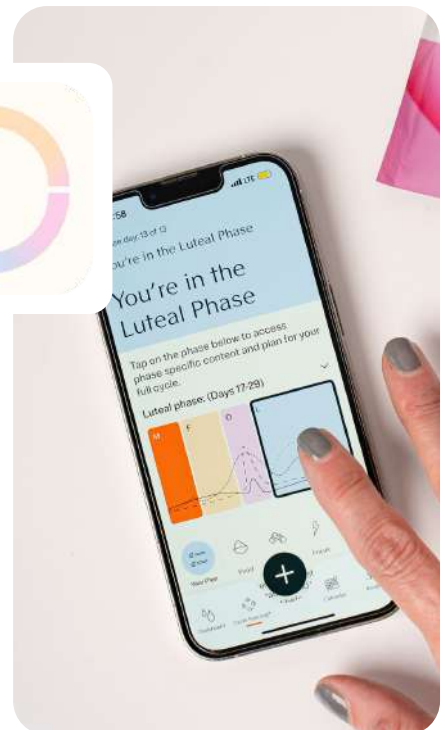


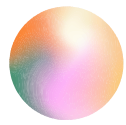


in partnership with  citruslabs  mira 

# The Impact of The Cycle Syncing<sup>®</sup> Method on Symptoms Associated With the Menstrual Cycle Over Three Months

A SINGLE-GROUP STUDY





flo·living

in partnership with  citruslabs  mira  HELLO INSIDE

# The Impact of The Cycle Syncing® Method on Symptoms Associated With the Menstrual Cycle Over Three Months

A SINGLE-GROUP STUDY



## Executive Summary

Menstrual cycle regulation involves a complex interplay of hormonal fluctuations, metabolic processes, and lifestyle factors. Traditionally, pharmacological methods such as hormonal contraceptives have been the mainstay for managing menstrual symptoms. However, emerging evidence suggests that non-pharmacological interventions – namely, tailored dietary modifications, exercise, and lifestyle adjustments – may significantly influence hormonal balance and reduce symptom burden. For example, fluctuations in insulin sensitivity and cortisol levels during the menstrual cycle have been shown to affect progesterone production and estrogen metabolism, which in turn can influence overall symptom severity<sup>1</sup>. Similarly, the importance of hormonal dynamics in understanding menstrual disorders has been well-documented<sup>2</sup>.

The Cycle Syncing® Method, developed by Alisa Vitti, HHC, and delivered by her company FLO Living LLC, builds on these physiological insights by aligning nutrition, exercise, and lifestyle practices with the distinct phases of the menstrual cycle. This method is designed to reduce symptom burden and severity across the menstrual cycle by optimizing insulin and cortisol balance, thereby enhancing progesterone production and promoting effective estrogen metabolism through a flexible lifestyle approach.

In a virtual, single-group trial, 60 female participants aged between 22-42 used the Cycle Syncing® Method via the MyFLO app, with daily tasks that included reviewing personalized food and exercise plans in the morning and logging symptoms in the evening. Participants completed questionnaires each month and provided a range of biomarker measurements. Participants showed strong satisfaction with the method delivered via the MyFLO application, with nine of nine statements showing greater than or equal to 50% agreement by the end of the study. Notably, 94.44% felt like their blood sugar was more stable when eating by syncing meals with the cycle phase. Furthermore, 88.89% of participants agreed that their cycle symptoms had reduced in severity/intensity. The study establishes that the Cycle Syncing® Method helped 91.89% of study participants experience a reduction in PMS Symptom burden and severity after 60 days with continued and expanded benefits after 90 days.

# Product Concept

## PURPOSE

The Cycle Syncing® Method has been designed to target non-pharmacological methods of managing menstrual symptoms, namely tailored dietary modifications, exercise, and lifestyle adjustments. The method integrates digital tools, such as the MyFLO app for real-time tracking and cycle based recommendations, to provide a structured and personalized approach to symptom management.

## RATIONALE

A growing body of literature supports lifestyle-based interventions in reproductive health, including recent reviews highlighting the impact of dietary patterns and lifestyle modifications on menstrual health and overall fertility outcomes<sup>3-5</sup>. The Cycle Syncing® Method provides a novel approach to symptom management strategies.

## USE

Participants use the Cycle Syncing® Method via the MyFLO app daily, completing tasks such as reviewing personalized food and exercise plans in the morning and logging symptoms in the evening.



# Study at a Glance

## DESIGN AND DURATION:

Virtual, single-group trial; 3 months.

## PARTICIPANTS:

60 females looking to reduce symptoms associated with their menstrual cycle and improve cycle symptom management.

## USE:

Cycle Syncing® Method used daily via the MyFLO app.

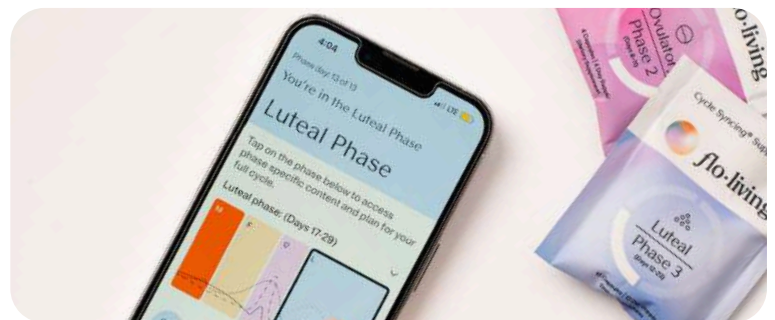


## ASSESSMENTS:

- Study-specific questionnaires.
- Menstrual symptom severity and frequency recorded via the MyFLO app.
- Continuous glucose monitoring via Hello Inside app and CGM device and hormone measurements using the MIRA device.

## STATISTICS:

Statistics were carried out on the biomarker data. Data were checked for normality using the D'Agostino & Pearson test. Data were analyzed using a Kruskal-Wallis test with Dunn's multiple comparisons test. Statistical analyses were performed in GraphPad Prism 10/6/1, and the significance level was set at 0.05.



# Notable Results

## 1. PERCEPTION & PRODUCT SENTIMENT

Participants using the Cycle Syncing<sup>®</sup> Method showed a highly positive perception of the product throughout the study, indicating high satisfaction with the method. Results are represented as the percentage of patients who agreed with a range of statements each week.

By Month 1, over 50% of the participants agreed with eight of the nine statements. The most notable improvement was in the reduction in the number of PMS symptoms, which 84.44% of participants agreed with (Table 1).

TABLE 1.

Participant perception questions at Month 1 that achieved an agreement rate of over 50%

### Question

### Percentage of Participants Who Agreed

- Did you feel like your blood sugar was more stable eating this way (syncing meals with cycle phase)?
- Have your periods become less painful?
- Have your PMS symptoms reduced in number?
- Have your cycle symptoms reduced in severity/intensity?
- Do you feel like you have more consistent energy?
- Do you feel like you have better or more consistent moods?
- Do you feel like you have less episodes of bingeing before your period?
- Did you notice having fewer moments of anxiety and stress during this month?

77.78%

62.22%

84.44%

80.00%

77.78%

71.11%

64.44%

57.78%



By Month 2, the majority of participants agreed with all nine statements describing a reduction in symptoms. The most notable improvements were in the reduction in the number of PMS symptoms and in the severity/intensity of cycle symptoms, with 91.89% of participants agreeing with these statements (Table 2).

**TABLE 2.**

Participant perception questions at Month 2 that achieved an agreement rate of over 50%

Question	Percentage of Participants Who Agreed
• Did you feel like your blood sugar was more stable eating this way (syncing meals with cycle phase)?	86.49%
• Have your periods become more regular?	56.76%
• Have your periods become less painful?	72.97%
• Have your PMS symptoms reduced in number?	91.89%
• Have your cycle symptoms reduced in severity/intensity?	91.89%
• Do you feel like you have more consistent energy?	83.78%
• Do you feel like you have better or more consistent moods?	86.49%
• Do you feel like you have less episodes of bingeing before your period?	72.97%
• Did you notice having fewer moments of anxiety and stress during this month?	59.46%



By Month 3, participants continued to report strong perceived benefits across all nine symptom areas. Agreement rates remained high, with most participants indicating meaningful improvements in menstrual regularity, symptom burden, energy, mood, and overall wellbeing. The clearest signal was perceived blood sugar stability, where 94.44% of participants felt their levels were more steady when aligning meals with their cycle phase. Notably, more than three quarters also reported reductions in pain, fewer PMS symptoms, and improved emotional balance, highlighting the broad perceived impact of the approach (Table 3).

**TABLE 3.**

Participant perception questions at Month 3 that achieved an agreement rate of over 50%

Question	Percentage of Participants Who Agreed
• Did you feel like your blood sugar was more stable eating this way (syncing meals with cycle phase)?	94.44%
• Have your periods become more regular?	50.00%
• Have your periods become less painful?	80.56%
• Have your PMS symptoms reduced in number?	86.11%
• Have your cycle symptoms reduced in severity/intensity?	88.89%
• Do you feel like you have more consistent energy?	88.89%
• Do you feel like you have better or more consistent moods?	88.89%
• Do you feel like you have less episodes of bingeing before your period?	80.56%
• Did you notice having fewer moments of anxiety and stress during this month?	72.22%

Participants were also asked to rate their satisfaction with how their body felt and their overall hormonal health after adopting the Cycle Syncing® Method (Table 4). Satisfaction scores were calculated by combining the proportion of participants who selected “satisfied” or “very satisfied.” Across all timepoints, more than half of participants reported positive satisfaction, with steady increases observed month over month. By Month 3, nearly four in five participants were happy with how their body looked and felt, and close to nine in ten reported satisfaction with their hormonal health, indicating a strong and sustained perceived benefit over the course of the program.(Table 5).

Participants were also asked to rate their satisfaction with how their body felt and their overall hormonal health after adopting the Cycle Syncing® Method (Table 4). Satisfaction scores were calculated by combining the proportion of participants who selected “satisfied” or “very satisfied.” Across all timepoints, more than half of participants reported positive satisfaction, with steady increases observed month over month. By Month 3, nearly four in five participants were happy with how their body looked and felt, and close to nine in ten reported satisfaction with their hormonal health, indicating a strong and sustained perceived benefit over the course of the program (Table 4).

**TABLE 4.**

Participant perception questions that achieved a satisfaction rate of over 50%.

Question	MONTH 1	MONTH 2	MONTH 3
• Are you happy with how your body looks/feels after this month?	55.56%	67.57%	77.78%
• How satisfied are you with your overall hormonal health now?	66.67%	72.97%	88.89%

Analysis of the data was conducted on an intent-to-treat basis. Fifteen participants were excluded from the Month 1 questionnaire analysis, 23 participants were excluded from the Month 2 questionnaire analysis, and 24 participants were excluded from the Month 3 questionnaire analysis. The reason for these exclusions was loss to follow-up.

## 2. BIOMARKER DATA

Participants wore a continuous glucose monitor provided by Hello Inside, generating a daily Day Score for each participant - Hello Inside's proprietary metric scored from 0 to 100, where a higher score reflects greater glucose stability. The Day Score remained stable throughout the study, with no significant changes observed from baseline at any timepoint (Table 5), confirming that participants maintained consistent glycaemic control across the three-month intervention period.

**TABLE 5.**

Changes in continuous glucose monitoring data compared to the Baseline data (before participants had started following the Cycle Syncing® Method) showing that participants’ glucose levels remained stable.

Timepoint	Day Score		% Change	P-Value
	MEAN	STD		
Baseline (N=51)	71.43	9.58	-	-
Month 1 (N=47)	73.46	10.93	2.83%	0.59
Month 2 (N=36)	70.51	13.53	-1.30%	>0.9999
Month 3 (N=29)	68.37	16.09	-4.29%	>0.9999

# Real-World Interpretation

The Cycle Syncing<sup>®</sup> Method produced notable and valuable improvements to participant perception of menstrual symptoms. This is a novel way to address PMS which affects so many women. The Cycle Syncing<sup>®</sup> Method helped 91.89% of participants experience reduction in both symptom burden and severity within 60 days making this a breakthrough treatment option for women with any and all types of PMS.

Participants demonstrated improvements in their perception of menstrual symptom reduction, including less painful periods, fewer PMS symptoms, a reduction in symptom severity/intensity, and improved energy, mood, and food habits. Benefits were observed as early as Month 1, where over 50% of participants perceived improvements in eight of the nine questions. This early improvement was maintained at Month 3, indicating sustained positive effects on perceived menstrual symptoms.

Objective continuous glucose monitoring data demonstrated that participants' glucose levels remained constant. Taken together with the participants' perceptions of their blood sugar stability, the data suggest that using the Cycle Syncing<sup>®</sup> Method contributes to maintaining stable blood sugar levels.

The sustained improvements in participant perceptions of the product observed across multiple timepoints indicate that using the Cycle Syncing<sup>®</sup> Method provides multiple benefits to participants, including reducing menstrual cycle-associated symptoms.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Conclusion

The association between the use of the Cycle Syncing<sup>®</sup> Method and improved perceptions of menstrual symptoms was demonstrated throughout the 3-month study period. Participants consistently reported less painful periods, fewer PMS symptoms, reduced severity/intensity of cycle symptoms, and improved energy, mood, and food habits. These effects were sustained throughout the 3-month study period.

## References:

1. Freeman EW, Sammel MD, Liu L, Gracia CR, Nelson DB. Associations of anti-Müllerian hormone and inhibin B with menstrual cycle characteristics. *Menopause*. 2007;14(5):669-676.
2. Munro MG, Critchley HO, Fraser IS. The FIGO classification of causes of abnormal uterine bleeding in the reproductive years. *Fertil Steril*. 2011;95(7):2204-2208.
3. Striegel-Moore RH, et al. Dietary influences on menstrual function and dysmenorrhea. *Obstet Gynecol Surv*. 2005;60(2):119-125.
4. Gaskins AJ, Chavarro JE. Diet and fertility: a review. *Am J Obstet Gynecol*. 2018;218(4):379-389.
5. Moran LJ, Hutchison SK, Norman RJ, Teede HJ. Lifestyle changes in women with polycystic ovary syndrome. *Cochrane Database Syst Rev*. 2011; (7):CD007506.



flo·living

in partnership with



citruslabs

mira

HELLO  
INSIDE

# Appendix

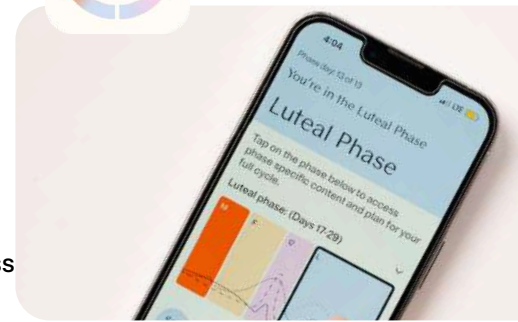
## ADDITIONAL MYFLO® DATA ANALYSIS FROM STUDY PARTICIPANTS

At the start of the study period, participants reported frequent symptoms such as mood swings, fatigue, cramps, bloating, headaches, and other cycle-related discomforts across daily MyFLO® app check-ins. Over the following three months, reported symptoms declined substantially. By month three:

- Approximately 50% of daily check-ins explicitly reported “no symptoms.”
- Remaining symptoms were reported as predominantly mild in severity.
- Participants adhered to the Cycle Syncing® Method approximately 72% of the time.

These findings suggest that symptom improvement occurred even with partial adherence to the method, and that improvements reflected genuine symptom reduction rather than a decrease in logging behavior. Participants increasingly confirmed feeling symptom-free through explicit “no symptom” entries.

Overall, as participants continued practicing Cycle Syncing®, symptoms became less frequent, less severe, and in many cases resolved entirely.



## MYFLO® APP SYMPTOM DATA SUMMARY

### SYMPTOM FREQUENCY

Total symptoms logged in the MyFLO® app declined substantially over the three-month period.

- Month 1: 315 total symptoms logged
- Month 3: 27 total symptoms logged

This represents a 85.7% reduction in total reported symptoms.

### SYMPTOM SEVERITY

Average symptom severity decreased across the study period (0–3 scale: 0 none, 1 mild, 2 moderate, 3 severe).

- Month 1 average severity: 1.01
- Month 3 average severity: 0.68

Severity scores include explicit “no symptom” days, which are scored as zero.

### CYCLE SYNCING® METHOD COMPLIANCE

Participants followed the Cycle Syncing® Method at moderate levels during the study, completing an average of 3.6 of 5 daily activities (breakfast, lunch, dinner, physical activity, and focus), or approximately 72% adherence. These results indicate that full adherence was not required to achieve symptom improvements.

### EXPLICIT “NO SYMPTOM” REPORTING

Participants increasingly confirmed days without symptoms.

- Month 1: 26.6% of check-ins reported “no symptoms”
- Month 3: 51.6% of check-ins reported “no symptoms”

This near doubling of symptom-free reports indicates a clear improvement in overall symptom burden.

### PARTICIPANT-LEVEL OUTCOMES

At the participant level, symptom improvement was also observed.

- Baseline: Fewer than 7% of participants averaged no symptoms
- Month 3: Approximately 50% of participants averaged no symptoms

**Data Handling:** Results are based on explicit MyFLO® app entries from n=32 participants who contributed at least one symptom log and were included in the analysis. Days without logs were treated as missing data, not symptom-free days. Increased “no symptom” confirmations support that symptom reductions reflect true improvement rather than decreased reporting.