



Probiotics for Women's Intimate Health

Having a good balance of friendly bacteria in the intimate area is important in supporting health, and helping to prevent conditions such as **thrush**, **cystitis** and **bacterial vaginosis (BV)**. Taking a high quality probiotic for women's intimate health can encourage this good balance of friendly bacteria, help to establish healthy pH levels, and prevent infections. Certain probiotic strains have been trialled and shown to increase the efficacy of standard treatments, as well as lowering the risk of recurrence.

In particular two specific probiotic strains, *L. reuteri* RC-14® and *L. rhamnosus* GR-1®, are very well documented in women's intimate health, with over 30 years of scientific evidence. Trials have revealed their ability to help prevent and treat common intimate health conditions, including thrush¹, cystitis² and bacterial vaginosis (BV)³.

Once colonised in the vagina, a high quality probiotic will help to prevent pathogens (eg. *Candida* and *E. coli*) from overgrowing.

Fact: Different probiotic strains work in different ways. Always choose the best probiotic for your needs.

Did you know?

- Most women will suffer with thrush, cystitis, and / or bacterial vaginosis (BV) during their lifetime.
- Typical treatments for thrush, cystitis and BV do not replenish the natural microflora, and this can lead to recurrence.
- BV affects 1 in 3 women, but is commonly misdiagnosed as thrush.

L. reuteri RC-14® & *L. rhamnosus* GR-1® have been shown to improve the efficacy of standard treatments, as well as reducing recovery time. Probiotics can also help to prevent recurrence in the long term, by addressing the underlying causes of thrush, cystitis and BV, as opposed to simply addressing the symptoms.

If you're looking to support your intimate health, consider your intimate flora.

1. Martinez, et al. (2009) Improved treatment of vulvovaginal candidiasis with fluconazole plus probiotic *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14. Lett Appl Microbiol. 48, 3. 269-74.

2. Beerepoot, et al. (2012) Lactobacilli vs antibiotics to prevent urinary tract infections: a randomized, double-blind, noninferiority trial in postmenopausal women. Arch Intern Med. 172, 9.704-12.

3. Anukam, et al. (2006) Augmentation of antimicrobial metronidazole therapy of bacterial vaginosis with oral probiotic *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14: randomized, double-blind, placebo controlled trial. Microbes Infect. 8, 6. 1450-4.

Ways to help naturally prevent Intimate Health Issues

THRUSH

Thrush is a common yeast infection experienced by most women during their lifetime. Symptoms include itching, irritation, and lumpy discharge.



Swap nylon underwear for cotton.



Cut down on yeast, e.g. bread & wine.



Try to include natural antifungal foods in your diet e.g. garlic.

CYSTITIS

Cystitis is inflammation of the bladder, usually as a result of infection. Symptoms include an urgent need to urinate, burning pain when urinating, and general pain in the bladder.



Drink plenty of water.



Urinate before & after sex.



Keep your midriff warm e.g. with a haramaki.

BV

Bacterial vaginosis is a common yet poorly understood condition, often mistaken for thrush. Symptoms include a fishy smelling, thin discharge of white or grey colour.



Avoid using soaps in the intimate area & 'douching'. This alters the pH & microflora balance.



Talk to your doctor about contraception. The pill can sometimes upset intimate flora.



Cut down on sugar, which can feed the growth of yeast & bad bacteria.

GENERAL TIPS

If you are susceptible to the above conditions, you can also promote good intimate health by doing a few of the following things...

However, if symptoms persist, always seek advice from your doctor.



Take a high quality probiotic specific to intimate health.



Cut down on sugar, which can feed the growth of yeast & bad bacteria.



Avoid tight fitting clothes.



Reduce alcohol intake.



Avoid perfumed sanitary products.



Reduce laundry detergent or swap to a natural one.

Not all probiotics are the same.
Find one that's right for you.