

Fem-Dophilus®



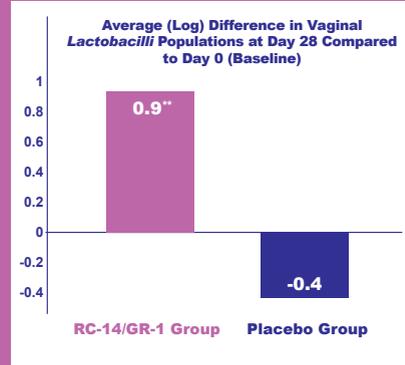
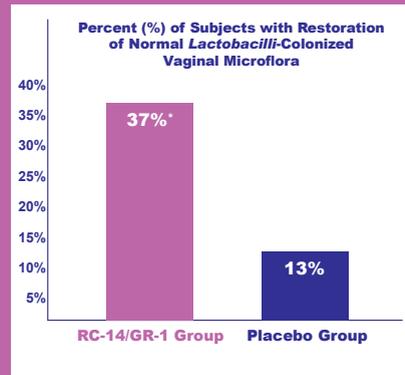
Fem-Dophilus® contains two patented and clinically documented strains of probiotic bacteria, *Lactobacillus rhamnosus* GR-1™** and *Lactobacillus reuteri* RC-14®**, discovered and developed by Drs. Gregor Reid and Andrew Bruce of Urex Biotech, in Ontario, Canada.

Clinical studies confirm that 1 capsule of GR-1®/RC-14™ (Fem-Dophilus®) taken daily supports proper vaginal flora balance and protection of the urinary tract.

Research has confirmed that GR-1™ and RC-14® taken as an oral supplement colonize and protect the vaginal and urinary tracts.* Over twenty years of clinical trials has shown that GR-1™ and RC-14® help to restore and maintain the balance of flora important to vaginal health and the health of the urinary tract overall.*

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Clinical Study Results



* p = 0.02 ** p = 0.01

Reference: Reid G, Charbonneau D, Erb J, Kochanowski B, Beuerman D, Poehner R, Bruce AW. Oral use of *Lactobacillus rhamnosus* GR-1™ and *L. fermentum* (reuteri) RC-14® significantly alters vaginal flora: randomized, placebo-controlled trial in 64 healthy women. *FEMS. Immunol Med Microbiol.* 2003, 20;35(2):131-4.

* 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.

Oral Intake of Fem-Dophilus (GR-1™ & RC-14®) Influences Vaginal Flora Balance*

Research has confirmed that oral supplementation with friendly probiotic bacteria is important for many health reasons. Users of other Jarrow Formulas' probiotics products such as Jarro-Dophilus EPS™ are already aware of the many health benefits that can be experienced from supplementing with beneficial bacteria, i.e. probiotics. Less well-known is the fact that specific strains of probiotic bacteria active in the digestive tract also contribute to vaginal health.*

It has been established that women with an unbalanced intestinal microflora profile are at a higher risk of developing unbalanced urogenital microflora as well (i.e. *Lactobacilli*-deficient vaginal microflora). Researchers have shown that good vaginal health is associated with a *Lactobacilli*-dominant vaginal microflora. Fortunately, scientific findings have documented that oral supplementation with probiotic strains GR-1™ and RC-14® taken by mouth at the rate of one capsule per day resulted in vaginal colonization within one week, and significant results were observed within four weeks in terms of an increase

in "friendly" *Lactobacilli* organisms and a reduction in less desirable flora. In clinical trials, this has translated to positive reports by the probiotic-supplemented subjects regarding their vaginal health at rates twice those found with placebo.*

Protection from Stomach Acids*

In order for an oral probiotic capsule to be effective, significant numbers of live bacteria (indicated as Colony Forming Units or CFU) must survive through the stomach and upper intestinal tract to the lower intestine where probiotic bacteria exert their full benefits. Fem-Dophilus® incorporates a proprietary polysaccharide matrix that protects the beneficial bacteria from gastric acids and bile during the journey through the stomach into the intestinal tract.*

Fem-Dophilus® restores beneficial *Lactobacillus* populations in the vaginal tract*

**GR-1™ brand and RC-14® brand *Lactobacillus* strains are trademarks of Urex Biotech, Inc. used by Jarrow Formulas under license from Chr. Hansen AS and promoted by Urex Biotech Inc. and BioGaia AB US patents, including 6,479,051 and 5,849,289.

Clinical Study Highlights

The major criteria required in selecting beneficial probiotic strains for urogenital health are their ability to colonize the vagina and reduce undesirable vaginal microflora.

In one trial, GR-1™ and RC-14® administered in skim milk were given orally to 10 women twice daily for 14 days. GR-1™ and RC-14® were recovered from the vagina and identified by morphology and molecular typing within one week of commencement of the trial, thus demonstrating that these strains, when taken orally, are able to colonize the vaginal tract within 7 days of initial intake.¹

In another randomized, placebo-controlled trial, GR-1™ and RC-14® were given to 64 women for 60 days. Microscopy analysis showed the restoration of healthy vaginal flora in 37% of women taking GR-1™ and RC-14® vs. 13% in subjects in placebo group.²

1. Reid, G; Bruce, AW; Fraser, N; Heineman, C; Owen, J; Henning B. Oral probiotics can resolve urogenital infections. *FEMS Immunol Med Microbiol.* 2001, 30(1):49-52.
2. Reid G, Charbonneau D, Erb J, Kochanowski B, Beuerman D, Poehner R, Bruce AW. Oral use of *Lactobacillus rhamnosus* GR-1 and *L. fermentum* (reuteri) RC-14 significantly alters vaginal flora: randomized, placebo-controlled trial in 64 healthy women. *FEMS. Immunol Med Microbiol.* 2003, 20(35):131-4.

Suggested Use:

Take 1 capsule daily for maintenance and increase to 2 capsules a day as needed, or use as directed by your qualified health care consultant.

Ingredients:

Each capsule of Fem-Dophilus® is guaranteed to contain a minimum combined total of 5 billion live Colony Forming Units (CFU) of *Lactobacillus rhamnosus* GR-1™** and *Lactobacillus reuteri* RC-14®**, incorporated into a proprietary protective polysaccharide matrix to maximize survival of the strains through stomach acid and bile.* The other ingredients in Fem-Dophilus® include dextrose anhydrate, potato starch, microcrystalline cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin and titanium dioxide.

Contains: Dairy (casein, in trace amounts).

*Guaranteed 5 Billion live organisms per capsule when kept refrigerated .

**Keep out of the reach of children.
KEEP REFRIGERATED.**



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