

**USAGE:** For maintenance, take 1 capsule orally per day, preferably with a meal and a glass of water, and increase to 2 capsules per day as needed or take as directed by your qualified healthcare professional.

† Under license from Chr. Hansen A/S and protected by Chr. Hansen A/S patents of the WO 00/35465 patent family, and others.

Keep out of the reach of children.

\* 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.

Suitable for Vegetarians/Vegans  
Non-GMO • Free of Major Allergens

Made in Denmark by Chr. Hansen A/S  
© 2015 Jarrow FORMULAS®  
Ld # Best Used Before

04515FEMS  
PROD # 103041

**Jarrow**  
FORMULAS®

VAGINAL/URINARY  
TRACT HEALTH\*

WOMEN'S  
**fem  
dophilus**

NO  
REFRIGERATION  
NECESSARY

30  
VEGETARIAN  
CAPSULES

ORAL PROBIOTIC  
SUPPLEMENT

## Supplement Facts

| Serving Size 1 Capsule                 | Servings Per Container 30 |
|----------------------------------------|---------------------------|
| Amount Per Serving                     | % DV                      |
| Total Probiotic Blend                  | 1 Billion viable cells    |
| Composed of the following strains:     |                           |
| <i>Lactobacillus rhamnosus</i> , GR-1® |                           |
| <i>Lactobacillus reuteri</i> , RC-14®† |                           |
| * Daily Value not established.         |                           |

Other Ingredients: Maltodextrin (non-GMO source), cellulose, magnesium stearate (vegetable source). Capsule consists of hydroxypropylmethylcellulose and titanium dioxide (for coloring).

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

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
www.Jarrow.com

## GR-1®/RC-14® and VAGINAL FLORA (also called microbiota)

In one of the randomized clinical trials, 75% of women in the GR-1®/RC-14® probiotic group experienced significant improvement in vaginal flora composition, while only 34% of women in the placebo (non-probiotic) group experienced similar improvement.



Martinez, et al. Can J Microbiol 2009;55:133-138

**USAGE:** For maintenance, take 1 capsule orally per day, preferably with a meal and a glass of water, and increase to 2 capsules per day as needed or take as directed by your qualified healthcare professional. If your healthcare professional recommends taking this product in conjunction with antibiotics, take at least 1-2 hours after taking the medication.

**Fem-Dophilus®** contains two patented and clinically documented probiotic strains, *Lactobacillus rhamnosus*, GR-1® and *Lactobacillus reuteri*, RC-14®, discovered and developed by Dr. Gregor Reid and Dr. Andrew Bruce at Urex Biotech. Over 25 years of research supports the oral use of GR-1® and RC-14® to colonize and promote healthy vaginal and urinary tract health.\* A special manufacturing process protects the probiotic strains in **Fem-Dophilus®** from stomach acid and enhances probiotic bacterial survival to the lower intestine.\*

**Fem-Dophilus®** does not require refrigeration and can be stored at room temperature. Refrigeration will, however, extend the shelf life. Avoid temperatures above 77°F (25°C).

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**Jarrow**  
FORMULAS®

WOMEN'S  
**fem  
dophilus**

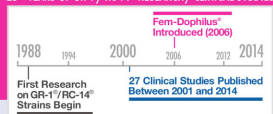
NEW  
SHELF  
STABLE

VAGINAL/URINARY TRACT HEALTH\*

NO  
REFRIGERATION  
NECESSARY

25+  
YEARS OF  
RESEARCH/CLINICAL  
STUDIES\*\*

## 25+ YEARS OF GR-1®/RC-14® RESEARCH/CLINICAL STUDIES



04515FEMS

PROD # 103041



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NON-GMO

FREE OF MAJOR ALLERGENS  
SUITABLE FOR VEGETARIANS/VEGANS

30

VEGETARIAN CAPSULES

ORAL PROBIOTIC SUPPLEMENT

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Minimum 1 Billion viable cells per capsule when within Best Used Before Date.

RC-14® and GR-1® are registered trademarks of Chr. Hansen A/S.

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