

Easy-to-Take Capsules for Vaginal Health

FLORA & FLOW | VAGINAL HEALTH

It's time to normalize vaginal health and say goodbye to regular discomfort. These once-daily capsules contain a clinically proven blend of probiotics and lactoferrin to balance your vaginal microbiome plus D-mannose, which is scientifically shown to help manage unwanted bacteria.

#57507 | 50 CAPSULES



Gluten Free Kosher Dairy Vegetarian Sugar Free

HOLISTIC DOWN THERE CARE

Why We Love It

- Helps restore and maintain a healthy vaginal microbiome with a clinically proven blend of probiotics and lactoferrin
- Contains D-mannose to stop unwanted bacteria from developing
- Vegetarian, kosher dairy, gluten-free, sugar-free

Flora & Flow

Dosage: ADULTS: 2 capsules once a day. Take at least 2-3 hours before or after antibiotics.

	Per capsule
D-Mannose	350 mg
Lactoferrin (Bos taurus - milk)	25 mg
<i>Lactobacillus acidophilus</i> , strain La-14®	2 billion CFU
<i>Lacticaseibacillus rhamnosus</i> , strain HN001™	0.5 billion CFU

NON-MEDICINAL INGREDIENTS: DIPOTASSIUM PHOSPHATE, HYPROMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, MONOBASIC POTASSIUM PHOSPHATE, SILICON DIOXIDE, SODIUM CHLORIDE, SUCROSE, TREHALOSE, WATER.



Shaklee®
MULTI-TASKERS

Easy-to-Take Capsules for Vaginal Health

FAQs

What ingredients are in Flora & Flow?

Flora & Flow contains ingredients for vaginal health. Each 2-capsules serving contains 5 billion CFUs of two clinically proven probiotic strains – *Lactobacillus acidophilus* La-14® and *Lactobacillus rhamnosus* HN001™ – plus 50 mg of lactoferrin for vaginal health support and 700 mg of D-mannose.

Why does Flora & Flow contain probiotics? How do probiotics support vaginal health?

Flora & Flow contains probiotics to support the unique microbiome of the vagina – a diverse community of microorganisms, including bacteria and fungi. These beneficial live organisms are vital for supporting balance within the woman's reproductive system.

Why does Flora & Flow contain lactoferrin? How does lactoferrin support vaginal health?

Many of the microorganisms that you don't want in your vagina need iron to grow. Lactoferrin binds to iron and limits how available it is to the bad microorganisms in your vaginal microbiome. Without a steady food source, it's more difficult for these pathogens to grow.

Why does Flora & Flow contain D-mannose?

D-mannose helps prevent unwanted bacteria from developing.

Who should use Flora & Flow?

Flora & Flow is formulated for women ages 18 and over who seek support for vaginal health.

Can I use Flora & Flow with Optiflora® DI?

Absolutely, you have the flexibility to incorporate both Flora & Flow and Optiflora DI into your routine. Flora & Flow is specifically crafted with probiotics that promote vaginal health, while Optiflora DI features probiotics tailored for digestive well-being and immune health.

Can I use Flora & Flow with Optiflora® Probiotic?

Certainly. Flora & Flow and Optiflora Probiotic can be seamlessly integrated into your routine, each addressing specific health aspects – Flora & Flow for vaginal health and Optiflora Probiotic for digestive and immune health.

How many capsules can I take per day?

For best results, take two capsules daily. If swallowing capsules is a challenge, you can try an alternative method by opening the capsule and sprinkling the contents onto your food, like sauces, oatmeal, or smoothies. To ensure effectiveness, avoid mixing it with acidic foods. Take 2-3 hours before or after antibiotics.

Can Flora & Flow be taken on an empty stomach?

Yes, Flora & Flow can be taken on an empty stomach.



FAQs

Is it safe to use Flora & Flow if I'm currently taking medications or have a medical condition?

Consult with your physician before using Flora & Flow if you have a medical condition, are taking prescription medication, or are concerned about how you will react to the product. Take 2-3 hours before or after antibiotics.

Can Flora & Flow help with recurring yeast infections?

Flora & Flow is specially formulated to support overall vaginal health by promoting a healthy balance of bacteria in your vaginal microbiome. If you're dealing with persistent vaginal infections, we recommend consulting your health care professional to discuss the potential benefits of incorporating Flora & Flow into your wellness routine.

Can Flora & Flow assist with urinary tract infections?

Flora & Flow is formulated to help stop unwanted bacteria from developing. Flora & Flow is not a treatment for urinary tract infection. If you think you have an infection or if you're dealing with persistent infections, we recommend consulting your health care professional to discuss the potential benefits of incorporating Flora & Flow into your wellness routine.

Can this product be used when pregnant or nursing?

Flora & Flow is not recommended for use by pregnant or nursing women. We recommend discussing with your doctor before using this product during pregnancy.

Can this product be used by men?

Flora & Flow is not recommended for men as it's formulated for the specific needs of women's anatomy.

Can this product be used by children?

Flora & Flow is formulated for women ages 18 and over and is not recommended for use by children.

Is Flora & Flow vegan?

No. Flora & Flow is not vegan due to the inclusion of lactoferrin sourced from cow's milk. However, it's vegetarian.

Is Flora & Flow Kosher certified?

Flora & Flow is not Star-K Kosher, but it's Kosher dairy.

Is Flora & Flow gluten-free?

Yes.

Is Flora & Flow non-dairy?

No.



Easy-to-Take Capsules for Vaginal Health



Flora & Flow



Good Gut & Go



Optiflora® DI



Optiflora® Probiotic

Description	Easy-to-take capsules for vaginal health.	Synbiotic probiotic and prebiotic fibre powder mix for gut health and regularity.	Probiotic clinically proven for digestive and immune health.	Probiotic for digestive health.
Ingredients	5 billion CFUs <ul style="list-style-type: none"> • <i>Lactobacillus acidophilus</i> • <i>Lacticaseibacillus rhamnosus</i> 	10 billion CFUs – Probiotic Blend <ul style="list-style-type: none"> • <i>Bifidobacterium animalis subsp. lactis</i> HN019™ • <i>Lacticaseibacillus rhamnosus</i> GG™ • <i>Lacticaseibacillus paracasei</i> Lpc-37® 	10 billion CFUs with 4 bacterial probiotic strains <ul style="list-style-type: none"> • <i>Bifidobacterium lactis</i> HN019™ • <i>Lactobacillus rhamnosus</i> GG™ • <i>Lactobacillus acidophilus</i> La-14® • <i>Lactobacillus plantarum</i> Lp-115® 	250 million CFUs <ul style="list-style-type: none"> • <i>Bifidobacterium longum subsp. longum</i>, strain • <i>Lactobacillus acidophilus</i>, strain
Other ingredients	<ul style="list-style-type: none"> • Lactoferrin – 50 mg • D-mannose – 700 mg 	Inulin – 3.9 g	N/A	N/A
Form	Capsule	Powder stick pack	Capsule	Capsule
Flavour	N/A	Raspberry	N/A	N/A
Point of difference	<ul style="list-style-type: none"> • Probiotics plus lactoferrin for vaginal health 	<ul style="list-style-type: none"> • Synbiotic (prebiotics and probiotics) • Fruit-flavoured powder 	<ul style="list-style-type: none"> • Probiotics only • Capsule 	<ul style="list-style-type: none"> • Probiotics only • Capsule
Who is this for?	For women seeking a natural approach to vaginal health.	Tailored for those seeking a clinically proven synbiotic to support digestive health and regularity in a convenient powder mix.	For those seeking clinically proven digestive and immune support.	Perfect for those new to probiotics and individuals with sensitive digestive systems.

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