

# Easy-to-Take Capsules for Vaginal and Urinary Tract Health\*

## FLORA & FLOW | VAGINAL & URINARY TRACT 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 and pH levels plus D-mannose, which is scientifically shown to guard the urinary tract and help manage unwanted bacteria.\*

#21507 | 25 SERVINGS  
RETAIL PRICE: \$50.45 | MEMBER PRICE: \$42.90



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\*
- Helps restore and maintain a healthy vaginal pH with lactoferrin\*
- Contains D-mannose to stop unwanted bacteria from sticking to the walls of the urinary tract, making it easier for the body to wash them away\*
- Vegetarian, kosher dairy, gluten-free, sugar-free

**DIRECTIONS:** Take 2 capsules daily by mouth for holistic care down there.

Supplement Facts		
Serving Size: 2 Capsules		
Servings per Container: 25		
	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	1g	<1%**
Women's Probiotic	77 mg (5 billion CFU)†	†
Proprietary Blend		
Lactobacillus acidophilus La-14®		
Lactocaseibacillus rhamnosus HN001™		
D-Mannose	700 mg	†
Lactoferrin	50 mg	†

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.  
‡Minimum 5 Billion CFU at the time of manufacture.

**Other Ingredients:** Microcrystalline Cellulose in a Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water). **Contains Milk.**



\*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.





## FAQS

### WHAT INGREDIENTS ARE IN FLORA & FLOW?

Flora & Flow contains ingredients for both vaginal health and urinary tract health.\* It 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 for urinary tract health support.\*

### 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 female reproductive system.\* By interacting with the vaginal microbiome, probiotics play a crucial role in maintaining a healthy pH level, contributing to overall vaginal health and well-being.\*

### 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? HOW DOES D-MANNOSE SUPPORT URINARY TRACT HEALTH?

D-mannose helps to prevent unwanted bacteria from sticking to the walls of your bladder, making it easier for your body to eliminate these unhealthy organisms.\*

### WHO SHOULD USE FLORA & FLOW?

Flora & Flow is formulated for women ages 16 and over who seek support for vaginal and urinary tract 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 PEARL?

Certainly. Flora & Flow and Optiflora Pearl can be seamlessly integrated into your routine, each addressing specific health aspects—Flora & Flow for vaginal health and Optiflora DI 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.

### CAN FLORA & FLOW BE TAKEN ON AN EMPTY STOMACH?

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

### IS IT SAFE TO USE FLORA & FLOW IF I AM CURRENTLY TAKING MEDICATIONS OR HAVE A MEDICAL CONDITION?

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

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### **CAN FLORA & FLOW HELP WITH RECURRING YEAST INFECTIONS?**

Flora & Flow is specially formulated to support overall vaginal health and manage occasional discomfort by supporting a healthy balance of bacteria in your vaginal microbiome.\* If you're dealing with persistent vaginal infections, we recommend consulting your health care provider 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 support urinary tract health by stopping unwanted bacteria from sticking to the walls of your bladder, making it easier for your body to eliminate potentially unhealthy organisms.\* Flora & Flow is not a treatment for a urinary tract infection. If you think you have an infection or if you're dealing with persistent infections, we recommend consulting your health care provider 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 the use of supplements during pregnancy with your OB professional.

### **CAN THIS PRODUCT BE USED BY MEN?**

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

### **CAN THIS PRODUCT BE USED BY CHILDREN?**

Flora & Flow is formulated for women ages 16 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 is vegetarian.

### **IS FLORA & FLOW KOSHER CERTIFIED?**

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

### **IS FLORA & FLOW GLUTEN-FREE?**

Yes

### **IS FLORA & FLOW NONDAIRY?**




No

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	 <b>Good Gut &amp; Go</b>	 <b>Optiflora® DI</b>	 <b>Optiflora® Pearl</b>	 <b>Flora &amp; Flow</b>
<b>Description</b>	Synbiotic probiotic & prebiotic fiber drink for gut health and regularity*	Probiotic clinically proven for digestive and immune health*	Probiotic for digestive health*	Easy-to-take capsules for vaginal and urinary tract health*
<b>Ingredients</b>	10B CFUs <ul style="list-style-type: none"> <li>• Bifidobacterium lactis HN019</li> <li>• Lactocaseibacillus rhamnosus GG</li> <li>• Lactocaseibacillus paracasei Lpc-37</li> </ul>	10B CFUs <ul style="list-style-type: none"> <li>• Bifidobacterium lactis HN019</li> <li>• Lactobacillus rhamnosus GG</li> <li>• Lactobacillus acidophilus La-14</li> <li>• Lactobacillus plantarum Lp-115</li> </ul>	500M CFUs <ul style="list-style-type: none"> <li>• Lactobacillus acidophilus</li> <li>• Bifidobacterium longum</li> </ul>	5B CFUs <ul style="list-style-type: none"> <li>• Lactobacillus acidophilus</li> <li>• Lactobacillus rhamnosus</li> </ul>
<b>Other Ingredients</b>	<ul style="list-style-type: none"> <li>• Inulin - 3 g</li> </ul>	N/A	N/A	<ul style="list-style-type: none"> <li>• Lactoferrin - 50 mg</li> <li>• D-mannose - 700 mg</li> </ul>
<b>Form</b>	Powder stick pack	Capsule	Capsule	Capsule
<b>Flavor</b>	Raspberry	N/A	N/A	N/A
<b>Points of Difference</b>	<ul style="list-style-type: none"> <li>• Synbiotic (Prebiotics &amp; Probiotics)</li> <li>• Fruit-flavored drink mix</li> </ul>	<ul style="list-style-type: none"> <li>• Probiotics for gut health and immune health</li> <li>• Capsule</li> </ul>	<ul style="list-style-type: none"> <li>• Probiotics for gut health</li> <li>• Capsule</li> </ul>	<ul style="list-style-type: none"> <li>• Probiotics plus lactoferrin for vaginal health</li> <li>• Added urinary tract benefits</li> </ul>
<b>Who is this for?</b>	Tailored to meet the needs of individuals focused on supporting gut health and promoting regularity in a convenient drink that combines clinically proven probiotics with fiber	For those seeking clinically proven digestive and immune support	Perfect for those new to probiotics and individuals with sensitive digestive systems	For women seeking a natural approach to urinary and vaginal health

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