



PROVINORM

MULTI STRAIN ORAL PROBIOTIC
FOR WOMEN'S HEALTH

PROVINORM helps reduce symptoms of Bacterial vaginosis (BV) and Polycystic ovary syndrome (PCOS)

Bacterial Vaginosis

- 1 out of 3 women are affected with BV globally
- BV is predominant in women of reproductive age (15-42 years)
- 50-75% of women with BV do not show any symptoms

Probiotics reduce the risk and recurrence of bacterial vaginosis by maintaining healthy vaginal flora. They protect the vagina from the colonization of pathogen through a number of mechanisms including

- production of antimicrobial substances
- blocking sites of attachment of bad bacteria
- maintenance of low pH

In women with BV, multiplication of harmful bacteria causes the pH to rise leading to the risk of infection.

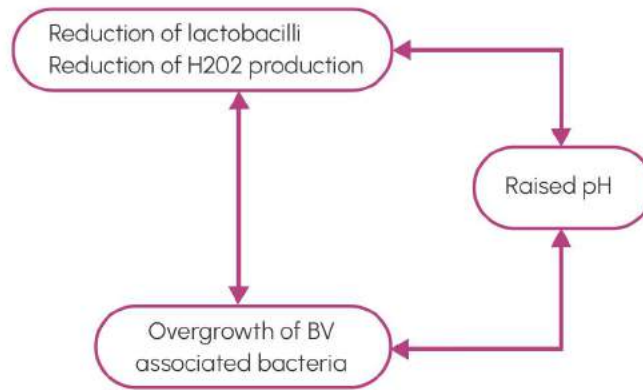
INDICATIONS & CAUSES

Bacterial vaginosis is all about the bacterial imbalance in the vagina with the 'bad bacteria' dominating over the good lactobacilli. BV can cause complications like premature birth, infertility, sepsis, pelvic inflammatory disease.

Causes for imbalance:

- Antibiotics
- Perfumed soaps
- Stress
- Smoking
- Diabetes
- Vaginal douches
- Fabric softeners
- Vaginal sprays

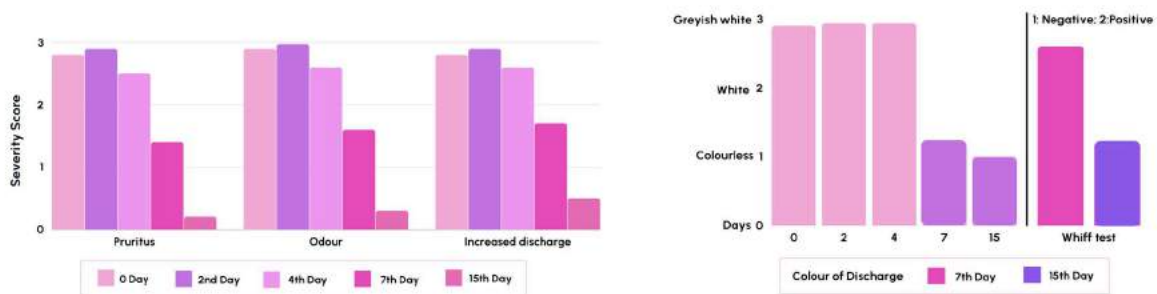
BACTERIAL IMBALANCE AND BV



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CLINICAL STUDIES

EFFICACY OF PROVINORM ON BACTERIAL VAGINOSIS



(Sudha et al., 2012)

In women with bacterial vaginosis, 14 days treatment with PROVINORM helped reduce BV symptoms like increased white discharge, fishy odor and pruritus.

POLYCYSTIC OVARY SYNDROME (PCOS)

Globally, 6% to 12% women of reproductive age are affected with PCOS

PCOS is a hormonal disorder causing enlarged ovaries with small cysts on the outer edges .

The cause of PCOS is not well understood, but combination of genetic and environmental factors plays an important role in its development. Women with PCOS often have gut inflammation and leaky gut syndrome due to the poor gut microbial diversity.

Symptoms include:

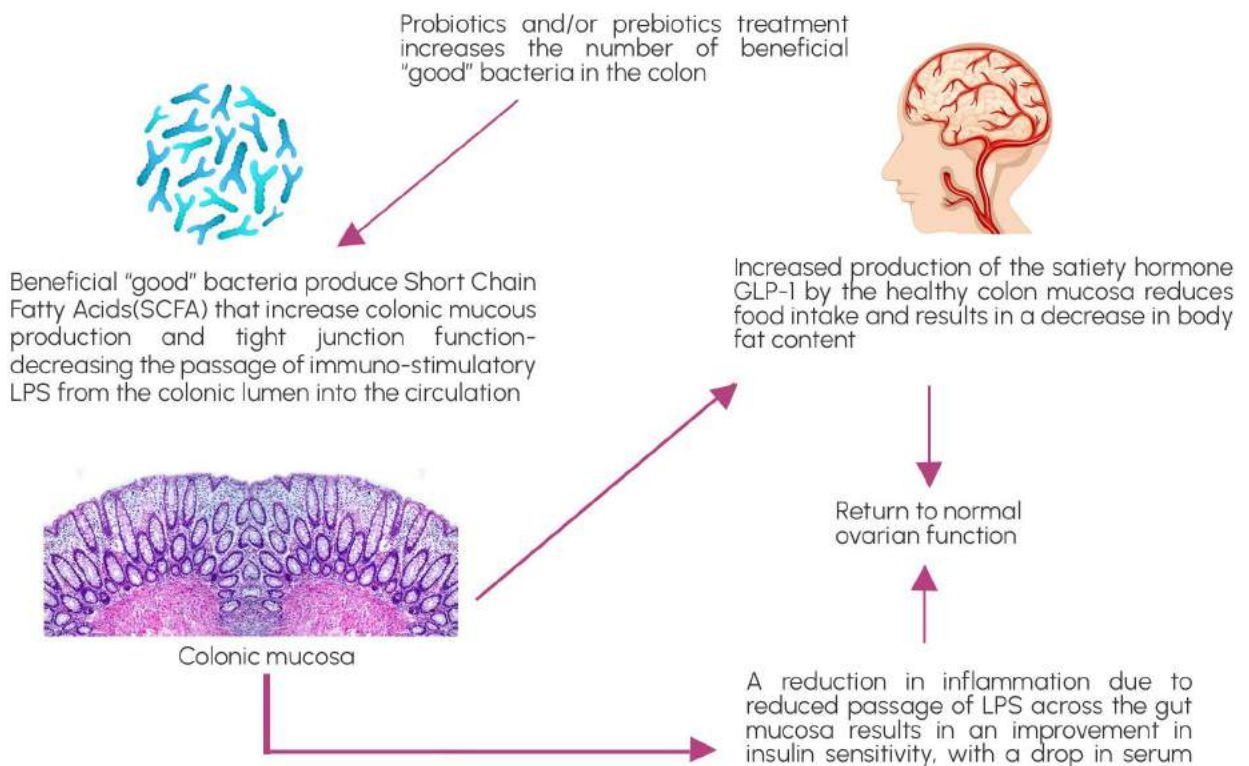
- Infrequent or absent periods, and other menstrual irregularities
- Abnormal facial or body hair growth
- Excess abdominal fat (apple-shaped)
- Infertility, lack of ovulation, and miscarriage
- Acne
- Hair loss
- Ovarian cysts

In the long term, PCOS leads to a high risk of type 2 diabetes, heart disease, stroke, depression, anxiety, and endometrial cancer.

Maintaining a healthy diet and exercise is the key to lowering the high insulin levels and inflammation in PCOS. However, add on supplement like probiotics can play an important role in its management. Probiotics regulate the gut microbiota, reduce inflammation and regulate the associated hormones like androgen and estrogen. The probiotic strains in PROVINORM were carefully selected based on their anti-inflammatory activities.

MECHANISM OF ACTION

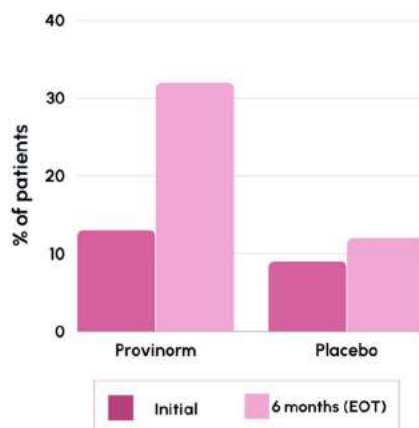
MECHANISM OF ACTION OF PROBIOTICS IN REDUCING PCOS AND ITS SYMPTOMS



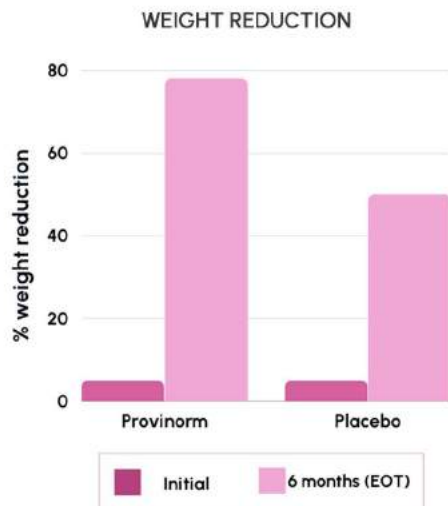
Tremellen & Pearce (2015)

CLINICAL STUDIES

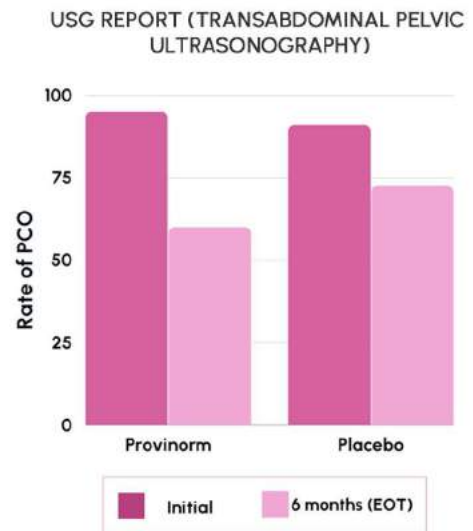
RESTORATION OF MENSTRUAL REGULARITY



Menstrual regularity was significantly higher in the probiotic treated group (31.3%) than the placebo group (12.2%)



The proportion of weight reduction was high in the PROVINORM treated group (77%) when compared to the placebo treated group (51%)



The rate of PCO significantly reduced from 95.6% to 60% at 6 months in the probiotic group whereas it was reduced to only 72.7% (at 6 months) from 90.9% (baseline) in the placebo group

USAGES AND BENEFITS

Seven well documented probiotic strains complementing each other

- Provides relief from BV symptoms- abnormal vaginal discharge, pruritus and unpleasant odor
- Helps reduce and prevents PCOS and associated symptoms
- Prevents the recurrence of BV & PCOS

COMPOSITION

Each capsule/sachet contains 10 billion cfu
 Lactobacillus acidophilus UBLA-34
 Lactobacillus rhamnosus UBLR-58
 Lactobacillus reuteri UBLRu-87
 Lactobacillus plantarum UBLP-40
 Lactobacillus casei UBLC-42
 Lactobacillus fermentum UBLF-31
 Bifidobacterium bifidum UBBB-55
 Fructose Oligo Saccharide- 100 mg

DOSAGE

Adults: Take 1-2 capsule/sachets daily