



Women's Health Probiotic

Promotes Healthy Vaginal Flora*

- Clinically studied strain for a healthy vaginal microbiome*
- Probiotic strains support and maintain healthy growth of normal vaginal flora*
- Includes 10 specific strains of *Lactobacillus* and *Bifidobacterium* and a minimum of 25 billion CFUs per single vegetarian capsule (85 billion at the date of manufacture)
- One oral capsule per day

Code: 9675

Size: 30 Vegetarian Capsules

Actual Size: 17.9 mm



PRODUCT SUMMARY

Women's Health Probiotic provides a unique combination of multi-species probiotics that are clinically studied strains to support and maintain a healthy vaginal microbiome as well as support gastrointestinal health.* Comprised of 10 strains of *Lactobacillus* and *Bifidobacterium*, one capsule per day provides a clinically studied dose of 25 billion CFUs. These probiotic species support a healthy vaginal ecosystem through multiple mechanisms, supporting the healthy function of local immunity and maintaining the normal production of lactic acid, hydrogen peroxide, and bacteriocins already within the normal range.* These are unlikely to contribute to bacterial resistance.^{1,2} Lactobacilli normally comprise at least 70% of the vaginal microbiome, with oral probiotic supplementation supporting a healthy mix of microbiota and maintaining organisms such as *Candida* spp. already within the normal range.*³⁻⁵

Nearly 90% of the CFUs in Women's Health Probiotic are lactobacilli, including species shown to populate the vaginal flora following oral supplementation. Oral supplementation with *L. plantarum* P17630, for example, has been shown to support the growth of vaginal lactic-acid-producing bacteria and maintain *Candida* spp. already within the normal range.*⁶ Similarly, vaginal growth of *L. paracasei*, *rhamnosus*, and *acidophilus* as well as *Bifidobacterium animalis* subsp. *lactis* has been shown to increase following oral supplementation, helping maintain vaginal eubiosis.*⁷



WOMEN'S HEALTH PROBIOTIC

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Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin C (ascorbic acid)	12 mg	13%
Proprietary Probiotic Vaginal Blend	25 billion CFU	**
<i>Lactobacillus paracasei</i> (R0215)	8.4 billion CFU	**
<i>Lactobacillus rhamnosus</i> (GG)	7.5 billion CFU	**
<i>Lactobacillus plantarum</i> ROSELLA (P17630®)	5 billion CFU	**
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (LAFTIB94)	2.5 billion CFU	**
<i>Lactobacillus plantarum</i> (R1012)	0.5 billion CFU	**
<i>Bifidobacterium longum</i> subsp. <i>longum</i> (HA-135)	0.25 billion CFU	**
<i>Lactobacillus acidophilus</i> (R0418)	0.25 billion CFU	**
<i>Lactobacillus helveticus</i> (R0052)	0.25 billion CFU	**
<i>Lactobacillus rhamnosus</i> (R0011)	0.25 billion CFU	**
<i>Bifidobacterium bifidum</i> (R0071)	0.1 billion CFU	**

** Daily Value not established.

Other ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), potato starch, magnesium stearate (vegetable grade).

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 30

Suggested Usage: 1 vegetarian capsule per day or as directed by a health care professional. Take at least 2–3 hours before or after antibiotics.

Caution: 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.

Contraindications: No known contraindications. Multiple strains of *Lactobacillus* and *Bifidobacterium* have been used safely during pregnancy and lactation.⁸

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

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, soy, sesame, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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4. Mohankumar, B., Shandil, R.K., Narayanan, S., et al. (2022). *Microb Pathog*, 168, 105606.
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14224 167th Ave. SE,
Monroe WA, USA 98272
bioclinicnaturals.com

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Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167th Avenue SE, Monroe, WA, USA 98272

Customer service 1-877-433-9860 · Fax 1-877-433-9862 · Email customersupport@bioclinicnaturals.com