SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving		% Daily Value *
Sodium	5 mg	<1 %
Total Carbohydrate	<1 g	<1 %
Cranberry Powder (*Vaccinium macrocarpon*) (Fruit)	500 mg	†
Proprietary Probiotic Blend Total Probiotic Cultures	126 mg (5.5 Billion CFU)	†
ASTARTE™		
Lactobacillus crispatus, (LBV 88™)		
Lactobacillus rhamnosus, (LBV 96™)		
Lactobacillus gasseri, (LBV 150N™)		
Lactobacillus jensenii, (LBV 116™)		
LA-5® *Lactobacillus acidophilus*		

* Percent daily values are based on a 2000 calories diet.
† Daily values not established.

Other Ingredients: Rice Maltodextrin, Vegetable capsule (Hypromellose, Water) Silica, Magnesium Stearate.

Promotes Women's Vaginal Health & Overall Wellness**

SUGGESTED USE: Ages 18+
2 capsules per day

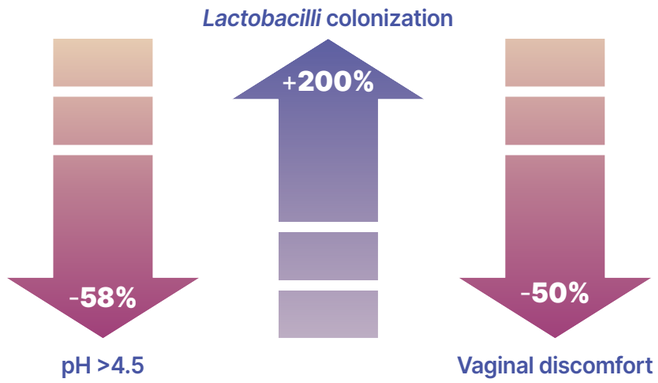
ASTARTE™, LA-5® and LBV-formative trademarks are trademarks of Chr. Hansen A/S

Non-GMO • Vegan • Free From 9 Major Allergens
Clinically tested ingredients in a proprietary blend

4-in-1 Support

- Vaginal
- Urinary Tract
- Immune
- Digestive

ASTARTE™



ASTARTE™ is comprised of strains from the 4 most dominant vaginal *Lactobacillus* species found in healthy pregnant women.

Screened for survival and growth
- Aerobic/anaerobic growth potential
- Bile salt resistance
- Glycogen consumption

Screened for effect
- pH-lowering effect
- Production of extracellular hydrogen peroxide
- Growth inhibition of pathogens

Science You Can Trust from Microbiome Labs

Microbiome Labs' groundbreaking product line, backed by Science You Can Trust, spotlights the undeniable connection between a thriving, robust, and diverse microbiome and whole-body health benefits.

Microbiome Labs' science-backed product development and formulation research studies are carried out with a clear vision—to harness the human microbiome's full potential and make it a cornerstone of tomorrow's integrated healthcare.

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8. Sihra, et al. (2018) doi: 10.1038/41585-018-0106-x 9. Williams, et al. (2023) doi: 10.1002/14651858.CD001321.pub7 10. Hisano, et al. (2012) doi: 10.6061/clinics/2012(06)18
11. Vostalova, et al. (2015) doi: 10.1002/ptr.5427 12. https://www.fda.gov/food/cfsan-constituent-updates/fda-announces-qualified-health-claim-certain-cranberry-products-and-urinary-tract-infections
13. Cho, et al. (2021) doi: 10.1097/JU.0000000000001384 14. Dempsey and Corr. (2022) doi: 10.3389/fimmu.2022.840245 15. Mazziota, et al. (2023) doi: 10.3390/cells

WMN-008
NOVEMBER 2024

‡ FDA has concluded that there is limited scientific evidence supporting this claim.

****These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.**

VAGINAL BALANCE

An innovative blend, powered by clinically studied probiotics, formulated to optimize vaginal, urinary tract, immune, and digestive health. Vaginal Balance daily probiotic promotes healthy yeast populations, optimizes vaginal pH, and reduces bacteria-related vaginal discomfort.**

A combination of *Lactobacillus* probiotic strains isolated from the vaginal tract of healthy pregnant women, Vaginal Balance effectively supports a healthy vaginal microbiome and helps provide relief from vaginal discomfort caused by bacterial imbalance.**

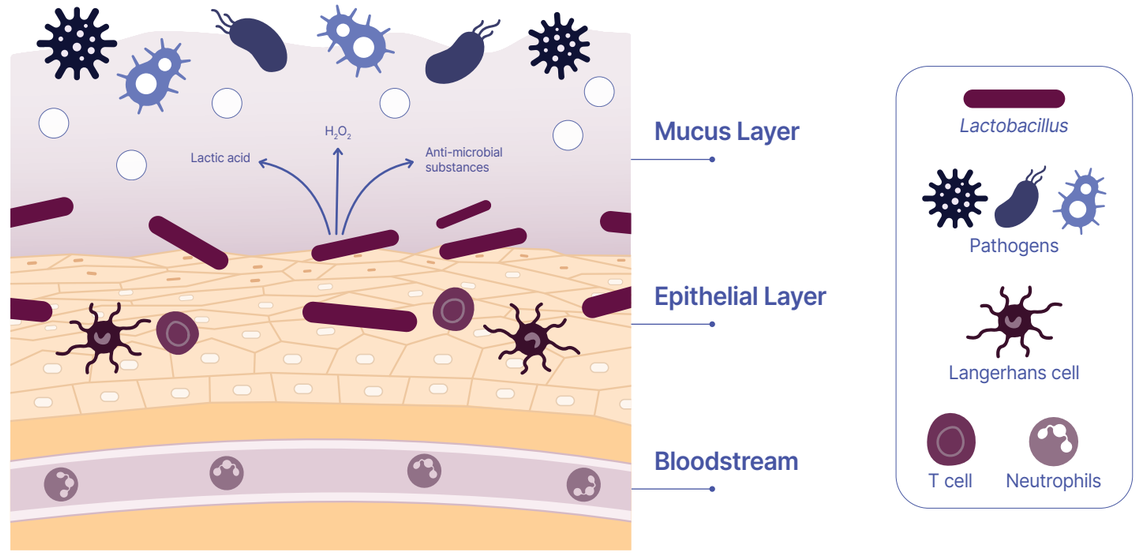


Clinical Applications

- Balances unwanted yeast growth**
- Maintains optimal vaginal pH**
- Supports urinary tract health**
- Improves gut and vaginal microbiome health**
- Reduces bacteria-related vaginal discomfort**

Mechanism of Action

Microbiome Labs' Vaginal Balance dietary supplement is formulated to support the gut-vagina axis and promote optimal *Lactobacillus* presence in the vagina. It can be highly beneficial for vaginal health, particularly in addressing bacteria-related vaginal discomfort.**

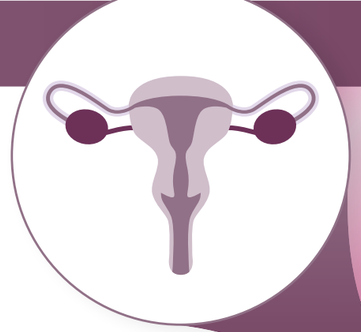


Learn More About Microbiome Labs
(904) 940-2208 | info@microbiomelabs.com | www.microbiomelabs.com | @microbiomelabs

Vaginal Health

The vaginal microbiome refers to the bacteria colonies living inside the vagina. These bacteria species promote vaginal health and maintain overall well-being. Scientific research confirms the advantages a proper vaginal microflora balance has on optimal health.

A vaginal microbiome that has an overabundance of opportunistic, anaerobic bacteria is linked to vaginal discomfort, poor reproductive outcomes, sexually transmitted pathogen colonization, and more.



***Lactobacillus* Bacteria**

A healthy and well-balanced vaginal microbiome predominantly contains *Lactobacillus* species. Common and protective *Lactobacillus* species found in a healthy vagina include *L. rhamnosus, L. crispatus, L. gasseri, L. jensenii, and L. acidophilus*, which:[1]

- Produce lactic acid and hydrogen peroxide, which regulate vaginal pH and kill or inhibit the growth of many other bacteria
- Produce diverse compounds that modulate and/or prevent the growth of undesirable microflora
- Grow abundantly and stick to vaginal surfaces, keeping nonbeneficial organisms from gaining a foothold and making their growth more challenging
- May directly adhere to nonbeneficial bacteria, killing them and/or preventing their spread
- Inhibit binding of other bacteria to vaginal epithelial cells
- Inhibit inflammatory response cytokines

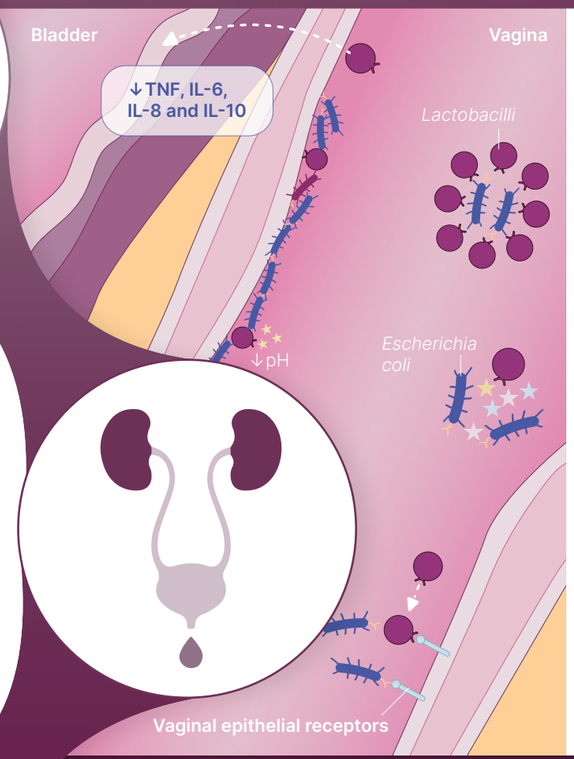
Lactobacillus bacteria thrive in an acidic environment. Thus, an acidic vaginal pH is vital for maintaining the vaginal microbiome and vaginal health in general.

At optimal levels, *Lactobacillus* bacteria produce enough lactic acid and hydrogen peroxide to maintain an acidic pH, inhibiting the growth of nonbeneficial bacteria and supporting a balanced microbial environment.[2]

The vaginal microbiome is a delicate and dynamic ecosystem. Like other microbiomes in the body, it is influenced by the gut microbiome via the gut-vagina axis. A healthy gut microbiome can support an optimal vaginal microbiome and overall urogenital health.[2]

Lactobacillus probiotics can increase the colonization of the vaginal environment with *Lactobacillus* species.[3]

Urinary Tract Health



***Lactobacillus* Bacteria**

Lactobacilli may promote urinary tract health through these mechanisms:[8]

- Competitive inhibition of uropathogen binding to urethral and/or vaginal epithelial cells
- Co-aggregation around uropathogens
- Production of bacteriocins, lactic acid, and hydrogen peroxide
- Acidic environment due to lactic acid production
- Inhibition of bacterial biofilm formation
- Downregulating inflammatory response cytokines (↓ TNF, IL-56, IL-8, IL-10)

Cranberry Powder

Cranberry products have been used widely to address urinary tract concerns for several decades. Cranberries contain a class of polyphenols called proanthocyanidins (PACs). Cranberry PACs have a different structure than those in other fruits and vegetables.

Cranberry PACs have anti-adhesion properties that help prevent the adhesion of certain harmful bacteria, including *E. coli* associated with urinary tract discomforts, onto the urothelial cells lining the bladder.[9,10,11] 500 mg of Cranberry Powder in Vaginal Balance, taken daily, may:[11,12,13]

- Help reduce the risk of recurrent urinary tract infection (UTI) in healthy women**‡
- Reduce the risk of vaginal discomfort in women with a history of ongoing concerns**
- Reduce urinary urgency and urinary frequency**

Immune Health



***Lactobacillus* Bacteria**

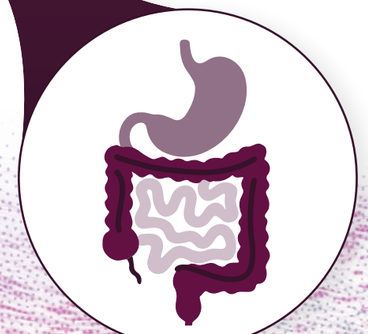
Lactobacilli may promote immune health through these mechanisms:

- Acidify vaginal pH, inhibiting nonbeneficial bacteria growth and reproduction**
- Compete with nonbeneficial bacteria, potentially inhibiting their function and limiting their colonizing ability**
- Naturally produce bacteriocins, lactic acid, and hydrogen peroxide, contributing to a more balanced microbial environment**
- Regulate cytokine levels, supporting a healthy inflammatory response**

Digestive Health

Vaginal Balance contains the proprietary probiotic bacterial strain *Lactobacillus acidophilus* (LA-5®) which promotes gastrointestinal and digestive health. LA-5® is a comprehensively documented probiotic strain as reported in more than 150 scientific publications.

There is strong evidence associating *Lactobacillus* probiotics with various digestive health benefits. *Lactobacilli* metabolize carbohydrates to produce lactic acid. In general, *Lactobacillus* probiotic species:[14,15]



- Aid in digesting specific dietary substrates
- Have antimicrobial properties that promote protection from nonbeneficial organisms
- Support optimal immune function
- Promotes healthy inflammatory responses and hypersensitivity reactions