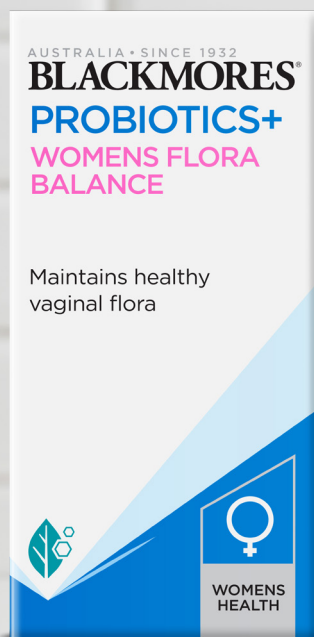


Probiotics

Blackmores Probiotics+ Womens Flora Balance



Promotes and balances vaginal flora

Blackmores Probiotics+ Womens Flora Balance is a potent dual-action formula, based on scientific evidence, containing two clinically trialled probiotic strains providing 2.3 billion good bacteria. This unique probiotic is specially designed for vaginal health and to maintain a healthy vaginal flora balance.

Key actions

May help to:

- ✓ Reduce vaginal colonisation by "bad" bacteria and yeast
- ✓ Restore and maintain "good" vaginal bacteria
- ✓ Protect against vaginal flora imbalances

Product features

- ✓ Fridge free: No need to refrigerate; a specialised formulation process and packaging technology helps prevent moisture from harming the good bacteria, helping keep them alive.
- ✓ One-a-day oral dose probiotic
- ✓ Formulated based on scientific evidence
- ✓ Handbag friendly
- ✓ Freshness seal pack
- ✓ Suitable for use during pregnancy and breastfeeding

ACTIVE INGREDIENTS PER CAPSULE

Total good bacteria 2.3 billion CFU

Lactobacillus rhamnosus GR-1TM 1.15 billion CFU

Lactobacillus reuteri RC-14TM 1.15 billion CFU

(Total good bacteria 2.3 billion CFU)

No added salt, yeast, gluten, wheat, or preservatives. No added artificial colours, flavours or sweeteners. Gluten free.

Dosage

Adults - Take 1 capsule orally per day or as professionally prescribed.

Children under 12 years of age - Only as professionally prescribed.

Description

Two piece white capsule. Light beige to reddish fine powder.

Storage

Store below 25°C in a dry place away from direct sunlight.

Blackmores Probiotics+ Womens Flora Balance

Background information

What are probiotics?

Probiotics are live micro-organisms often referred to as "friendly bacteria" or "good bacteria," which are similar to the usual members of normal human microflora communities, such as *Lactobacillus* and *Bifidobacterium*. Probiotics help to restore and replenish the good, bacteria in the digestive system and reduce the growth of bad bacteria.

How do probiotics work?

Probiotics are thought to work by forming groups (colonising) in the intestine and adhering to the intestinal wall, so that they make it more difficult for the disease-causing bacteria to take hold. This results in the good bacteria restoring a healthy balance of bacteria to the intestinal flora.

Probiotics are measured in CFU - what does this mean?

CFU stands for colony-forming unit. A colony forming unit describes the number of active, live organisms present in the probiotic.

Probiotic strains

When looking at the name of the bacteria on the label of a probiotic, the label should tell you the genus, species, and strain. For example *Lactobacillus* (genus) *acidophilus* (species) CUL60 (strain).

This is important as benefits of probiotics are strain specific, that is *Lactobacillus acidophilus* (ATCC 700396) has a different effect to *Lactobacillus acidophilus* CUL60.

Vaginal health

The micro-organisms naturally occurring in the vagina play a major role in the maintenance of vaginal health. A healthy vagina is dominated by *Lactobacilli* bacteria.

Certain medications and changing hormone levels, such as prior to menstruation and during pregnancy, are thought to influence this vaginal flora balance. Vaginal flora imbalances are frequently caused by an overgrowth of bacteria or yeast and can lead to irritation and abnormal vaginal discharge.

An overgrowth of 'bad' bacteria is characterised by a decrease of the *Lactobacilli* bacteria together with the overgrowth of other vaginal bacteria.

Yeast overgrowth is a common cause of vaginal flora imbalance, with women in their child bearing years being the most at risk.

Certain medications are thought to predispose women to an overgrowth of yeast by altering the protective bacterial flora, and thus allowing yeast to flourish in the gastrointestinal tract, vagina, or both.

Clinical trials suggest the combination of *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14 may help restore and balance the vaginal flora.

When to recommend this product

For customers who would like to

- Protect the health of their vaginal flora
- Restore the balance of good bacteria if feeling the discomfort of vaginal flora imbalance

Companion product

Blackmores Cranberry Forte 50,000

A concentrated high potency cranberry extract that discourages adherence of bacteria to the urinary tract and promotes urinary tract health.



Ask a Naturopath

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