



An oral probiotic for the vaginal flora

A good composition of microflora is not only important for the intestine, but also for a healthy vagina. An intact vaginal flora primarily contains lactobacilli, which ensure an acidic pH value in the vagina. Sick bacteria (e.g. *Escherichia coli* and *Gardnerella vaginalis*) and fungi (e.g. *Candida albicans*) cannot spread in this environment.

It takes very little to disturb the sensitive vaginal environment. Possible factors are e.g. Stress, antibiotic therapies, chemotherapy and also taking antibiotics and mechanical irritation.

The increase in the vaginal pH value in women after the change is due to a reduced formation of estrogen.

In pregnant women, the high hormone levels increase the risk of vaginal overgrowth. However, a healthy vaginal or vaginal flora is particularly important during pregnancy, as vaginal infections during pregnancy increase the risk of premature birth.

If there is no lactobacilli in the vaginal flora, the risk of infections in the urinary and genital organs such as Urinary tract infections, bacterial vaginosis (taste-the discharge) and fungal infection. Affected women complain of



symptoms such as painful burning sensation when urinating, unpleasant-smelling discharge, annoying itching or dryness in the genital area.

A suitable oral probiotic can help by returning the vaginal flora to its natural, slightly acidic balance. Such a preparation should meet the following criteria:

- It should contain strains of lactobacilli that occur naturally in the vaginal flora of healthy women.
- The lactobacilli contained should reduce the pH value in the vagina through the formation of lactic acid. Furthermore, it should be proven that the strains actually inhibit the growth of pathogenic bacteria and fungi.
- The lactobacilli must be stable to gastric acid and bile so that they can survive the gastrointestinal passage. It must be proven that they can settle in the vaginal area

and increase the content of lactobacilli there.

A clinical study has shown that a probiotic preparation with four suitable lactobacilli strains improves the vaginal flora and in particular can increase the number of lactobacilli.

An innovative and natural way of restoring or maintaining a healthy vaginal flora are probiotic preparations taken orally as capsules. Undesirable side effects of local application in the vagina, such as leaking suppositories are avoided.

Probiotic preparations are recommended for recurring infections in the urinary and genital organs such as in the case of bacterial vaginosis (smelly discharge), urinary tract infections, fungal infections, inflammatory cell smears or the use of medication that disturbs the vaginal flora (e.g. antibiotics, chemotherapy, birth control pills), and also for women after the change.

Maintaining or restoring a healthy vaginal flora is particularly important during pregnancy, as this can reduce the risk of premature birth.

according to the Burgerstein Foundation