

FeminaFlora Oral is characterized by its selection of scientifically proven probiotic strains and complementary natural prebiotics. It's the ideal product for maintaining balanced vaginal flora and fighting vaginal infections.

Each capsule of **FeminaFlora Oral** offers over 55 billion live cells, with 16 beneficial strains (10 of human origin, 5 dairy and 1 plant-derived). It contains over 31 billion CFUs of *Lactobacillus rhamnosus* and *casei*. These 2 human strains are predominant in the vaginal flora and generate lactic acid, acidifying the vaginal pH and preventing the proliferation of pathogenic bacteria and yeasts. This formula also includes *Lactobacillus crispatus* and *Lactobacillus gasseri*, two of the most common probiotics in the vaginal flora, in addition to *Bifidobacterium breve* and *Lactobacillus johnsonii*. Our formula also includes two *Bifidobacterium* species that typically reside in the colon and that reinforce the immune system.

The GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acids. The capsule only dissolves in the intestinal pH, which allows that the capsule content is delivered with 100% potency.

Ingredients: Potato starch, bacterial culture (55 billion live active healthy cells per capsule; see nutritional information), inulin (from chicory root, *Cichorium intybus*), arabinogalactan (from *Larix laricina*), antioxidant (sodium L-ascorbate), anticaking agent (magnesium salts of fatty acids), GPS™ enteric-coated vegetable capsule (glazing agent: hydroxypropylmethylcellulose; aqueous enteric-coating solution; purified water).

Nutritional information:	1 caps. (677 mg)	2 caps. (1 354 mg)	Size and format:
Human strains:			30 enteric coated vegetables capsules
<i>Lactobacillus rhamnosus</i> UB5115	19,000 billion CFU	38,000 billion CFU	
<i>Lactobacillus acidophilus</i> UB5997	5,250 billion CFU	10,500 billion CFU	
<i>Lactobacillus casei</i> UB1499	12,000 billion CFU	24,000 billion CFU	
<i>Bifidobacterium bifidum</i> UB4280	2,000 billion CFU	4,000 billion CFU	
<i>Bifidobacterium breve</i> UB8674	2,000 billion CFU	4,000 billion CFU	
<i>Bifidobacterium longum</i> UB7691	2,000 billion CFU	4,000 billion CFU	
<i>Lactobacillus crispatus</i> UB4719	0,750 billion CFU	1,500 billion CFU	
<i>Lactobacillus gasseri</i> UB8141	0,750 billion CFU	1,500 billion CFU	
<i>Lactobacillus rhamnosus</i> GG	0,300 billion CFU	0,600 billion CFU	
<i>Lactobacillus acidophilus</i> LA-14	0,300 billion CFU	0,600 billion CFU	Recommended daily dose: 1-2 capsules daily. If you are taking antibiotics, take this product at least 2-3 hours before or after taking them. Do not exceed the stated recommended daily dose.
Dairy strains:			
<i>Lactobacillus casei</i> LC-11	0,300 billion CFU	0,600 billion CFU	
<i>Lactobacillus helveticus</i> UB7229	0,500 billion CFU	1,000 billion CFU	
<i>Lactobacillus paracasei</i> UB1978	0,600 billion CFU	1,200 billion CFU	
<i>Lactobacillus johnsonii</i> UB3394	0,750 billion CFU	1,500 billion CFU	
<i>Lactobacillus reuteri</i> UB2419	0,500 billion CFU	1,000 billion CFU	
Plant strain:			
<i>Lactobacillus plantarum</i> UB2783	8,000 billion CFU	16,000 billion CFU	
Inulin	10 mg	20 mg	
Arabinogalactan (AOS)	10 mg	20 mg	
CFU: Colony-Forming Unit Cells			

Indications and uses:

It helps maintain balanced vaginal flora.

Vaginal infections caused by yeast (candidiasis) or bacteria (vaginosis).

Prevention of recurring vaginal infections from both yeast and bacteria (ideal for prolonged use).

Cautions:

Consult with a professional before using this product if you have nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain; or if you have a special medical condition; or if you have an immunocompromised condition (e.g. lymphoma or AIDS). Discontinue use if symptoms of digestive upset persist beyond 3 days.

A healthy intestinal balance of *Lactobacillus* and *Bifidobacterium* is essential for replacing harmful microorganisms and creating an intestinal environment that suppresses excessive growth of opportunist microorganisms. The vagina shares many species of *Lactobacillus* with the intestine; these beneficial strains generate lactic acid which inhibits both infection by *Candida* and *bacterial vaginosis*.

Diverse clinical trials have shown that orally administered *Lactobacillus* (*rhamnosus*, *gasseri*, *crispatus*, *reuteri*, *plantarum*, *acidophilus*) populates the vaginal mucosa within one week⁽¹⁻⁷⁾. The administration of *Lactobacillus rhamnosus* and *L. reuteri* together with antibiotic therapy (metronidazole) improves outcomes in bacterial vaginosis⁽⁸⁻⁹⁾.

Lactobacillus gasseri and *Lactobacillus johnsonii* generate lactic acid and hydrogen peroxide, which are able to eliminate pathogens associated with vaginosis⁽¹⁰⁻¹²⁾. *Lactobacillus crispatus* is able to inhibit growth of *Candida albicans* that causes vaginal candidiasis⁽¹³⁻¹⁴⁾.

FeminaFlora Oral contains additional *Lactobacillus* species that reinforce the broad spectrum of benefits of the diverse formula.

Our formula also contains over 4 billion CFUs of *Bifidobacterium bifidum* and *Bifidobacterium longum*⁽¹⁵⁻²⁰⁾; these probiotic species typically reside in the colon where they strengthen immune system performance.

INULIN: A fructooligosaccharide (FOS) from plants, extracted from the chicory root (*Cichorium intybus*). It acts as a prebiotic, creating an appropriate environment for probiotics, or beneficial microorganisms, to reproduce faster and in larger quantities⁽²¹⁻²³⁾. It increases the population of *Bifidobacterium* probiotics in the colon and reduces toxic metabolites and harmful enzymes. It prevents pathological and autogenous diarrhoea as well as constipation and protects liver function⁽²⁴⁾.

ARABINO GALACTAN: A plant-based arabinooligosaccharide (AOS), sourced from the alerce tree (*Larix laricina*). It's an excellent prebiotic since it increases the production of short-chain fatty acids, mainly butyrate, which acts as an energy substrate for the epithelial cells of the colon and as protection for the intestinal mucosa. It activates immune response and selectively stimulates the growth and activity of probiotic bacteria⁽²⁵⁾. It's useful for combating infections because of its capacity to decrease bacterial adherence⁽²⁶⁻²⁷⁾. Additionally, it reduces the intestinal pH and improves mineral absorption⁽²⁸⁻³⁰⁾.

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