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## HerFlora-Women's Probiotic

### CLINICAL APPLICATIONS

- Helps Maintain a Healthy Vaginal Microflora
- Supports Urogenital Tract Health
- Helps Establish a Healthy Vaginal pH and Remove Unwanted Organisms

This product is a unique probiotic formula designed to maintain a healthy vaginal microflora and support urogenital health. A healthy vaginal environment is mildly acidic, and therefore *Lactobacillus* species dominate this ecosystem. This product provides two specific species of *Lactobacilli*: *L. reuteri* and *L. rhamnosus*. These two species are backed by human clinical studies to establish a healthy, stable vaginal ecosystem.

### Overview

Every area of the human body has a unique ecology and therefore a unique microbiome. The gut microbiome is spoken about frequently, but less commonly discussed are the specific microbiomes contained in other areas such as the skin, the lungs, the mouth, and even the vagina. The vaginal microbiome is abundant in *Lactobacillus* species, as they contribute heavily to the production of lactic acid. The lactic acid maintains a pH of 4, which if elevated, is a risk for vaginal microbiome challenges. Urogenital concerns are experienced frequently by women, and the most common interventions do little to address the state of vaginal ecology, and therefore, repeated challenges are often experienced. *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14 have been studied and proven to support healthy vaginal ecology and promote microbial balance.

### Probiotics in Vaginal Microbial Balance

Twelve to 50% of women worldwide experience vaginal microbiome challenges that significantly impact their quality of life.<sup>1,2,3</sup> In several clinical studies, daily intake of *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14 were shown to promote the health of the vaginal microbiota. In another study, women with vaginal microbiome challenges were randomized to receive placebo or *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14. After 6 weeks, significantly more women in the probiotic group maintained a balanced vaginal microbiota compared to women in the placebo group.<sup>4</sup>

A study of post-menopausal women with vaginal microbiome challenges were randomized to receive a placebo or *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14. After four weeks, the women who received the probiotic blend maintained a healthy vaginal microbiota within the normal, beneficial range, whereas the balance of vaginal bacteria of the women in the placebo group was not significantly improved.<sup>1,5,6</sup>

### Probiotics and Urogenital Health

Urinary tract microbiome challenges are very common, impacting 150 million people each year. The specific blend of probiotics in this product has been associated with supporting vaginal and urinary tract health. Specifically, studies suggest these probiotics promote vaginal and urinary tract health when used alone or in combination with common interventions. In other studies, participants consuming this specific probiotic blend maintained a healthy urinary tract microbiota with fewer incidence of urinary tract challenges.<sup>7,8,9</sup>

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Proprietary Blend	50 mg (2 Billion CFU**)	
<i>Lactobacillus reuteri</i> (RC-14®)		*
<i>Lactobacillus rhamnosus</i> (GR-1®)		*

\* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Maltodextrin, Hypromellose (Natural Vegetable Capsule), Silicon Dioxide and Magnesium Stearate.  
++Colony Forming Unit

### Directions

1 capsule per day or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors or flavors.

### Cautions

If you are pregnant or nursing, consult your physician before taking this product.

### References

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