

# Lady lact<sup>®</sup>

***Lactobacillus Casei (Probiotic)***

***Everything feels different***



- ♀ ***Restoring natural vaginal flora***
- ♀ ***treatment for recurrent bacterial and vaginal yeast infections***

**eRx:90933**

  
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**Lady lact®** provides  $10^9$  CFU of *Lactobacillus Casei* in each capsule, which is placed as a layer on the mucus of the vagina. Lactobacillus produces lactic acid, thereby lowering the pH of the vaginal environment and subsequently preventing colony formation and proliferation of pathogenic bacteria in mucus.

### — Mechanism of Benefits

- Competing with pathogenic bacteria for food and binding to vaginal epithelium cells
- Reduce vaginal pH by producing organic acids, especially lactic acid
- Stabilize the natural vaginal flora
- Production of bioactive metabolites
- Modulating and regulating immune system responses

### — Indication

- Strengthening and restoring vaginal microflora
- Increase the success rate of treatment in women with fungal and bacterial vaginosis in simultaneous administration with antifungal and antibiotic drugs
- Prevents the growth and colonization of pathogenic microbes and yeasts in the vaginal mucosa
- Treatment of recurrent vaginal yeast and bacterial infections

### — Dosing

- For treatment, use two vaginal capsules per day for 7 days.
- as a maintenance treatment, Use 1 vaginal capsule per day for 14 days.

### — Adverse Effects

no specific side effects and toxicity cases have been reported for probiotics. All probiotics are naturally present in the body and are all registered as **GRAS** (Generally Recognized as Safe). Sometimes it may cause redness, itching, burning of the genital area, or unusual discharge.

### — Pregnancy and Breastfeeding

It is generally considered safe for use during pregnancy and lactation.

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### References

<https://ods.od.nih.gov>

<https://uptodate.com>

<https://www.rxlist.com>