



Essential 8's Women's Probiotic

Women's Probiotic Supplementation

Women's Probiotic provides comprehensive vaginal and gastrointestinal support with some of the most useful probiotic strains for sustaining women's health at all ages.* A growing body of evidence shows the strains of bacteria found in the formula provide strong support for vaginal microbial balance and lessening of undesirable symptoms such as itching, odor, or discharge.*^{1,2,3} Moreover, research continues to show how probiotics support gut health through improved nutrient absorption and digestive function, which, in turn, reinforces overall immune health.*^{4,5}

Clinical evidence suggests that these beneficial microorganisms may:

- Support a healthy vaginal microbiome*
- Support a healthy gut microbiome*
- Promote healthy bowel function*
- Aid macronutrient and micronutrient digestion*
- Support healthy immune function*

How Women's Probiotic Works

Women's Probiotic contains multiple probiotic strains that synergistically work to support healthy vaginal and digestive systems while enhancing immune function.*

Lacidofil®

Lacidofil® combines two clinically tested strains: *L. helveticus* Rosell®-52 and *Lactobacillus rhamnosus* Rosell®-11. These strains produce beneficial exopolysaccharides, promote healthy weight, and support vaginal bacterial balance.*⁶ Additionally, in a double-blind study, Lacidofil® has been shown to help maintain a healthy digestive system by supporting regular bowel movements.*^{7,8}

Lactobacilli: *L. acidophilus*, *L. rhamnosus*, *L. reuteri*, *L. gasseri*, *L. salivarius*

To further support vaginal health, Women's Probiotic contains a unique and comprehensive mix of classic women-specific probiotic species.* As the name implies, lactobacilli are a genus of bacteria that produce lactic acid, which keeps unwanted microbes at bay. Disruptions in the vaginal microbiome caused by hormonal changes, diet, and other factors can lead to an imbalance, a factor in many women's health issues.

The primary mechanisms of action of *L. acidophilus* are the production of lactic acid, hydrogen peroxide, and other compounds. These functions prevent unwanted bacteria from lingering in the vagina and also help maintain a healthy vaginal pH.*^{9,10} In addition to producing lactic acid and hydrogen peroxide, *L. gasseri* also produces a unique thiopeptide known as lactocillin. This specific compound has been shown to support vaginal microbial balance.*^{11,12}

In clinical studies, *L. rhamnosus* has been shown to encourage the growth of beneficial bacteria which may help support a balanced vaginal microbiome.*^{13,14} Meanwhile, studies have shown that *L. reuteri* specifically supports fungal and bacterial balance in the gastrointestinal system.*^{14,15} The *L. salivarius* strain has been shown to effectively support healthy biofilm and sustain microbial balance in the vagina and digestive tracts of women.*¹⁶



Bacillus subtilis HU58™ and B. coagulans SC208®

Bacillus subtilis HU58™ and *B. coagulans* SC208® are hearty bacteria that, when working together, have a powerful effect on gut health.* These strains act like managers of the microbiome by supporting gut barrier function, microbial diversity, immune function, and cytokine balance.*^{17,18}

They also support the growth of Firmicutes, a bacterial phylum whose abundance is tied to healthy sex hormones and healthy gut microbiota.*^{19,20} Firmicutes species produce beta-glucuronidase and, therefore, contribute to estrogen recycling. Additionally, research shows this specific probiotic combination may increase populations of *Lactobacillus*, which is helpful in supporting a healthy vaginal environment.*¹⁸

Supplement Facts

Form: 60 Capsules

Serving Size: 2 Capsules

Ingredients:	Amount	%DV
<i>Lactobacillus acidophilus</i> La-14 ^{®††}	9 Billion CFU [†]	*
<i>Lactobacillus rhamnosus</i> HN001™ ^{††}	6 Billion CFU [†]	*
<i>Lactobacillus rhamnosus</i> Rosell [®] -11 ^{†††} and <i>Lactobacillus helveticus</i> Rosell [®] -52 ^{†††} (Lacidofil ^{®†††})	4 Billion CFU [†]	*
<i>Bacillus subtilis</i> HU58™ ^{††††}	2 Billion CFU [†]	*
<i>Lactobacillus reuteri</i> 1E1	2 Billion CFU [†]	*
<i>Bacillus coagulans</i> SC208 ^{®††††}	1 Billion CFU [†]	*
<i>Lactobacillus gasseri</i> LG36	0.5 Billion CFU [†]	*
<i>Lactobacillus salivarius</i> LS33	0.5 Billion CFU [†]	*

Other Ingredients: Microcrystalline cellulose, hypromellose, vegetable stearic acid, vegetable magnesium stearate, silica.

† At time of manufacture.

†† These are trademarks of Howaru[®].

††† These are registered trademarks of Lallemand Health Solutions.

†††† HU58™ is a trademark of Microbiome Labs.

††††† SC208® is a registered trademark of Synergia Life Sciences Pvt Ltd.

Directions: Take two capsules daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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PRODUCED IN A
cGMP FACILITY



NON-GMO



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN

* 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.

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