

Vaginal Health Probiotic with Cranberry

Overview

Smart Solution's Vaginal Health Probiotic with Cranberry is a unique formula containing specific probiotic strains to support a healthy vaginal microflora along with the cranberry extract to support healthy urinary tract and prevent the recurrence of urinary tract infections.

Key Probiotic species – Lactobacillus strains are common in a healthy vaginal microbiome and can produce various antimicrobial compounds to aid in keeping a healthy balance for vaginal health.¹ Strains like *L. rhamnosus* GR-1 and *L. reuteri* RC-14 have shown effective treatment of bacterial vaginosis.²

Cranberry – a red coloured berry native to North America containing many flavonoid groups including anthocyanidins, flavanols and proanthocyanins as well as benzoates and phenolic acids.^{3,4}

Demand for Vaginal Health Support

Women's health, including pelvic health and urinary tract health is a key area of concern for women.

Vaginal yeast infections (*Candida*) affect up to 3 out of 4 women at some point in their lifetime with many women experiencing multiple episodes.⁵

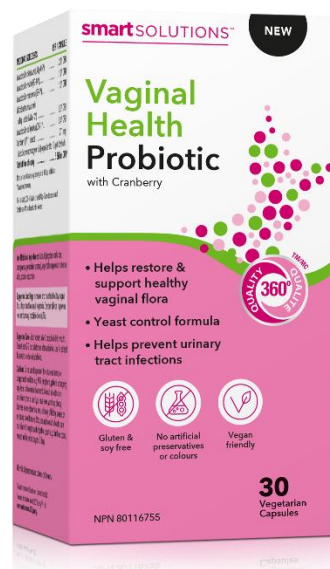
Urinary Tract Infections (UTIs) are very common, occurring in 1 out of 5 women in their lifetime.⁴ 40% of women who get a UTI will get at least one more within 6 months.⁵

Research on Cranberry

Clinical trial review from the PubMed database: "Current clinical evidence clearly indicates a possible benefit overall from the use of cranberries against UTIs. Cranberry consumption may prevent bacterial adherence to uroepithelial cells, reducing UTI related symptoms. Cranberry consumption could also decrease UTI related symptoms by suppressing inflammatory cascades as an immunologic response to bacterial invasion."^{6,7}

Target Groups

- Anyone looking for vaginal health support
- Individuals who experience recurrent urinary tract infections



Product label and specifications:

MEDICINAL INGREDIENTS:	PER 1 CAPSULE
<i>Lactobacillus plantarum</i> (UALp-05™)	2.0 [†] CFU
<i>Lactobacillus reuteri</i> (RC-14®)	1.0 [†] CFU
<i>Lactobacillus rhamnosus</i> (GR-1®)	1.0 [†] CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (UABla-12®)	0.6 [†] CFU
<i>Lactobacillus acidophilus</i> (DDS-1®)	0.4 [†] CFU
Cranberry (37:1) extract	271 mg
(<i>Vaccinium macrocarpon</i> , fruit) equivalent to 10 g of dry herb	
Total at time of expiry	5 Billion CFU*

[†]Total active cells as colony forming units (CFUs), in billions.

*Guaranteed to expiry.

RC-14, GR-1, DDS-1, UABla-12 and UALp-05 are trademarks of Chr. Hansen A/S and used under license.

Directions for use:

Take 1 capsule per day or as directed by a healthcare practitioner. Take 2-3 hours before or after antibiotics. Take for minimum of 4 weeks to see beneficial results.

Health Canada Approved Claims⁸

- Helps to restore and support healthy vaginal flora
- Reduces yeast and bacteria on vaginal surfaces to maintain vaginal health
- Used in Herbal Medicine to prevent Urinary Tract Infections (UTIs)
- Source of antioxidants
- Could promote a favourable gut flora
- Helps support intestinal/gastrointestinal health
- Source of probiotics
- Use in conjunction with antibiotics to help treat bacterial vaginosis

References

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3. American Botanical Council. Cranberry – *Vaccinium macrocarpon* Aiton Monograph. Accessed Nov 25, 2022 at: <http://oms.herbalgram.org/ABC/monographs/Cranberry.html>
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5. Office on Women's Health. Urinary Tract Infections. Accessed Nov 29, 2022 at: <https://www.womenshealth.gov/a-z-topics/urinary-tract-infections>
6. Shrovenkova S et al. (2016). Bioactive Compounds and Antioxidant Activity of Different Types of Berries. *Int J Mol Sci*. Oct;16(10):24673-24706.
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