

FeminaFlora Oral

30 enteric coated vegetables capsules / Code FE2286



FeminaFlora Oral offers over 55 billion live cells, with **16** beneficial strains (7 of human origin, 2 plant-derived and 7 dairy). 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*.

The GPS™ natural water-based enteric-coated vegetable capsule (Gastric Protective System) protects contents from stomach acids. The capsule only dissolves in the intestinal pH, which allows that the capsule content is delivered with 1000% potency.



Vegan. Ovo-lactovegetarian. Gluten free. Dairy free.

FORMAT: 30 enteric coated vegetables capsules.

FORMULA:

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 (l-ascorbic acid), anticaking agent (magnesium salts of fatty acids), GPS™ enteric-coated vegetable capsule (glazing agent: hydroxypropylmethylcellulose; aqueous enteric-coating solution; purified water).

Nutritional information:	1 capsule	2 capsules
Human strains:		
<i>Bifidobacterium bifidum</i> UB4925	2,000 billion CFU	4,000 billion CFU
<i>Bifidobacterium breve</i> UB3917	2,000 billion CFU	4,000 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	2,000 billion CFU	4,000 billion CFU
<i>Lactobacillus gasseri</i> UB9507	0,750 billion CFU	1,500 billion CFU
<i>Lactobacillus johnsonii</i> UB2214	0,750 billion CFU	1,500 billion CFU
<i>Lactobacillus acidophilus</i> LA-14	0,300 billion CFU	0,600 billion CFU
<i>Lactocaseibacillus rhamnosus</i> GG	0,300 billion CFU	0,600 billion CFU
Plant strains:		
<i>Lactiplantibacillus plantarum</i> UB6473	8,000 billion CFU	16,600 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	5.250 billion CFU	10, 500 billion CFU
Dairy strains:		
<i>Lactocaseibacillus rhamnosus</i> UB6056	19,300 billion CFU	38,600 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	12,000 billion CFU	24,000 billion CFU
<i>Lactobacillus crispatus</i> UB1947	0,750 billion CFU	1,500 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017	0,600 billion CFU	1,200 billion CFU
<i>Lactobacillus helveticus</i> UB5772	0,500 billion CFU	1,000 billion CFU
<i>Limosilactobacillus reuteri</i> UB4772	0,500 billion CFU	1,000 billion CFU
<i>Lactocaseibacillus casei</i> LC-11	0,300 billion CFU	0,600 billion CFU
Inulin	10 mg	20 mg
Arabinogalactan (AOS)	10 mg	20 mg

CFU: Colony Forming Units.

Cautions:

Consult a health-care practitioner before using if you have 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.

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.

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).

DETAILS:

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 (7 of human origin, 2 plant-derived and 7 dairy). It contains over 31 billion CFUs of *Lactobacillus rhamnosus* and *L. 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 *Bifidobacterium* species that typically reside in the colon and that reinforce the immune system.

INGREDIENTS:

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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