		Markers of insulin resistance or sensitivity						Markers of CVD health					Weight		Androgens	
	Daily Dose	Gluc /IRI	HOMA-IR	AuC Insulin	Fasting Insulin	AUC Glucose	Fasting Glucose	Trigly- cerides	HDL	Total Chol.	DBP	SBP	BMI	WHR	Total Test	Free Test
PCOS Obese, 8 wks ⁵³	1200 mg DCI	-	-	-62%	–37% but NS	-8% but NS	NS	-40%	NS	-8%	-4%	-3%		-2%	-32%	-55%
	Placebo	-	-	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
PCOS lean, 8 wks ⁵⁴	600 mg DCI	+84% Insulin Sensitivity	-	-36%	-	-17%	-7%	-52%	-	-19%	-7%	-3%	-	-	-66%	-73%
PCOS, 14 wks ⁵⁵	4g MI + 400 mcg FA	-	-	-	-	-	-	-	+5%	-	-	-	-2%	-	-	-
PCOS, 12 wks ⁵⁶	4g MI + 400 mcg FA	-	-80%	-35%	NS	-16%	NS	-5%	-	-19%	-3%	-7%	NS	-	-72%	-72%
	Placebo +400 mcg FA	-	-13%	-2%	NS	no change	NS	-1%	-	+5%	+2%	+5%	NS	-	-6%	-4%
PCOS, 6 mo ³⁷	equivalent to 3300 mg MI + 84 mg DCI 4g MI	_	-44%	-38% -36%	-28%	-38%	-12%	-	-	-	-9% -6%	-2% -2%	-2%	-2%	-66%	-73%
PCOS, 6 mo ²⁷	equivalent to 3300 mg MI + 84 mg DCI	_	-40%	_	-18%	-	-16%	-13%	+8%	-14%	_	_	-	-	_	-
PCOS, 6 mo ³⁸	4g MI + 400 mcg FA	+76%	-50%	-	-	-	-	-	-	-	NS	-8%	NS		-36%	-22%
	1g DCI + 400 mcg FA	+81%	-49%	-	-	-	-	-	-	-	NS	-7%	nS		-33%	-23%
PCOS, 6 mo ⁵⁷	1g DCI + 400 mcg FA	+80%	-49%	-	-	-	-	-	_	_	NS	-7%	NS		-33%	-24%
PCOS, 12 wks ³⁶	0.5g DCI and no diet	+43%			-23%		-11%						-5%		-38%	
PCOS, 12 mo ⁵⁸	4gMI + NAC + 400 mcg FA	-	-51%		-45%		-12%									

Table 1: Summary of Main Intervention Studies with MI and/or DCI for Women with PCOS