

# Women’s Health Probiotic 25 Billion

## About Product Women’s Health Probiotic

- Women’s Health Probiotic provides 10 strains of *Lactobacillus* and *Bifidobacterium*, a multi-species formula, including a clinically studied strain to support a healthy vaginal microbiome.
- Lactobacilli are the most prominent organisms in the vaginal microbiome and are often associated with a healthy genitourinary status. Lactobacilli produce lactic acid and protect the vagina, partly by maintaining a low pH that prohibits the growth of other bacteria.<sup>1</sup>
- Lactobacilli and bifidobacteria are the most widely used probiotics to support vaginal health and work in several ways to ward off vaginal infections. They improve local immune function and also produce compounds with direct antimicrobial effects.<sup>2</sup> In a review of 24 clinical trials, probiotic therapy was found to be safe, reduce inflammation, improve the vaginal microbiome, prevent infection, and have both short- and long-term benefits.<sup>3</sup>
- The strains in Women’s Health Probiotic have been selected to optimize vaginal health. For example, in a randomized, double-blinded trial that enrolled women with recurrent candidiasis (yeast infections), *Lactobacillus plantarum* P17630® (which comprises 20% of the total active cells) was shown to improve vaginal colonization of lactobacilli and reduce symptoms (such as redness, swelling, and discharge) compared to placebo.<sup>4</sup>
- Similarly, multi-species probiotics, including *L. plantarum*, *L. rhamnosus*, and *L. acidophilus*, as well as *Bifidobacterium animalis* subsp. *lactis* have all been shown to have vaginal colonization following supplementation, and display antimicrobial activity against other bacteria responsible for vaginal dysbiosis.<sup>5</sup>
- Low antioxidant status has been associated with a greater risk for vaginal dysbiosis (vaginosis), while antioxidants have a protective effect. Women’s Health Probiotic also provides vitamin C to support immune function and limit the oxidative stress associated with dysbiosis.<sup>6</sup>

## How to Use Women’s Health Probiotic

- Take 1 capsule per day or as directed by a health care practitioner. Take at least 2–3 hours before or after antibiotics.

## Cautions and Contraindications

- Consult a health care practitioner prior to use if you have fever, vomiting, bloody diarrhea, or severe abdominal pain. Stop use and consult a health care practitioner if symptoms of digestive upset (e.g., diarrhea)

occur, worsen, and/or persist beyond 3 days. Do not use this product if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). Keep out of reach of children.

## Drug Interactions

- No specific interactions, should be taken 2–3 hours before or after antibiotics.

## Quick Tips for Optimal Health

- Although no single diet is clearly shown to be optimal for vaginal health, some dietary patterns are linked to a greater risk of vaginosis, or vaginal dysbiosis. For example, higher intakes of sugar, sweetened beverages, fried and refined foods, and saturated fats have been linked to less healthy vaginal flora.<sup>7</sup>
- The glycemic index/load of the diet also plays a role in the health of the vaginal flora. The risk for bacterial vaginosis has been found to be as much as three times higher in women eating the highest vs. lowest glycemic diets, i.e., ones higher in carbohydrates, especially simple sugars. Dietary fibre has been found to have a protective effect.<sup>8</sup>
- A vaginal yeast infection (vulvovaginal candidiasis) is quite common; 75% of women develop at least one in their lifetime, with 5–10% experiencing recurrent infections. They are more common during pregnancy, after taking antibiotics, and while taking medications, such as hormone replacement or corticosteroid therapy.<sup>9</sup>
- Chronic stress, diabetes, insulin resistance, and low antioxidant status have all been linked to a greater risk of recurrent yeast infections. Managing stress and eating plant-rich and high-antioxidant foods may help reduce this risk.<sup>10</sup>
- Although it is a common practice, vaginal douching has been associated with a greater risk for bacterial vaginosis, epithelial cell death and inflammation, and in some studies, a greater risk for cervical and uterine cancer.<sup>11–13</sup>
- Smoking tobacco has been associated with a greater risk for bacterial vaginosis, in part by decreasing the growth of healthy bacteria, and also by increasing the growth of pathogenic bacteria.<sup>14</sup>

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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PRACTITIONER CONTACT INFORMATION:

## References

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