WHAT IS VAGINAL THRUSH?
Thrush is a type of yeast infection, caused by the fungus *Candida albicans* (in over 90% of cases). Although *C. albicans* is part of the normal flora that lives in the mouth, throat, intestine and vagina, it may become pathogenic and cause symptoms such as vaginal discharge and itchiness.¹

Vaginal thrush (or vulvovaginal candidiasis) is a common condition that afflicts approximately 75% of all sexually active women at least once in their life.⁵

WHAT CAUSES VAGINAL THRUSH?⁴
- You are taking antibiotics used to treat another infection. Antibiotics change the normal balance between organisms in the vagina.
- You are pregnant.
- Impaired immune system.
- Uncontrolled diabetes.
- Taking of oral contraceptives or hormone therapy.

WHAT IS RECURRING VAGINAL THRUSH?
Recurring vaginal thrush is defined as 4 or more episodes within a 1 year period.⁵

WHAT ARE THE SYMPTOMS?⁴,⁵
- Abnormal vaginal discharge ranging from a slightly watery, white discharge to thick, white, and chunky (like cottage cheese).
- Itching and burning of the vagina and labia.
- Painful urination.
- Redness and swelling of the skin just outside of the vagina (vulva).
- Painful during intercourse.

Reuterina™ Femme:
Each veg capsule contains 2.5 x 10⁹ cfu’s of *Lactobacillus rhamnosus* GR-1 and 2.5 x 10⁹ cfu’s of *Lactobacillus reuteri* RC-14 until expiry date.

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TREATMENT OF VAGINAL THRUSH

It is important to visit your healthcare provider to ensure that there is no underlying cause for recurring vaginal thrush.

Vaginal thrush is commonly treated with an antibiotic or antifungal (or both)\(^5\), however, increasing concern exists over antibiotic resistance and the repeated use of antibiotics for the treatment of recurring infections.

Healthy vaginal flora is dominated by *lactobacillus* bacteria, which play an important role in protecting against vaginal and genital infections.\(^6\)

HOW IS IT ADMINISTERED?

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**INDICATION**

**DOSAGE**

| Reutererina Femme: Each veg capsule contains \(2,5 \times 10^9\) cfu’s of *Lactobacillus rhamnosus* GR-1 and \(2,5 \times 10^9\) cfu’s of *Lactobacillus reuteri* RC-14 until expiry date. |

References:

1. Impact RX. Data on file