

STRAINS MATTER®: GR-1®/RC-14® and VAGINAL FLORA

In one randomized clinical trial, 82% of women studied had healthy vaginal flora after 28 days of use at 1.6 billion CFU per day of a probiotic (formulated with *L. rhamnosus*, GR-1® and *L. reuteri*, RC-14®) compared to 50% before supplementation. Whereas in the control group (taking 10 billion CFU of common strain, *L. rhamnosus* GG) there was no improvement in the percentage of women with healthy vaginal flora.¹

GR-1® / RC-14®

50% → → → 82%

After 28 days of use at 1.6B CFU per day.

CONTROL GROUP

38%

After 28 days of use at 10B CFU per day of a common strain.

¹Reid et al. (2001). *FEMS Immunol. Med. Microbiol.*
GR-1 and RC-14 are trademarks of Chr. Hansen A/S.



SUGGESTED USE: Adults take 1 capsule once a day. May be taken with or without food. If your healthcare professional recommends taking this product in conjunction with antibiotics, take at least 1-2 hours after taking the medication.

Clinically Effective Probiotic Strains

Over 30 years of clinical research supports the effectiveness of the 2 patented probiotic bacterial strains in **Fem-Dophilus**®.* These beneficial strains populate the vaginal tract with healthy bacteria to balance the vaginal microbiome and help maintain a healthy vaginal and urinary tract.* These two strains are the most clinically published strains for vaginal health worldwide**, and were carefully selected due to their effectiveness in these studies.*

A special manufacturing process protects the probiotic strains in **Fem-Dophilus**® from stomach acid, enhances probiotic bacterial survival to the lower intestine, and into the vaginal tract.* Additionally, the package contains a smaller, Activ-Vial™ moisture-controlled desiccant bottle for better stability of probiotic bacteria.

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use. **KEEP OUT OF THE REACH OF CHILDREN.**

**As of 8/1/2022

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Jarrow
FORMULAS.



VEGAN

fem
dophilus®

5 BILLION CFU

2 CLINICALLY EFFECTIVE STRAINS

VAGINAL & URINARY TRACT

Maintains and balances vaginal microbiome and urinary tract health* with GR-1® & RC-14® strains

- 30+ years of clinical research
- non-gmo
- gluten free

30 VEGGIE CAPSULES

PROBIOTICS SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Proprietary Probiotic Blend	155 mg † (5 Billion CFU§)
<i>Lactocaseibacillus rhamnosus</i> (GR-1®)	
<i>Limosilactobacillus reuteri</i> (RC-14®)	
† Daily Value (DV) not established.	

Other Ingredients: Microcrystalline cellulose capsule (hypromellose), magnesium stearate (vegetable source) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

KEEP REFRIGERATED.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.

§ Minimum 5 billion viable cells at time of consumption, under recommended storage conditions and within Best Used Before date.

APPROX. FILL LINE

Lot #. Best Used Before:

05123FEM PROD # 103005



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Do not use if safety seal is damaged or missing.