

# 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).

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.

**Jarrow**  
FORMULAS®

WOMEN'S  
**fem dophilus®**

VAGINAL/URINARY TRACT HEALTH\*

NO REFRIGERATION NECESSARY

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

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

	Amount Per Serving	% DV
Total Probiotic Blend	1 Billion Viable Cells (Minimum)§	††

Composed of the following strains:  
*Lactobacillus rhamnosus*, GR-1®†  
*Lactobacillus reuteri*, RC-14®†

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

†† Daily Value not established.

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

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



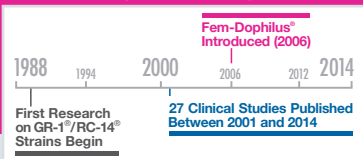
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\*\* 25+ YEARS OF GR-1®/RC-14® RESEARCH/CLINICAL STUDIES



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FREE OF MAJOR ALLERGENS  
SUITABLE FOR VEGETARIANS/VEGANS

30  
VEGGIE CAPS

ORAL PROBIOTIC SUPPLEMENT

Made in Denmark by Chr. Hansen A/S