

Probiotic Myths and Facts



Debunking the Myths About Probiotics




Myths About Probiotics	Facts About Probiotics	UltraFlora® Women's
All probiotic strains are created equal.	Only a handful of probiotic strains have been clinically shown to support human health.	Features <i>L. rhamnosus</i> GR-1® and <i>L. reuteri</i> RC-14®, two probiotic strains shown to specifically target women's health.*
Better quality probiotics don't require temperature-controlled environments.	Even well-designed probiotics can be reduced in potency and efficacy if handled carelessly or exposed to heat during shipping or storage.	Stored at controlled temperature and humidity conditions that maintain the stability of the product.
The higher the potency of a probiotic, the better the results.	The potency or dosage should be based on published scientific and clinical data on specific strains.	Features 2 billion CFUs of a 50:50 blend of <i>L. rhamnosus</i> GR-1® and <i>L. reuteri</i> RC-14®—the clinically effective dose of each probiotic strain.*2-4
Guaranteed potency at the time of production and expiration is the same thing.	Only products that guarantee potency at expiration assure reliable dosing from start to finish.	Potency guaranteed through the date of expiration to ensure reliable dosing.

UltraFlora® Women's

The one probiotic formula every woman should know about

Give Yourself the Balance Your Body May Need

UltraFlora Women's is available by:

-  Fax **855.704.4963** to submit orders
-  Call **844.966.3600** to place orders by phone
-  Visit our website at **UltraFloraWomens.com**

References:
1. Reid G. *Appl Environ Microbiol.* 1999;65(9):3763-3766.
2. Reid G et al. *FEMS Immunol Med Microbiol.* 2001;32(1):37-41.
3. Reid G et al. *J Med Food.* 2004;7(2):223-228.
4. Reid G et al. *FEMS Immunol Med Microbiol.* 2003;35(2):131-134.
5. Reid G et al. *FEMS Immunol Med Microbiol.* 2006;30(1):49-52.

GR-1® and RC-14® are Trademarks of Chr. Hansen A/S.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Finding and Maintaining a Healthy Balance

A woman's body may be constantly challenged by changes in lifestyle factors such as stress, diet, or medications that can disrupt the delicate vaginal pH and microbiota necessary for good feminine health.

Get the Balance Right with Strain-Specific Probiotics

Specific probiotic strains can have different effects on health, including the support of vaginal microbiota balance and well-being.* UltraFlora® Women's features a 50:50 blend (2 billion CFUs) of two strains that have been extensively studied specifically for their effects on vaginal microbiota—*Lactobacillus rhamnosus* GR-1® and *Lactobacillus reuteri* RC-14®.*¹⁻⁴

Backed by clinical trials that demonstrate support of healthy vaginal microbiota, both strains have been shown to increase the number of beneficial bacteria called lactobacilli and help promote balanced vaginal microbiota.*¹

UltraFlora Women's features *L. rhamnosus* GR-1® and *L. reuteri* RC-14®, two strains that have been shown to help:

- Maintain a healthy vaginal microbiota by increasing the number of beneficial bacteria such as lactobacilli.*²⁻⁴
- Colonize the vaginal tract when administered orally.*⁵

Why UltraFlora Women's Probiotic Formula?

UltraFlora Women's is specially formulated to support vaginal and urogenital health by utilizing two clinically tested probiotic strains backed by more than 20 years of laboratory research and 10 years of clinical evaluation to support safety and efficacy.*

- Oral dose in just one daily capsule
- Guaranteed potency and viability through date of expiration

How Do Oral Probiotics Reach the Vaginal Tract?

It takes a high-quality and stable probiotic strain to survive the gastrointestinal tract and remain effective for supporting women's health.* The probiotic strains in UltraFlora Women's, *Lactobacillus rhamnosus* GR-1® and *Lactobacillus reuteri* RC-14®, have demonstrated the ability when taken orally to travel from the gastrointestinal tract to the vaginal tract.*⁵

