

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

In one randomized clinical trial, 60% of women studied had healthy vaginal flora after 28 days of use at 0.8 billion CFU per day of a probiotic (formulated with *L. rhamnosus*, GR-1® and *L. reuteri*, RC-14®) compared to 40% 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®

40% → 60%

After 28 days of use at 0.8B 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®

1 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

60 VEGGIE
CAPSULES

PROBIOTICS SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Proprietary Probiotic Blend	155 mg † (1 Billion CFUs)
<i>Lactobacillus 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

STORE IN A COOL, DRY PLACE.

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

§ Minimum 1 billion viable cells at time of consumption, under recommended storage conditions and within Best Used Before date.

No Refrigeration Necessary

Does not require refrigeration and can be stored at room temperature in a cool, dry place. Avoid storage at temperature above 77°F (25°C). Refrigeration, however extends shelf life.

APPROX.
FILL LINE

Lot #. Best Used Before:

05123FEMS60 PROD # 103042



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