VAGINAL THRUSH

WHAT IS VAGINAL THRUSH?

Vaginal thrush, medically called vulvovaginal candidiasis, is a common yeast infection caused by an overgrowth of a fungus called Candida albicans.¹

Vaginal thrush is actually quite common, affecting almost $^{3}\!\!/_{4}$ of women during their lifetime, adversely affecting physical and emotional health. 1

WHAT IS RECURRING VAGINAL THRUSH?

When a woman experiences 4 or more episodes of thrush in a 12 month period.¹



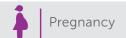


WHAT CAUSES VAGINAL THRUSH?

While any woman can experience vaginal thrush, there are certain conditions that increase the risk of developing the infection, these can include:1









Diabetes

WHAT ARE THE SIGNS OR SYMPTOMS?

Signs of thrush can include:1



Abnormal discharge



Itching or burning



Redness, soreness and swelling



Painful urination and/or sex

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The Probiotic for Life

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TREATING THRUSH

Vaginal thrush can be treated with overthe-counter medications or with prescribed antifungals. Such medications can be topical or oral (taken by mouth).1

Other good management tips include:1



Good hygiene



Using a soap substitute



loose fitting underwear



Avoiding use of perfumed sanitary products

Combining pharmaceutical medicines with probiotics can be a way to better manage common genital infections.²

THE ROLE OF REUTERINA **FEMME® IN WOMEN'S** HEALTH.

Reuterina Femme® contains two strains of probiotic bacteria - Lactobacillus rhamnosus GR-1 and Lactobacillus reuteri RC-14 – when taken orally are able to colonise the vaginal area.4

These strains have proven efficacy in the treatment and prevention of urogenital infections in women.^{2,5}

DID YOU KNOW?

Reuterina Femme® capsules are suitable for vegetarians?4



HOW IS REUTERINA FEMME® TAKEN?

REUTERINA FEMME®

Taken once daily.

One to two capsules are swallowed (by mouth) as needed, or as directed by a healthcare professional.4



Each capsule contains:

- 2,5 billion (2,5 x 109) colony forming units Lactobacillus rhamnosus GR-1.
- 2,5 billion (2,5 x 10⁹) colony forming units Lactobacillus reuteri RC-14.

Reuterina femme

Can be taken to maintain and restore a healthy vaginal flora,4 thereby helping prevent urogenital infections (such as vaginal thrush).4

References:

- 1. Wright M. Vaginal and Vulval Candidiasis. Professional Articles on Infectious Diseases [Last edited August 16, 2019]. Available from: https:// patient.info/doctor/vaginal-and-vulval-candidiasis Accessed August 2020.
- 2. Martinez RCR, et al. Improved cure of bacterial vaginosis with single dose of tinidazole (2 g), Lactobacillus rhamnosus GR-1 and Lactobacillus reuteri RC-14: a randomised, double-blind, placebo-controlled trial. Can J Microbiol 2009;55:133-138.
- 3. Reid G, Charbonneau D, Erb J, et al. Oral use of Lactobacillus rhamnosus GR-1 and L. fermentum RC-14 significantly alters vaginal flora: randomized, placebo-controlled trial in 64 healthy women. FEMS Immunology and Medical Microbiology 2003:35:131-134

4. Reuterina femme® Approved Package Insert, December 2009.
5. Gardiner GE, Heinemann C, Bruce AW, et al. Persistence of Lactobacillus fermentum RC-14 and Lactobacillus rhamnosus GR-1 but Not L. rhamnosus GG in the Human Vagina as Demonstrated by Randomly Amplified Polymorphic DNA. CLIN. DIAGN. LAB. IMMUNOL. 2002;9(1):92-96.

🕯 Reuterina® Femme: Each veg capsule contains 2,5 x 10° cfu's of Lactobacillus rhamnosus GR-1 and 2,5 x 10° cfu's of Lactobacillus reuteri RC-14 until expiry date



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