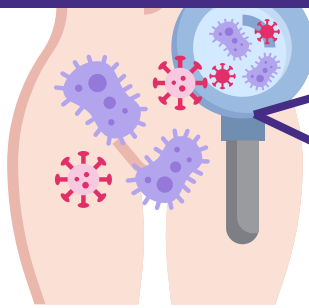
Probiotics for Women: What are the benefits?

What are Probiotics?

live microorganisms which when administered in adequate amounts confer a health benefit on the host.[1] They come in pill, powder form and some fermented foods.

Women's probiotics offer several potential benefits purposely tailored to support women's health!



The Vaginal Microbiome

The vagina is host to many types of bacteria that play critical roles in its overall health and function.

Probiotics may help to prevent and restore imbalance by promoting a favourable flora, especially when they contain one or more **Lactobacillus strains.**

Some gynecological conditions that can be impacted by the use of probiotics include:

Bacterial Vaginosis (BV)

Studies have shown that probiotics can reduce the recurrence of BV and improve the cure rate. [2]

Urinary Tract Infections (UTIs)

May benefit from the use of Lactobacillus-containing probiotics to restore the vaginal flora & prevent the overgrowth of harmful bacteria like E. coli. [4]

Cervical Cancer

Specifically probiotics with strains of Lactobacilli, may have an impact on cervical cancer. [3]

Yeast infections

Studies show that probiotics, particularly those with the strains L. acidophilus and L. rhamnosus, can help prevent vaginal fungal infections. [5]

The Gut Microbiome

Probiotics can also:

1. **Balance the gut microbiome and support digestive health**
2. **Support the immune system**

Consult your Primary Care Provider or a Pharmacist if you are experiencing symptoms relating to any of the infections above.

References:

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3-Mei, Z., & Li, D. (2022). The role of probiotics in vaginal health. Frontiers in Cellular and Infection Microbiology, 12, 963868. https://doi.org/10.3389/fcimb.2022.963868
4-Reid, G., & Bruce, A. W. (2003). Urogenital infections in women: Can probiotics help? Postgraduate Medical Journal, 79(934), 428. https://doi.org/10.1136/pmj.79.934.428
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