

PCOS SUPPLEMENT ADVERTORIAL

I Plucked My Chin Every Morning for 12 Years. These Gummies for Black Women Made Me Stop (And My Doctor Never Even Mentioned Them)

Shared by Daija H. | Black Girls Health News



A 34-year-old black woman spent over a decade being told her PCOS was a discipline problem. Here's what a nurse at a cookout said that made her put her tweezers down for good.

Girl, How Many Times Have You Checked Your Chin Today?

Yeah. Me too. For twelve years.

If you have PCOS, you already know exactly what I'm talking about.

The chin hairs.

Every morning, same routine: Pluck, shave, or wax strip. Check the mirror. Check it again in better light.

By lunchtime it was already coming back. Dark and thick and prickly, like a grown man's.

And let's not talk about the sudden 40 extra pounds that came out of nowhere.

I tried everything to stop it.

All the "natural remedies" the TikTok girllies swear by.

All the diets - vegan, pescatarian, keto.

No sugar for three months straight, and I mean nothing. If you tested my blood, you'd have found zero.

Intermittent fasting.

I counted every calorie down to 1,200 a day.



I have stared down every temptation you can name, and I won.

And you know what my body said? No.

I eventually got it to say yes. But more on that later.

Nothing I Tried Worked.

I'd watch other women drop weight by "just eating a little less," and I wanted to scream into a pillow.

The scale wouldn't move.

The chin hairs came back by lunchtime every single day.

My period showed up whenever it felt like it, or ghosted me for months.

My skin broke out.

By 2 pm, the bloating had me looking four months pregnant.

And the whole time I kept thinking the same thing:

Why is my body doing this to me?

It Destroyed My Mental Peace.

It's honestly been one of the most emotionally exhausting things I've dealt with.

Checking my chin in three different mirrors before I leave the house.

Plucking in the car before a meeting.

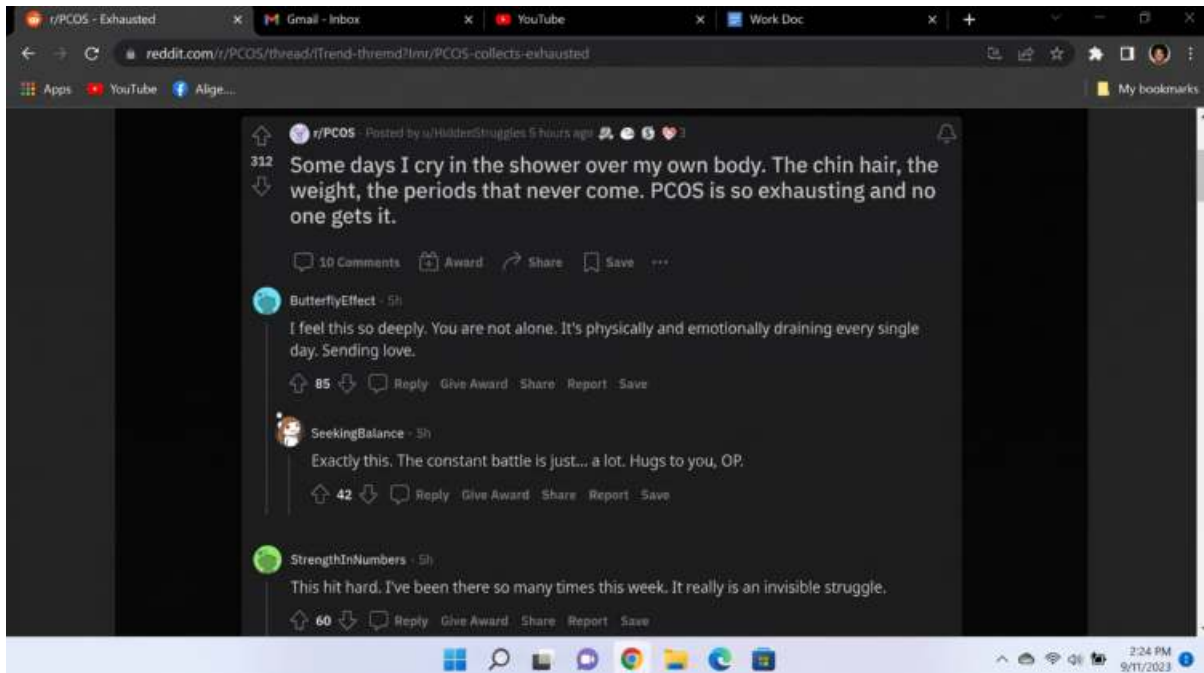
Cancelling a sleepover one time because I forgot my tweezers.

Switching from my cute clothes to baggy shirts and loose pants so I can hide the weight on my stomach, arms, and back.

Being scared to let my boyfriend get too close because he might see my five o'clock shadow and double chin.

Wondering if it's all the reason he broke up with me.

I read a woman online say, "Some days I cry in the shower," and I had to shut my laptop. Because that was my whole life in one sentence.



Honestly...I hate PCOS so much. It felt like my body betrayed me.

And no one else knew what was wrong. It was like no one got me.

I thought it was just me. I thought I was broken.

But it wasn't me.

And the thing that finally proved it came from the last place I ever expected: a cookout, a plate of ribs, and a nurse who said something that stopped me cold.

But I'm getting ahead of myself.

My Doctor Told Me This And It Almost Made Me Give Up

I went to a new doctor one last time and told her everything.

The weight gain, the hair that kept coming back no matter what I did, the periods that showed up whenever they felt like it, the exhaustion that hit by 2pm every single day, the way my skin was breaking out like I was fifteen again.

I laid it all out. I even had it typed in my phone so I wouldn't forget anything.

She listened for about ninety seconds. Then you know what she said?

The same three things I'd heard for twelve years.

"Try to lose some weight."

"We can put you back on birth control or metformin."

"A lot of this is just stress, try to relax more."

I sat there in that paper gown, and I felt something in me just die.

Because I *had* done everything to lose weight. I ate healthy and *still* gained it right back plus some.

I'd *been* on those pills, and they both made me sick.

And "relax more"? Ma'am, I would love to relax. But I can't relax in a body that feels like it's fighting me every hour of the day.

And somehow, when I told her none of it ever worked, that was my fault too.

I didn't argue. I was too tired to argue. I just said okay, took the little printout she handed me, and walked out to my car.

I Sat In The Parking Lot And Cried

Not pretty crying either. The ugly kind, with my hands over my face so nobody walking past would see.



That was the day I gave up on doctors.

I decided this was just my life now. This was just my body, and I'd better make peace with it, because clearly nobody was coming to help me.

So I did what a lot of us do. I just gave up.

My vitamins sat in the cabinet collecting dust.

I stopped going to the beach.

I stopped going to the doctor.

I stopped a lot of things.

The Baby Shower Photo I Took Off Of Social Media

Three months later, it was my best friend's baby shower.

I'd been looking forward to it for weeks. I was so happy for her. She and her husband had been trying to get pregnant for over four years.

The party was gorgeous. I bought a new dress. Did my makeup. Even spent twenty minutes on my chin that morning, plucking and shaving and going over the same spot three times until it was smooth.

For one afternoon I actually felt okay. Almost like myself.

Then somebody posted the group photo.



There I was. Puffy face I didn't recognize. That thick middle no crunch had ever touched.

And right there on my jaw, the shadow. Coming back already. After everything I did that morning, it was coming back by 3 pm.

I sat in the bathroom at that baby shower and stared at my own chin in the front camera.

Tilting my face side to side in different light, the way I do a hundred times a day without even thinking about it anymore.

And I just felt this wave of tired come over me. Not sleepy tired. Bone tired.

Tired of the plucking. Tired of the mirrors. Tired of getting dressed up and still feeling like I was in a costume made of somebody else's body.

I texted my sister, "I look insane in that pic, please tell her to take it down."

I felt bad even having to ask her, but she did.

That night I couldn't sleep, and it wasn't even a symptom this time. I just lay there with one thought running on a loop:

What happened to me?

I used to be the fun one. The one who'd throw on anything and go. The one posing for all the pictures.

Now I was this exhausted stranger who checked her chin before she'd let anyone hug her, cancelled plans when she forgot her tweezers, and cried in the bathroom then acted normal ten minutes later.

I looked at old pictures of myself when my skin was clearer and just thought, "Wow, I was so beautiful. I miss it so much."

It was so unfair.

I felt like I was slowly disappearing. Like the real me was gone, buried under the weight and the hair and the exhaustion.

I wanted me back so badly.

But I'd given up hope of finding her.

Then I Went To A Family Cookout And Talked With A Nurse Over A Plate Of Ribs

A month later, I went to the biannual family cookout and saw my second cousin's fiancé. Her name was Renée. They lived pretty far away, so I usually only saw her at cookouts.

She was a couple of years younger than me, so we always got along when we saw each other. We both dealt with PCOS and used to vent to each other about it. The chin hairs. The stubborn weight. The irregular periods. Feeling like our bodies had betrayed us.

But when I saw her, I almost dropped my cup of lemonade.

She looked absolutely amazing.



Her stomach was basically flat. Her arms and thighs were thinner. Her skin was clear and glowing, and she wasn't even wearing foundation.

I walked over to her table as soon as I saw her.

I barely got past hey before I had to ask.

“How did you...?!”

I couldn't even finish it. You don't just ask somebody where their beard went at a cookout.

But she knew exactly what I meant. "You can say it," she laughed. "The chin hair and big back?"

"Renée, I've been plucking mine since this morning, and it's already back. And yours is just gone. And you look like a whole different person!! Did you get on that Ozempic?"

She laughed again. "Girl, no."

"Then what did you do??? Help a sista out!"

She tilted her head and looked at me. "How long have you been fighting PCOS again?"

"Twelve years. Last time I went to the doctor, she just kept handing me the pill."

She nodded slowly.

"Our bodies have been fighting the wrong battle this whole time. Nobody ever showed you the real one. But I found something made just for us."

“Yeah Right, Renee”

She pulled out her phone to show me this product. Something called PCOS Relief.



Now I want to be honest with you, because I was that girl too.

The first thing out of my mouth was, "A gummy for black women? Girl, please."

I'd wasted money on random pills and supplements before.

She just smiled and said, "Read the label on this one. Then tell me it's the same thing." She then asked, **"Did you know that black women are most likely to be insulin resistant and vitamin D deficient?"**

I didn't know that. I thought the same science applied to everyone.

"All the symptoms you're having aren't separate problems you have to fight one at a time. They all have one root cause: insulin resistance."

I was paying attention now.

“When your body stops answering insulin properly, it just pumps out more. And all that extra insulin pushes your ovaries to make too much androgen, which is basically the male hormone testosterone. And since it’s a male hormone...”

“It makes you grow chin hair and gain weight more easily,” I finished.

“Exactly. That androgen is the root of everything. So when you try all those diets, you’re just attacking the mask. And shaving and laser go after the hair, but as long as the hormones are off, brand new hairs just keep coming.”



My mind was racing.

“So that’s why taking birth control or metformin doesn’t work either?”

“Yep, they just cover the cycle up. The second you stop, you’re right back at zero. It was never fixing anything underneath. And those cheap inositol pills are usually so underdosed they can’t do a thing.”

My mind was blown. No wonder it felt like I was fighting my own body. They’d handed me weapons for the wrong war.

Then she opened her phone back up again and showed me what’s actually in this thing.

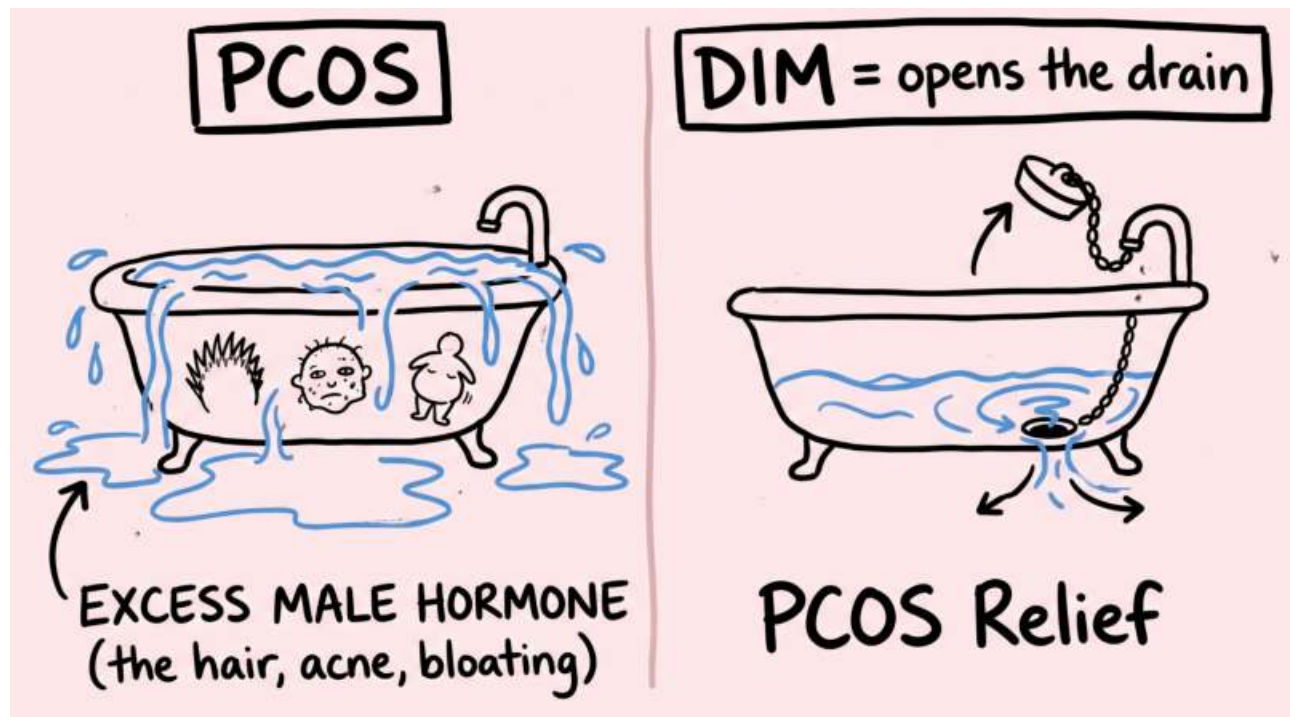
The One Ingredient That Actually Flushes Out The Root Cause

When she was explaining what was on the label, six things stood out. And one of them I had genuinely never heard a single person mention.

DIM. This is the star ingredient.

Most PCOS supplements stop at trying to "balance" your hormones. DIM goes one step past that. It helps your body actually flush out the extra androgen that's already causing the hair, breakouts, and bloating.

Think of it like this: Everything else tries to calm the flood. DIM helps open the drain.



"Wait," I said. "So my body has a way to actually get rid of the hormone that's growing this hair? And nobody ever told me?"

She just looked at me.

"Nobody told me either. For years I thought you were just supposed to live with it and tweeze forever. Turns out your liver's already built to clear extra androgen out. It just needs the right nudge to detox. That's all DIM is. The nudge."

I sat there kind of stunned. Twelve years of plucking, and the whole time my own body had a drain. I'd just never been handed the thing that opens it.

That was the click for me. That was the piece every cheap pill had been missing.

The Other Ingredients That Give Your Body What It Needs

The DIM wasn't all. There were some others:

1. Myo-Inositol, at 750mg. This is the one that goes for the root, the insulin. And that number matters. Those bargain pills I wasted money on had a tiny fraction of that. This is a real dose aimed at the real driver.

She told me it's not even a drug; it's something your body already uses to hear insulin properly. Most of us with PCOS just don't have enough of it. So you're literally just refilling something that ran low.

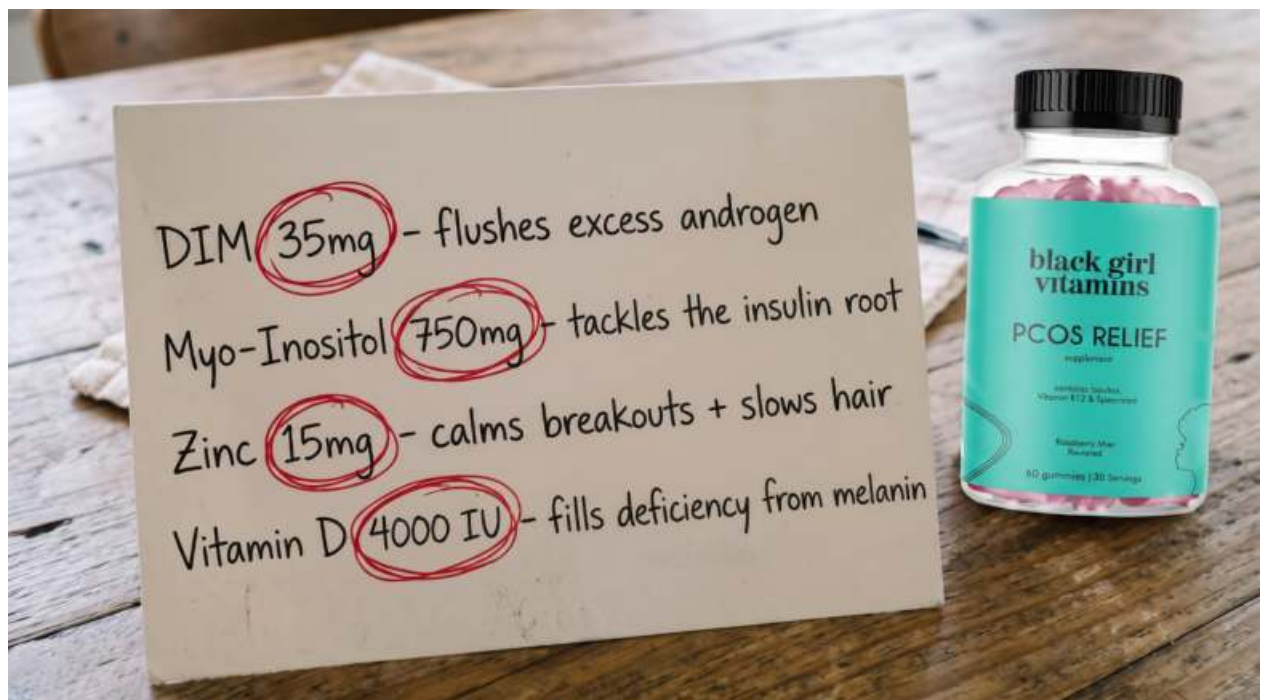
2. Zinc. This helps the skin and the hair, calming breakouts and slowing the growth at the source instead of you chasing it with a razor.

3. Vitamin D, at 4,000 IU. This is the part that actually made me mad once I understood it.

Most Black women are walking around vitamin D deficient. Our skin has more melanin, which is beautiful, but it also means we make less vitamin D from the same sunlight.

And what's worse? Being low on vitamin D makes the insulin problem worse. So the one deficiency most of us have is feeding the exact thing driving our PCOS.

Nobody at any doctor's office had ever connected those two dots for me. A nurse did it over sweet potato pie.



There's even **spearmint** to help fight excess androgen and **raspberry** to fight inflammation and keep hormone levels even.

So this isn't some random feel-good placebo. It's dosed for a black woman's body that's been running on empty. Which was mine.

"See?" Renee said. "These ingredients address all the root causes of PCOS instead of the masks. And they're in doses that actually work and made by black doctors just for us."

[\[See exactly what's inside PCOS Relief → \]](#)

I Stared At Her Again. At Her Clear Upper Lip And Chin. At Her Toned Arms And Legs. At Her Flat Stomach And Energy.

"Are you some kind of affiliate or something?"

She laughed. "Girl, what would I get out of pushing this on you for some money? I make enough as a nurse."

She put the phone down and looked me in the eye, then said, "Just try it for a few weeks. They have a 30-day money-back guarantee, and you can cancel anytime. If you don't feel anything, you get your money back. What do you have to lose?"

I wanted to believe her, but I'd wanted to believe everything else I tried too.

Still. Her results were sitting right in front of me: face-hair-free, eating ribs, mac n'cheese, and sweet potato pie without bloating.

"Fine, I'll try it. Send me the link," I said. "But if this doesn't work, I'm done. I'm just going to accept this is who I am now."

"It won't be who you are anymore," she said. "Just trust me."

So I Placed My Order The Next Morning (But I Still Didn't Really Believe It)

I got home late that night, so I didn't have a chance to check everything out myself. But I couldn't stop thinking about it before bed.

So as soon as I woke up the next morning, I pulled up the [Black Girl Vitamins](#) website.



The science all actually made sense. The explanations of why and how black women are more affected clicked with me.

I saw that over 70,000 women had tried their products, and PCOS relief had over 3,800 5-star reviews.

And what literally got me was the 30-day money-back guarantee and anytime cancellation. As Renee said, there was literally nothing to lose.

Worst case, it didn't work like everything else, and I got my money back.

Best case, it actually did work.

So I said a prayer and bought it.

Weeks 1 and 2: Taking My Gummies Every Day Was Easy

I started taking them the day they got there. Two gummies a day, with food. That was it.

After twelve years of punishing routines, it felt almost suspicious how easy it was.



And before you ask, because I asked too: no, they're not one of those gummies that's basically candy. No artificial sweeteners, no high-fructose corn syrup, no weird dyes. I'd gotten heartburn off sugary gummy vitamins before, and I braced for it. Never came.

Now let me be straight with you, because Renée was straight with me: This is not a magic pill.

Nobody erases PCOS overnight, and anyone who says so is lying to your face. Some women get their periods back within the first week while others don't really notice any change.

Mine didn't come, and I was admittedly disappointed.

Renee told me, "Give it three cycles. The women who quit at week two never see it work."

So I didn't quit.

Week 3: I Noticed Something That Made Me Go, "Hold On Now..."

Around week three, something weird happened.

You know how you can put a pair of jeans on in the morning and they're all tight by evening?

Well, I noticed the bloating had gone down! I could button jeans by dinnertime.



Then my period actually showed up a few days later. Close to on time, for the first time in longer than I can remember. And without the cramps that usually take me out for two days.

I texted Renee, “OMG I got my period for the first time in a year!!!”

She texted back: “Sissss just wait. Take them another month and you’ll see.”

[\[Get PCOS Relief →\]](#)

Month Two: I Got This Compliment From My Mama

I ordered again with a quickness and got the two-pack.

By the second month, my skin was clearer.

I was less puffy everywhere.

My mom even said I look amazing and asked me what I was doing when we were out for brunch.



I told her about the gummies, and she couldn't believe it. But was so happy for me.

And my period came right on time, too. My cycle already felt like something I could almost predict, which you know is basically a miracle if you have PCOS.

Month Three: The Moment In The Mirror That Made Me Cry

Around 90 days, something happened that I still get emotional about.

I reached for my tweezers out of pure habit...*And there was barely anything there.*

I had to take a picture.

Where I used to pluck every single morning without fail, now it was a stray hair here and there. A fraction of what it was.

I looked in the mirror and didn't have random thick hairs that I had to wax off. Just a couple that I plucked out in a few seconds.



One of my friends actually told me, “Your skin looks amazing, girl! Keep doing whatever you’re doing because it’s working!”

And I was even slimmer too!

I was sleeping better. My moods leveled out. My bloating had slowed down. I stopped reaching for the OTC stuff I used to lean on.

I was getting me back.

Previously sold out 5 times. Back in stock now, supplies limited.

[\[Check Availability & Get PCOS Relief →\]](#)

Month Six: I Finally Did This Again For The First Time In Years

By month six, the weight really started coming off.

The chin hairs were virtually gone.

I wasn't fighting my body anymore. For the first time in over a decade, it actually felt like we were on the same team.

I was starting to do things I used to do. Things I thought I'd never be able to just six months ago.

That summer, I finally felt confident enough to go with my friends to the beach. It had been years since I last went.

I wore a two-piece instead of a tankini. First time in years I'd put a swimsuit on.



My best friend said, "Girl, you look amazing!!"

I was actually starting to recognize the woman looking back at me in pictures.

I sent Renée a photo of me at the beach without worrying about my arms or stomach. She texted back two words.

"Welcome back."

Then I realized:

I got me back.

[Click Here to Check PCOS Relief Availability](#)

I Finally Get Why It Works Now

I know exactly what you're thinking, because I thought it too. You're thinking, "Sure, it worked for her." I get it. I felt that exact skepticism.

So let me be specific about why this one is not like the stuff that burned me.

It goes after the root, not the masks. Insulin resistance and extra androgen, not one symptom at a time.

The doses are real and printed right on the label. 750mg of Myo-Inositol. 4,000 IU of Vitamin D. Not the underdosed filler I threw money at for years.

It's doctor-formulated. One of the physicians behind it, Dr. Bryanne Standifer-Barrett, is a board-certified internist who treats PCOS and advises Black Girl Vitamins. She looked at this and said the ingredients line up with what she already recommends to her own PCOS patients, especially if they can't take metformin and birth control. Her one rule is to keep your own doctor in the loop.



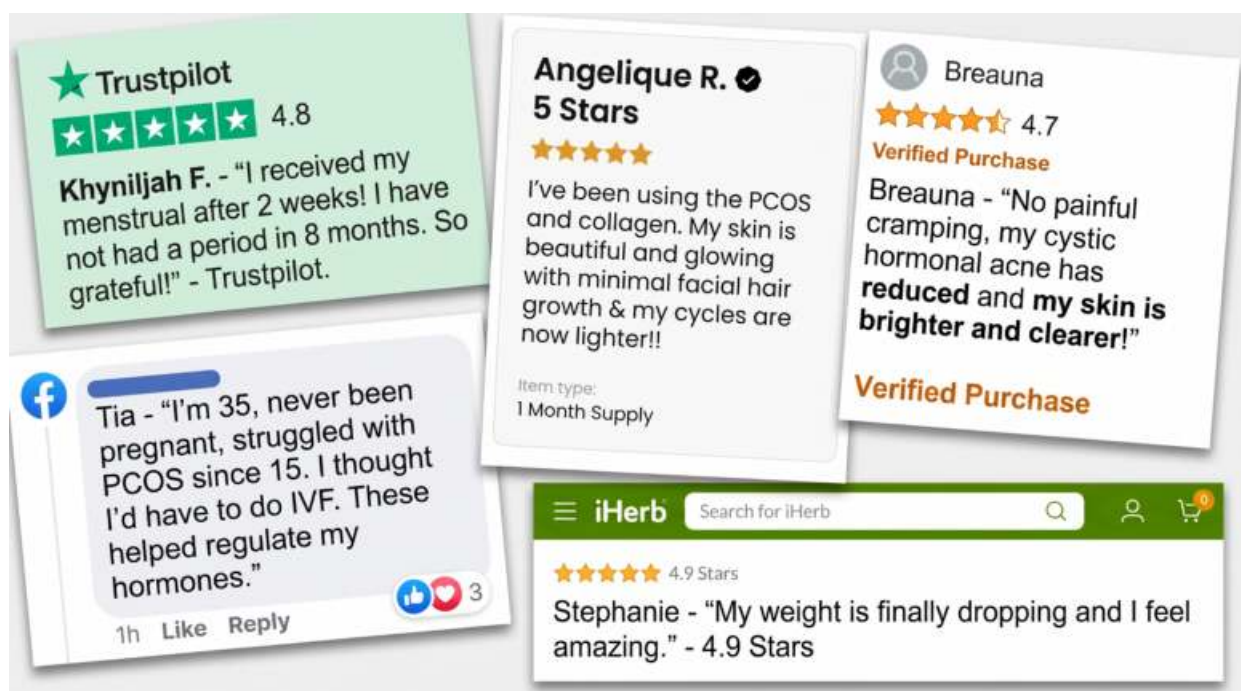
It was built for our bodies specifically. The vitamin D deficiency, the insulin resistance, the years of getting misdiagnosed. Not a generic one-size-fits-all bottle with a label that doesn't reflect us at all.

It's two gummies a day. Clean, vegan, no artificial sweeteners, no fillers. Not another exhausting regimen designed to punish you for existing.

Here's the part that really convinced me.

When they looked at results from around 4,000 women taking PCOS Relief, 88% had more regular cycles and over 90% had better energy.

Plus, it's got **over 3,800 five-star reviews** from women just like you and me.



I read them when I was researching it, and they told my story over and over again:

"I received my menstrual after 2 weeks taking the vitamins. I have not had a period in 8 months! I am so happy and been trying to find something that works! I am so grateful you guys."

"I'm 35 years old, never been pregnant ever, and have struggled with PCOS since I was 15 years old. I thought I'd have to go through IVF whenever I was ready to start a family, but these gummies helped regulate my hormones."

"No painful cramping at the start of my menstrual cycle, I wouldn't have realized I started if I didn't track it. Cystic hormonal acne has significantly reduced and my skin is brighter and clearer!"

"I have fibroids and PCOS. My period came back in two days. My facial has reduced and my hot flashes are almost gone. I no longer wake up drenched in sweat and my temperature has cooled down a lot."

"My PCOS was causing me to retain weight despite my vigorous gym habit, but now my weight is dropping and I feel amazing."

"After 90 days of taking the black girl gummies... I don't have to wax, shave or pluck for a month at a time. I have more energy and better moods. I seem to sleep better and don't need to take OTC meds anymore."

These aren't sponsors or affiliates. They're women in the exact same boat as we were.

Women who'd tried everything. Women whose doctors had dismissed them. Women who thought this was just who they were now.

Women like you.

Women like me.

Real Quick, Before You Talk Yourself Out Of It Like I Almost Did (And Regret It)

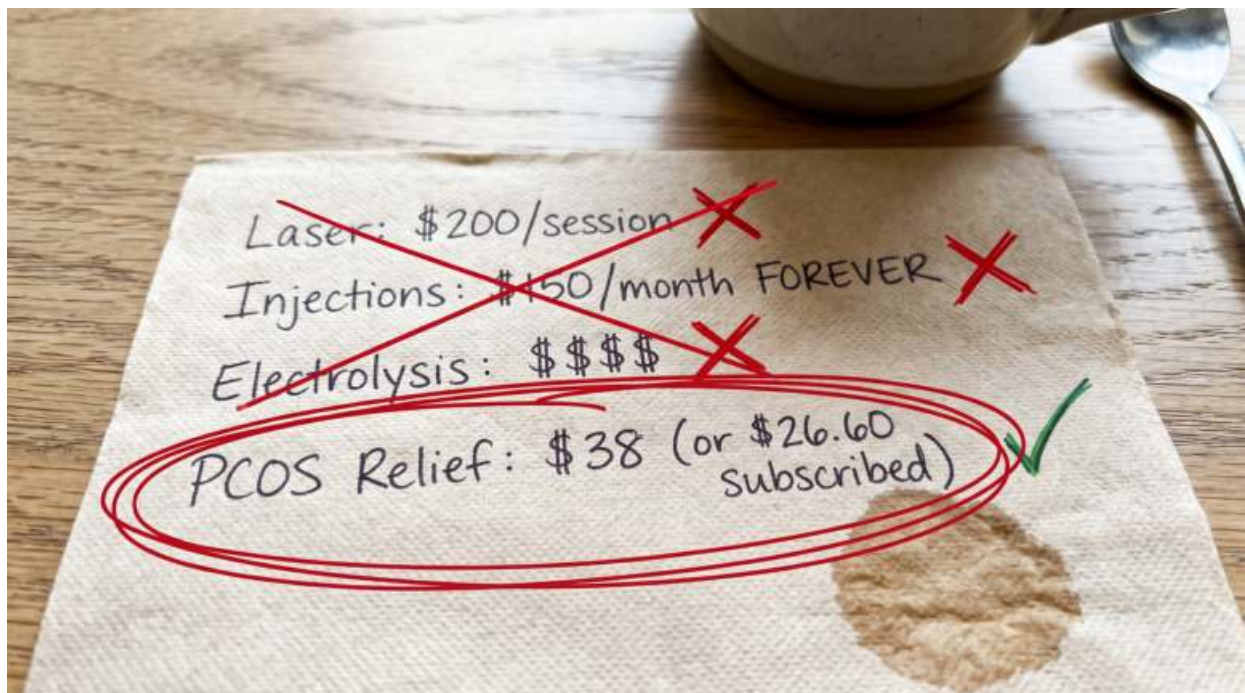
PCOS Relief is on the Black Girl Vitamins website, and I'm not going to be dramatic, but **it has genuinely sold out five separate times**.

It goes out of stock every few weeks because women try it, it works, and then they buy bottles for their friends.

I get it. I'm one of them now.

Now I'm not going to try and push you to buy it, because that's just not my vibe.

But I do want to share the math that finally shut my brain up.



I have friends who've dropped **\$200 a session** on electrolysis. **Thousands** on laser. **\$150 every single month** on injections they'll be paying for basically forever.

PCOS Relief is \$38. And if you subscribe, it drops to \$26.60 a month.

That's less than I used to waste on razors and creams and pills that did absolutely nothing.

For the price of the bandaids I'd been throwing money at for years, I finally got the thing that goes after the actual root cause.

And listen, **every order has a 30-day guarantee, and you can cancel the subscription anytime.**

So if you're where I was, terrified of one more wasted purchase, you're not risking a single thing to find out.

The real risk is dealing with chin hairs, irregular periods, and uncontrollable weight gain every month you wait.

[**\[CLICK HERE TO GET PCOS Relief WITH THE 30-DAY MONEY-BACK GUARANTEE\]**](#)

Here's What You Need to Know About Yourself Before You Go

If you're reading this with your tweezers within arm's reach...

If you already checked your chin in the mirror once today...

If you avoid pictures because you didn't like how bloated your stomach and arms look...

If some part of you has resigned to the lie that this is just your life now...

I need you to hear the thing Renée said to me over some barbecue ribs, the thing that set me free.

You are not lazy. You are not failing. Your body is not broken. It's just been fighting the wrong battle this whole time.

And now, finally, you know what the right one is.



You don't have to do this alone anymore.

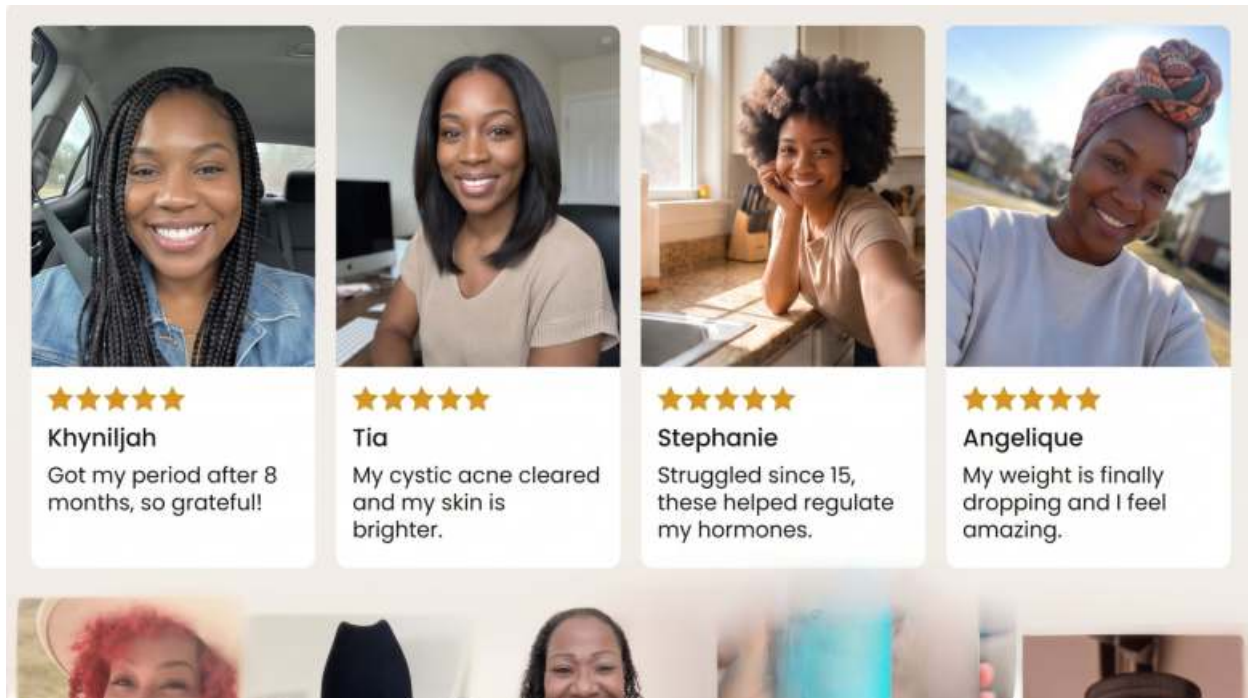
And you sure don't have to keep whispering about it like it's something to be ashamed of.

There are over 70,000 of us who found the exact same thing you're about to.

I fought my own body for twelve years. You don't have to lose even one more day to it.

[**\[GET PCOS Relief HERE – 30-DAY MONEY-BACK GUARANTEE\]**](#)

What Women Who Found Relief Are Saying:



★★★★★★ Khyniljah Y. | Verified Buyer

"I received my menstrual after 2 weeks of taking the vitamins. I have not had a period in 8 months! I am so happy, I've been trying to find something that works. I'm so grateful."

★★★★★★ Stephanie W. | Verified Buyer

"I'm 35, never been pregnant, and I've struggled with PCOS since I was 15. I thought I'd have to go through IVF whenever I was ready to start a family. These gummies helped regulate my hormones."

★★★★★★ Tia B. | Verified Buyer

"No painful cramping at the start of my cycle, I wouldn't have realized I started if I didn't track it. My cystic hormonal acne has significantly reduced and my skin is brighter and clearer!"

[\[YES, I WANT TO TRY PCOS RELIEF → \]](#)



QUICK UPDATE:

Y'all, I can't believe this blew all the way up!!! Loved to hear from all the PCOS girlyies about how PCOS Relief is changing their lives! Black Girl Vitamins actually got in touch with me and offered to give my readers a **30% discount off their first bottle of PCOS Relief**. I'm still not making any coin off of this, just wanna help the girlyies get the help they need. It's flying off the shelf and close to selling out again. If it's in stock when you're reading this, click below to get yours for 30% off now!

[\[GET 30% OFF PCOS Relief HERE → \]](#)

Results may vary. Individual experiences are not typical and your results will depend on many factors. PCOS Relief is a dietary supplement designed to support hormonal balance. This is not medical advice. Always consult with a healthcare professional before starting any new supplement.