas will contain 108 pills in a 10:1 concentration.

The 108 pills will last 27 days.

They should be taken 2 pills from each bottle twice per day.

The month's supply is based on a woman's menstrual cycle - 28 days, not the calendar month.

When a woman starts her first bottle, 27 days later the bottle will be finished. The second bottle will start on the 28<sup>th</sup> day. As these formulas are 'practitioner dispense only' a client would typically revisit their practitioner on the 28<sup>th</sup> day for assessment and prescription.

The formulas are designed to make a woman's cycle a regular 28 days. This is why the formulas and dosages are created this way.

### Things you may notice while taking these formulas.

Your menstrual cycle may change in the first month. Please do not be concerned, it will typically return to a regular cycle on your next period.

## F.A.Q.

### I am having a reaction to the formulas! What should I do?

The circumstances are rare but can happen. Sometimes it is completely unrelated, most often because the dosage is too strong for the digestive system to begin with.

Please follow these steps.

1. Stop taking the formulas until your symptoms pass.
2. Introduce one formula back at half dose – 1 pill twice per day for one day. Do the symptoms return? If not, return to the normal dose 2 pills twice per day the following day. Do the symptoms return? If yes, we know it is this formula that is creating the problem. Please contact [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com) as soon as possible.
3. Repeat step 2 with your other formulas one at a time and keep an eye out for the return of your symptoms.

Using this method we can isolate which formula may be creating the problem and address the issue. Typically reducing the dosage of all formulas you are taking to one pill of each twice per day is sufficient to solve the problem. And then 2 weeks slowly return to the normal dose. This tends to solve most problems. If this does not solve your problems please contact [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com) as soon as possible.

### Can I still take prescription medication while taking these formulas?

Yes, you can. If your medication is fertility related, we strongly recommend to book an online consultation with Dr. Martin here

<https://www.advancedfertilitysolutions.com/book-online-consultation> and make sure that what you are taking is consistent with your goals.

Does this medication interact with other medicines?

Typically not. There is no reported interaction with other medicines.

I am taking supplements, vitamins, and minerals, is there a problem with taking this medicine at the same time?

As a general rule, there are few complications with medicines and these products. Vitamins, minerals, and supplements tend to come under the 'food' category. That means they are safe for consumption and if the body does not require them, they are passed harmlessly out of the body via the urine.

I have had recent surgery, is it safe to take these formulas?

We encourage you to allow yourself the proper time to heal from your surgery as recommended by your doctor. After then the formulas are safe to use.

I am preparing for IVF soon, when should I stop taking the formulas?

If you are using an unstimulated IVF cycle please stop three days prior to egg pick up. If you are doing a stimulated cycle please stop the formulas the day prior to beginning your injections.

Will this make return my AMH levels to normal?

Yes, it will, with a sufficient amount of time on these formulas low AMH level can be ultimately brought back to normal and rewind the clock on egg quality. The ultimate aim of this formula is to restore your eggs back to their former glory so they can be fertilized and you have your baby.

How do I know when my AMH levels are normal?

The best way to check your progress is to get another blood test and check your AMH levels.

What if my AMH levels haven't risen to normal after a few months?

The amount of it takes to restore low AMH levels depends on age and how low the levels are. Please visit this page for guidance

[https:// www.advancedfertilitysolutions.com/low-amh-levels](https://www.advancedfertilitysolutions.com/low-amh-levels)

Will this medication help with my periods?

This combination is designed to return AMH levels to normal however and help promote the healthiest menstrual cycles. If you have irregular periods, thin endometrial lining and low menstrual flow, it will solve that too.

I've finished my three month supply, and I am not pregnant what should I do?

Depending on your original AMH level you may need to continue treatment. Please be aware of the time frames necessary to fix low AMH scores. Typically for scores between 1 – 14 requires 3 – 6 months and from .01 – 1.0 may require up to 12 months.

If after 3 – 6 months you want to upgrade what you are taking to improve pregnancy chances higher our Ultimate Fertility Combination is our most effective combination for pregnancy. You can see the combination here

<https://advancedfertilitysolutions.com/the-ultimate-fertility-combination/>

**Objections.**

My GP, Doctor or Specialist says I shouldn't use these products because:

1. They don't believe they work.
2. Are not checked for safety or production standards.
3. They are worried they interfere with other drugs they wish to prescribe.
4. They don't like people taking them, and that is that.

## Reasons why your doctor may raise objections.

Your doctor may be trained in pharmaceuticals and surgery. Do they have any training at all in Chinese Herbal Medicine? Are they familiar with any research or studies into the effectiveness of this therapy?

Our products have the highest production and safety standards and are rigorously tested for heavy metals and industrial toxins before production. Safety and effectiveness are top priorities. Our formulas are both safe and effective. Please feel as confident in that as we do.

Unwanted interactions are always possible; however, these interactions tend to be between pharmaceutical products, not natural ones. There are no known drugs that interact with these formulas.

As doctors and prescribers of Chinese Herbal Medicine, we are trained in pharmaceuticals as well as our own medicine. Unless your doctor has a degree in Chinese Herbal Medicine, it is likely we are more familiar with the effects of the combinations you may be taking than your doctor, GP or specialist.

We wish you all the best while using our Ovance & RPM formulas. Please leave your feedback or post any questions to [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com).

We would love to share further in your fertility journey, and please let us know if there is anything else we can do for you.

Sincerely

Advanced Fertility Solutions.