

# Women’s Health Probiotic 25 Billion CFU

## About Women’s Health Probiotic

- Women’s Health Probiotic includes 10 strains of *Lactobacillus* and *Bifidobacterium*, a multi-species formula, including a clinically studied strain to help support and maintain 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 help protect the vagina by supporting a low pH to support a balanced microbial environment.\*<sup>1</sup>
- Lactobacilli and bifidobacteria are the most widely used probiotics to support and maintain vaginal health.\* They help maintain local immune function and produce compounds that offer additional support.\*<sup>2</sup> In a review of 24 clinical trials, probiotic therapy was found to be safe and effective in supporting a healthy vaginal microbiome, nourishing the colonization of healthy bacteria, and providing both short- and long-term support.\*<sup>3</sup>
- The strains in Women’s Health Probiotic have been selected to support and maintain vaginal health and comfort.\* For example, in a randomized, double-blinded trial that enrolled women with occasional vaginal discomfort, *Lactobacillus plantarum* P17630® (which comprises 20% of the total viable cells) was shown to improve vaginal colonization of lactobacilli as well as support and maintain vaginal health, 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, support beneficial bacteria, and help maintain vaginal eubiosis.\*<sup>5</sup>
- High antioxidant status has been associated with vaginal eubiosis.\* Women’s Health Probiotic also supplies vitamin C to support immune function and antioxidant activity while maintaining vaginal eubiosis.\*<sup>6</sup>

## How to Use Women’s Health Probiotic

- Take 1 vegetarian 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 professional prior to use if you are experiencing nausea, fever, vomiting, bloody diarrhea, or severe abdominal pain, if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment), or if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Stop use and consult a health care professional if symptoms of digestive upset occur, worsen, and/or persist beyond 3 days. Keep out of reach of children.

USER NAME: \_\_\_\_\_

### PROFESSIONAL NOTES:

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\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## 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, healthy dietary patterns may offer greater support for healthy vaginal eubiosis.\* For example, lower intakes of sugar, sweetened beverages, fried and refined foods, and saturated fats have been linked to healthier vaginal flora.<sup>7</sup>
- The glycemic index/load of the diet also plays a role in the health of the vaginal flora.\* Vaginal eubiosis has been found to be as much as three times more likely in women eating the lowest vs. highest glycemic diets, i.e., ones lower in carbohydrates, especially simple sugars.\* Adequate dietary fiber may also help support and maintain vaginal health.\*<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>
- Only 25% of women maintain vaginal eubiosis throughout their lifetime. In women who do not, 6% have repeated disruption.\* Maintaining vaginal eubiosis can be more difficult during pregnancy, after taking antibiotics, and while taking medications such as hormone replacement or corticosteroid therapy.<sup>9</sup>
- Although it is a common practice, vaginal douching may disrupt the balance of healthy bacteria, affecting epithelial cell health, which may lead to further repercussions.<sup>10–12</sup>
- Smoking tobacco may also have negative effects on the vaginal microbiome. Smoking has been associated with decreased growth of healthy bacteria, which may allow unhealthy bacteria to proliferate, disrupting eubiosis.\*<sup>13</sup>

## PROFESSIONAL CONTACT INFORMATION:

## References

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