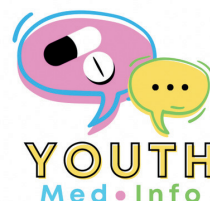




Metformin



Helps your liver lower your sugar levels, makes you feel less hungry and helps with insulin

Helps with stopping or reversing weight gain, diabetes and PCOS

4-6 weeks to build up the dose and 2-3 months for full effects

Common side-effects are feeling or getting sick, diarrhoea, sore stomach, loss of appetite, taste changes and lower vitamin B12

Blood tests to check your kidneys, liver, vitamin B12 and blood sugar

Ask the doctor about stopping it

Don't take it when you're sick with fever and sweats, vomiting or have diarrhoea

Take it with food and keep taking for 6 months or longer

Call the doctor if you have trouble breathing, feeling cold and weak or slow heartbeat