



WOMEN'S MULTI PROBIOTIC WITH CRANRICH®

Healthy intestinal and urinary balance

THE IDEAL PROBIOTIC BLEND FOR EVERY WOMAN

Nothing can make a woman's life quite so miserable as a urinary tract infection, a vaginal infection, or some form of inflammatory bowel condition. Teenagers to elderly women are plagued by these infections that seem to occur over and over again. Unfortunately, few women know about probiotics, the simple solution to help get these conditions under control.

Women's Multi Probiotic complex was designed to maintain normal intestinal and vaginal flora throughout every stage of a woman's life. Probiotics have long been known for aiding digestive troubles. Many take them regularly to improve nutrient absorption, reduce bouts of diarrhea or constipation, reduce lactose intolerance and restore intestinal flora following antibiotic treatment. However, regularly taking probiotics plays a special role in the urinary tract and vaginal health of women, young or old. Daily dosing with complex probiotics not only brings existing conditions under control, it may even prevent them from recurring. Probiotics also play a role in reducing the risk of some types of cancer.

URINARY TRACT INFECTIONS (UTIs)

Globally an estimated one billion women have urinary tract and/or vaginal infections every year. The most common causes are bacteria and yeast. In some countries candidiasis and bacterial vaginosis are rapidly increasing, significantly affecting a woman's quality of life. The research shows that probiotics not only benefit those women predisposed to urinary tract infections, they may also benefit women who are sexually active, pregnant, postmenopausal, and especially those confined to nursing homes. Urinary tract infections in the elderly or in people with Alzheimer's can profoundly affect not only their health but can cause behavioural changes. Nursing home support staff note that often changes in behaviour may be due to infections like a urinary infection. Since probiotics inhibit the development of pathogenic and putrefactive bacteria, they are key to maintaining normal intestinal and vaginal flora perhaps reducing the incidence of urogenital infections.

Due to their different anatomical structure, women are at greater risk of urinary tract infections (UTIs) compared to men. For relief, women find themselves making frequent visits to their family doctor for antibiotics. Even then UTIs are not managed that well. There is a downside to the use of antibiotics because they not only kill the "bad" bacteria and yeast, but they also kill the "good" probiotic bacteria that prevent such infections from happening. Some women find themselves with another UTI soon after completing a course of antibiotics. More visits to the family doctor, often referrals to specialists and a compromised quality of life. There is a better way.

A review of the literature suggests that probiotics are highly beneficial for urogenital infections. As far back as 1988, there

were positive results using probiotics. Five women with recurrent UTIs were treated twice weekly with intravaginal implantation of *L. casei* GR-1. These organisms colonized the epithelium and prevented the emergence of coliform bacteria in most instances. Each of the five patients had infection free periods ranging from 4 weeks to 6 months. The treatment was well-tolerated, had no side effects, led to improved well-being, and was preferred to antibiotic treatment by all of the patients. The study, although limited, showed that lactobacilli therapy is effective in the prevention of recurrent urinary tract infections.

Not well-known but just as effective as intravaginal probiotic application and much more convenient, is oral supplementation with probiotics. Although it isn't fully understood how taking probiotics orally allows them to transfer into the vaginal areas, it does quickly take place. Ten women with a history of urinary tract infections, bacterial vaginosis, and recurrent yeast vaginitis were given strains of *Lactobacillus rhamnosus* GR-1 and *Lactobacillus fermentum* RC-14 twice daily for 14 days. The probiotics were recovered from the vagina within one week of therapy. Six cases of asymptomatic bacterial vaginosis or intermediate bacterial vaginosis were resolved within one week of therapy (Reid).

BACTERIAL VAGINOSIS (BV)

Approximately 1 in 10 North American women of reproductive age suffer from bacterial vaginosis (BV), an infection that causes itching, excessive vaginal discharge and a fishy odour. BV has also been linked to complications in pregnancy and an elevated risk of HIV infection.

The vagina is a finely balanced ecosystem where dominant strains of lactobacilli can make it too acidic for pathogenic bacteria to survive. However, this ecosystem can easily be thrown out of balance by factors such as birth control pills, spermicides, and antibiotics. Probiotic therapy has been shown to be very successful in these cases.

ANTIBIOTIC-ASSOCIATED DIARRHEA

Imagine the frustration of many months of persistent diarrhea. Antibiotic-associated diarrhea can persist in some people long after they have stopped taking their antibiotics for the original infection. Researchers did a meta-analysis on the effect of probiotic administration on people who experienced this kind of diarrhea. The results? Diarrhea occurred as a result of antibiotic therapy in 20% (up to 39% in some studies) of patients. This likelihood was decreased to 8% in patients taking any probiotic (Cremonini).

USE OF PROBIOTICS WITH ANTIBIOTICS?

If on antibiotics it is advisable to restore the good bacteria quickly by taking probiotics two hours before or two hours after the antibiotics are given. Continue to use probiotics long after the

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antibiotic course is finished. However, regular use of the Women's Multi Probiotic formula can prevent many infections before they start, reducing the need for antibiotics.

PREGNANCY

Pressure on the bladder from an enlarging uterus and increase in the size of the ureters can contribute to UTIs in pregnant women. All urinary tract infections during pregnancy are significant risk factors for low-birth weight infants and premature births and should be treated by a health care practitioner. Usually antibiotics are prescribed. However, there is increasing evidence that probiotics can restore the normal flora and improve chances of a healthier pregnancy. "The rationale for probiotic use in pregnant women is quite strong. Certain lactobacilli strains can safely colonize the vagina after oral and vaginal administration, displace and kill pathogens including *Gardnerella vaginalis* and *Escherichia coli*, and modulate the immune response to interfere with the inflammatory cascade that leads to PTB (preterm birth). Additional attributes of probiotics include their potential to degrade lipids and enhance cytokine levels which promote embryo development. In a society that focuses on disease rather than health and drug therapy rather than natural preventive measures, it will take some effort to get remedies such as probiotics into mainstream care" (Reid, *et al*). Any woman considering becoming pregnant or who is pregnant should inform herself about the benefits of using oral probiotics before, during, and following this special time in her life.

ADDED CRANRICH® CRANBERRY

This superior probiotic formulation was made even better for women with the addition of 250 mg of super strength Cran-Rich cranberry 36:1 concentrate to each capsule. There is a scientific basis for this. Research shows that cranberries contain compounds that stop bacteria from sticking to the surfaces of the urinary wall, making cranberry a popular way to help treat and prevent infections. Probiotics are totally compatible with cranberry concentrate.

When 139 women from a Finnish Student Health Service with a diagnosis of an acute UTI were compared with 185 age-matched women who had no episodes of UTIs during the past five years, the authors noted that dietary factors were associated with a lower risk of UTIs. Although frequent sexual intercourse was noted for

an increased risk of UTI, they also found that enhanced consumption of fresh fruit or berry juice was associated with a lower risk of UTI occurrence. Frequent consumption of fermented milk products containing probiotics such as *Lactobacillus rhamnosus* (GG) and *Lactobacillus acidophilus* was also associated with a low incidence of UTI recurrence (Kontiokari).

REDUCING CANCER RISK

One of the key ways in which the body gets rid of "bad" substances, such as excess estrogen and fat-soluble toxins like pesticides and solvents, is by a process that occurs whereby the toxin is bound to a molecule called glucuronic acid and then excreting this complex in the bile. However, the bond between the toxin and its escort can be broken by glucuronidase, an enzyme produced by certain bacteria. Excess glucuronidase activity means more of the toxins are liberated from glucuronic acid and reabsorbed into the body. As a result higher glucuronidase activity in the gut is associated with an increased cancer risk, particularly the risk of estrogen-dependent breast cancer. Glucuronidase activity is higher in people who eat a diet high in fat and low in fibre. Taking probiotic supplements increases the proportion of lactobacillus and bifidobacteria in the GI tract, decreasing beta-glucuronidase producing bacteria. Foods known to reduce glucuronidase activity, including onions and garlic, and foods that are high in glucaric acid such as apples, brussels sprouts, broccoli, cabbage, and lettuce.

Women's Multi Probiotic was designed specifically to lower the levels of glucuronidase activity by increasing the level of the beneficial organisms and reducing the level of those that produce glucuronidase. For overall hormonal balance and to reduce the level of reabsorbed unbound (free) estrogen, it is critical to supplement the diet with the friendly bacteria found in Women's Multi Probiotic.

COMBINED HUMAN, DAIRY, AND VEGETABLE ORIGIN PROBIOTIC STRAINS

Although from different origins, both human and dairy strains play a similar role, restoring and maintaining healthy intestinal flora. Dairy and vegetable strains are "transient" and do not implant in the gut, while human strains implant themselves to specific receptors in the human gut, staying longer. Bifidobacteria strains found in the large intestine are from human origin, while the lactobacilli strains in the small intestine can be either from

human, dairy or vegetable origin. Women's Multi Probiotic formula provides seven human, two dairy and one vegetable origin strain for maximum protection.

DOSAGE

Take 1 capsule, 2 times daily or as directed by a health care practitioner. Best if taken on a full stomach, preferably just after a meal.

SCIENTIFICALLY VALIDATED

Each of the Women's Multi Probiotic strains has undergone a stringent selection process and has been selected for natural gastric resistance, the ability to grow in the presence of high bile levels, high enzymatic activities and compatibility with both other probiotic strains as well as antibiotics.

SAFETY

Natural Factors Women's Multi Probiotic is very safe with no known contraindications or side effects. However, we strongly suggest that any woman with an active urogenital infection always check with her health care practitioner and not self-medicate. This applies particularly to pregnant women who should seek prompt medical advice.

CONCLUSION

Women's Multi Probiotic was designed to help women get on with their lives. Regular use encourages establishment of healthy urogenital flora while discouraging unwelcome urinary tract and vaginal infections. It also helps gastrointestinal functions and boosts the immune system. For every woman this 'ounce of prevention is worth a pound of cure!'

KEY REFERENCES

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