



Ther-Biotic® Women's Formula

The probiotic diversity she needs, the power she deserves

Introduction

The genitourinary microbiome is colonized by diverse populations of microorganisms. The composition and function of these complex communities together play an important role in women's vaginal health. Disruptions to healthy microflora populations can negatively affect microbial balance, impacting the healthy functioning of the vaginal and urinary systems.^{1,2} An increasing body of scientific evidence has demonstrated that manipulating these microbial communities with specific, targeted probiotics offers a promising strategy for improving and maintaining healthy diversity and balanced ecology within the genitourinary microbiome.³⁻¹³

Microbial communities (microbiota), including their collective genetic material (microbiome), are complex and unique to each individual. They differ between anatomic sites (e.g., intestinal, vaginal, oral, and skin) and are influenced by a variety of factors, including ethnic background, stage of life, and environment.^{1,2} Because there is no "normal" vaginal microbiome, female patients may require a supportive probiotic product that serves as a total approach to women's wellness—delivering the power she deserves with a combination of dynamic cultures that supports both vaginal and urinary tract health.¹ Klaire Labs® Ther-Biotic® Women's Formula is a powerful, hypoallergenic blend of 10 probiotic species specifically formulated to promote female genitourinary health, while simultaneously supporting the wellness of each individual woman.[†]

Product Features

- + Broad-spectrum coverage, with 10 probiotic species, to ensure vaginal flora receive diverse, multi-functional support[†]
- + Contains 7 specific *Lactobacillus* species and 3 *Bifidobacterium* species to promote beneficial vaginal microbiota,¹⁴ enhance a healthy acidic vaginal pH,^{12,13} and support genitourinary health and comfort^{†3-13}
- + Patented InTactic® technology increases the delivery of probiotics to where they best exert their health-promoting functions[†]
- + For daily, regular maintenance as well as targeted microbiome support[†]
- + Hypoallergenic, non-GMO, and vegetarian
- + 25B CFU per capsule



[†]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.

Support the unique diversity of every woman's microbiome†

Choose a multi-species formula for vaginal and urinary tract health

The beneficial microbiota that inhabit the genitourinary tract play a vital role in women's health by serving as the first line of defense against undesirable bacteria and fungi.¹ Current scientific knowledge reveals that lactobacilli predominance is generally the hallmark of a healthy vaginal ecosystem; in fact, abundant concentrations of, and diversity among, these beneficial bacteria are associated with sustained vaginal microbiome balance, as well as the promotion and maintenance of optimal vaginal and urinary tract health.¹¹⁵⁻¹¹⁹

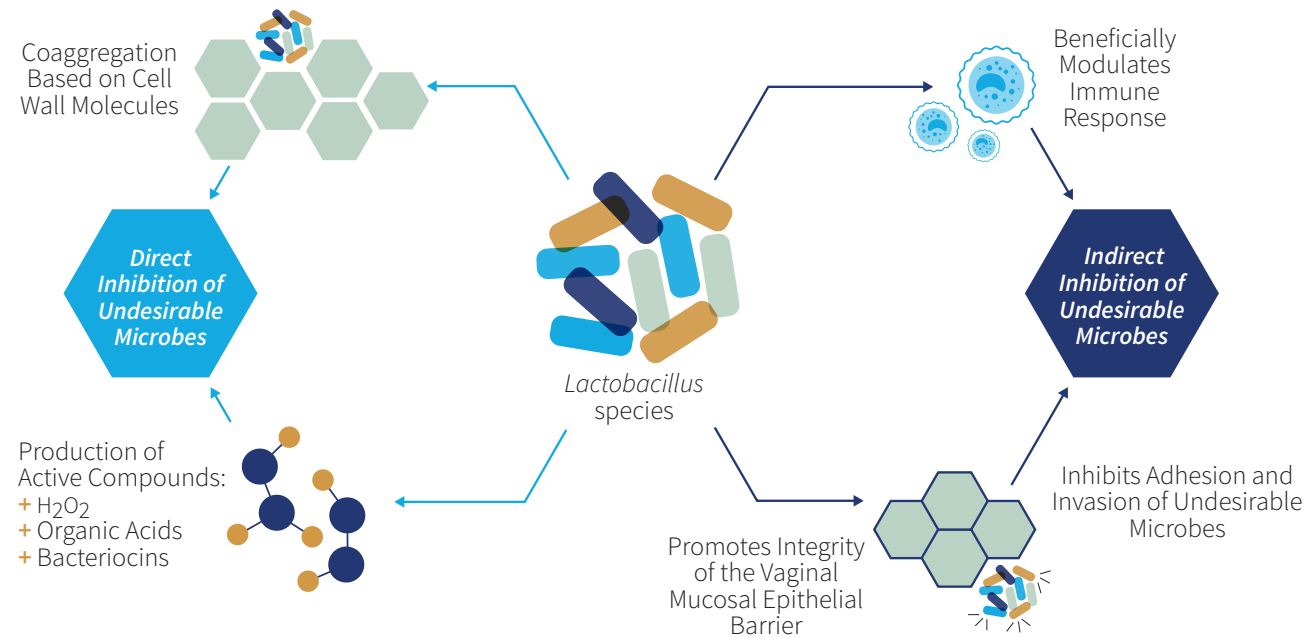


Figure 1. Mechanisms of action by which *Lactobacillus* support vaginal microbial ecosystem balance and genitourinary tract health.[†] Adapted from Younes J, et al. *Trends in Microbiology*. 2018.²⁹ Illustrative rendition by Sadie Fienberg.

The composition of the vaginal microbiome is unique to each woman and is influenced by factors such as:

Ethnic Background

Lactobacilli-dominated vaginal microbial communities have been observed to be more prominent in Asian and Caucasian women compared to Hispanic and African American women.^{1,21,22} Research has also shown that lower quantities of vaginal *Lactobacillus* in these ethnic groups is associated with a higher vaginal pH.

Pregnancy

During pregnancy, vaginal microbiota play an important role in both maternal and neonatal health outcomes.²³ Pregnancy is accompanied by a shift in the bacterial community structure of the vagina to a composition that is typically dominated by one or two species of *Lactobacillus*.²⁴⁻²⁸ These bacteria support healthy vaginal microbiome balance, inhibiting the growth of unfriendly bacteria and promoting maternal immune function and healthy pregnancy duration.^{11,29,30} The maternal vaginal microbiome is also an important source of pioneer bacteria for the neonatal gut microbiome,^{31,32} which exerts profound effects on metabolism and immune system function throughout life.¹³³⁻³⁵

Life Stage

Estrogen plays an important role in promoting a *Lactobacillus*-dominated vaginal microbiota by promoting vaginal secretions and the growth of glycogen-containing vaginal epithelial cells, which are thought to be primary nutrient sources for beneficial bacteria.³⁶⁻³⁸ Changes in the relative abundance of vaginal lactobacilli are associated with fluctuations in estrogen levels across the various life stages of women (e.g., pre-pubertal, pubertal and reproductive age, postmenopausal).³⁹

Environmental Factors

Hygiene practices; sexual activity (e.g., increased frequency and number of partners, lack of male circumcision, or condom use); stress; smoking; environmental toxins; harsh chemicals found in soaps, douches, and tampons; and the use of antibiotics/antifungals can all trigger irritation in the vagina and urethra. These factors may also contribute to altered vaginal pH and the disruption of healthy microflora diversity and balance.^{16,40}



Many women experience a transient, often recurrent, loss of lactobacilli-dominated vaginal microflora as well as increased vaginal pH, both of which can disrupt the vaginal microbiome and the overall health of the host. **Ther-Biotic® Women's Formula is specifically designed to address these concerns, powered by a diverse combination of 10 probiotic species that adapt to every woman's unique microbiome needs.[†]**

Probiotic Strains Explained³⁻¹³

Ther-Biotic® Women's Formula

L. acidophilus

Secretes bacteriocins and antagonizes a range of unfriendly bacteria commonly associated with an unbalanced genitourinary tract.[†] Additionally, contributes to the acidification of the vaginal tract and promotes candida balance.[†]

L. brevis

Secretes lactic and acetic acid to help maintain healthy acidity within the vaginal cavity and has been shown to directly support reproductive and urinary tract health by discouraging unfriendly bacteria, contributing to an overall normal vaginal ecology.[†]

L. casei

Supports a variety of innate immune responses, promotes healthy microbial balance, and enhances mucosal integrity by boosting numbers of IgA-producing cells.[†]

L. gasseri

One of the most common bacteria found in healthy vaginal flora.[†] Beneficially alters the composition of microbial biofilms in the vaginal ecosystem, while boosting natural immune function by positively influencing immune cell response and increasing production of IgA.[†]

L. plantarum

Demonstrates antioxidant properties and supports microflora balance by producing hydrogen peroxide and organic acids to antagonize unfriendly bacteria.[†]

L. rhamnosus

One of the most commonly used organisms for promoting genitourinary health.[†] Adheres to cervical and vaginal cells and exhibits metabolic activities against an array of unfriendly bacteria.[†] Additionally, helps to stimulate host defenses, supporting healthy immune function.[†]

L. salivarius

Prevents unfriendly bacteria from adhering to binding sites and supports both innate and acquired immune responses.[†] Additionally, produces lysozyme and bacteriocins that antagonize unfriendly bacteria.[†]

B. bifidum

One of the most dominant bifidobacterial species found in vaginal isolates from healthy women.[†] Well suited to the genitourinary environment and can support immune function by stimulating IgA secretion by mucosal immune cells.[†]

B. breve

Contributes to healthy, protective immune function within the genitourinary tract and inhibits a variety of unfriendly bacteria.[†]

B. longum

Generates hydrogen peroxide and helps to acidify the vaginal tract by the fermentative production of lactic acid.[†] Also shown to antagonize a variety of unfriendly bacteria, which helps to control the growth of yeasts and promote the proliferation of beneficial vaginal microorganisms.[†]

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Formula

Ther-Biotic® Women's Formula



SKU K-TWF

30 VEGETARIAN CAPSULES

SERVING SIZE: 1 CAPSULE

AMOUNT PER SERVING

Probiotic Blend (25 billion CFU) in a base of inulin (derived from chicory root)	300 mg*
Lactobacillus species	20 billion CFU*
<i>Lactobacillus acidophilus</i>	
<i>Lactobacillus brevis</i>	
<i>Lactobacillus rhamnosus</i>	
<i>Lactobacillus gasseri</i>	
<i>Lactobacillus casei</i>	
<i>Lactobacillus salivarius</i>	
Bifidobacterium species	5 billion CFU*
<i>Bifidobacterium bifidum</i>	
<i>Bifidobacterium breve</i>	
<i>Bifidobacterium longum</i>	

*DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: Vegetarian capsule (hydroxypropyl methylcellulose, water), InTactic® proprietary polysaccharide complex, and L-leucine.

Suggested Use

Adults: 1 capsule daily with food or as directed by a healthcare professional. Children: As directed by a healthcare professional.

Free of the following common allergens

Milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and soybeans. Contains no artificial colors, flavors, or preservatives.

Storage

Store in the refrigerator.

Hypoallergenic, Non-GMO, Vegetarian

About InTactic® acid-stable technology

Ther-Biotic® Women's Formula contains patented InTactic® technology. This highly purified marine plant extract—complete with acid-stable technology—forms a gel-like matrix that promotes the survivability of friendly probiotic bacteria upon exposure to stomach acid. By surrounding and protecting probiotic bacteria from destruction by gastric acid, InTactic® technology promotes the delivery of these beneficial and live microorganisms, in high-functional CFUs, to where they exert their health-promoting functions.[†]

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