






## CENTIOTIC WOMEN SPECIALLY FORMULATED FOR WOMEN







20  
Billion  
CFU

### With scientifically studied Lactic acid bacteria

-  Lactobacillus rhamnosus
-  Lactobacillus acidophilus
-  Bifidobacterium lactis
-  Lactobacillus gasseri
-  Lactobacillus plantarum

### Support for urinary tract infections<sup>4</sup>

-  Cranberry-Extract
-  Pumpkin Seed-Extract
-  Vitamin C
-  Vitamin B<sub>2</sub>

- Delayed-release capsule helps ensure the probiotics reach your gut alive
- For best results, take vegetarian 1-2 capsules daily, with or without food.
- Non-GMO, non-dairy, gluten free, soy free, preservative free, vegan and shelf stable
- Safe for Pregnancy & Breast Feeding

Food supplement with live probiotic cultures, cranberry extract, pumpkin seed extract, vitamin C and vitamin B<sub>2</sub>.

External influences like taking antibiotics or excessive hygiene can result in a change of the vaginal flora with a decrease of the protective strains of bacteria and thus favor the colonization of pathogens.

**Centiotic Women** is designed specifically for women to help maintain and/or restore natural vaginal flora. It brings together 5 selected strains of bacteria naturally present in the vaginal flora, with cranberry and pumpkin seed extract, as well as vitamins C and B2.

Ingredients	Per capsule	NRV*	Per 2 capsules	NRV*
Probiotic cultures	100 mg 10 billion cfu	**	200 mg 20 billion cfu	**
Cranberry extract of which proanthocyanidins	250 mg 37,5 mg	**	500 mg 75 mg	**
Pumpkin Seed Extract	100 mg	**	200 mg	**
Vitamin C	80 mg	100%	160 mg	200%
Vitamin B2	1,4 mg	100%	2,8 mg	200%

\* Reference quantity according to EU Regulation 1169/2011

\*\* No EU recommendation available

### 5 bacterial strains with at least 10 billion colony forming units (CFU) per serving:

Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium lactis, Lactobacillus gasseri.

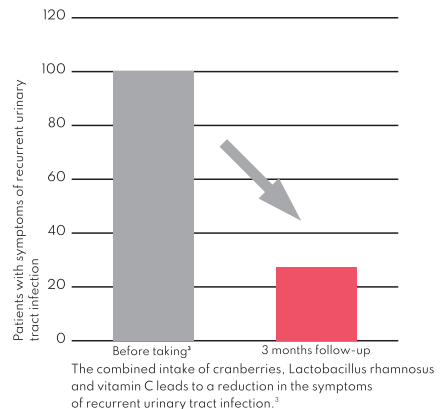
**Cranberries** are full of vitamins, antioxidants and further secondary plant substances and were already used by the Native Americans in medicine.

**Pumpkin seeds** are rich in secondary plant compounds such as lignans, phenolic acids, phytosterols and carotenoids, which have antioxidant properties.

**Vitamin C** helps to maintain normal immune system function and to decrease fatigue and tiredness. Furthermore, vitamin C contributes to the protection of cells from oxidative damage.

**Vitamin B2** contributes to the maintenance of normal mucous membranes.

**Suggested use:** 1 - 2 capsules per day: Easy and hygienic use as well during menstruation, pregnancy and lactation. Store in the refrigerator for ideal preservation.



✓ Probiotic cultures have the ability to pass passively from the rectum to the vagina and can accumulate there.<sup>1</sup>

✓ Improved well-being and no side effect compared to antibiotic therapy.<sup>2</sup>

**Centiotic Women is available in a pack size of 30 capsules.**

<sup>1</sup> Morelli et al., Utilization of the Intestinal Tract as a Delivery System for Urogenital Probiotics, J Clin Gastroenterol, 2004;38:107-110.

<sup>2</sup> Reid et al., Oral probiotics can resolve urogenital infections, FEMS Immunology and Medical Microbiology, 2001;30:40-52.

<sup>3</sup> Montorsi et al., Effectiveness of a Combination of Cranberries, Lactobacillus rhamnosus, and Vitamin C for the Management of Recurrent Urinary Tract Infections in Women: Results of a Pilot Study, European Urology, 2016;70:912-915

<sup>4</sup> Vitamin B2 contributes to the maintenance of normal mucous membranes.