



CANDEX

- ✓ Support healthy urogenital and vaginal flora
- ✓ Maintain urinary tract and vaginal health
- ✓ Maintain a healthy balance of bacteria and yeast with probiotics native to the female urogenital tract

INGREDIENTS:

Each capsule contains 6.5 Billion Live Bacteria:

Bifidobacterium animalis ssp lactis (BB-12®) 2.25 Billion
Lactobacillus acidophilus (LA-5™) 2.25 Billion
Lactobacillus rhamnosus (GR-1™) 1 Billion
Lactobacillus reuteri (RC-14™) 1 Billion

BB-12™, LA-5™, GR-1™ and RC-14™ are registered trademarks of Chr. Hansen A/S.

CLINICAL FOCUS:

- Vaginal symptoms from flora imbalance
- Recurrent urinary symptoms
- Urogenital tract symptom prevention
- Optimise vaginal flora balance

KEY FORMULA FEATURES:

- 100% researched probiotic strains
- Research conducted in women with recurrent urogenital symptoms
- Research indicated for Candida and E.coli overgrowth¹
- BB-12® and LA-5® researched to reduce urinary pathogenic microorganisms^{1,2}
- GR-1™ and RC-14™ trialled in combination^{2,3}
- Contains clinically trialled therapeutic doses

PROFESSIONAL PRESCRIBING GUIDELINES:

Dosage & Directions

Women: Take 1 capsule daily, or as directed by a healthcare professional.

No added: Artificial flavouring, colouring or preservatives.

Free from: Gluten, wheat, dairy, lactose, eggs, nuts and yeast.

Interactions: for information on medication interactions with this product, call our Clinical Support Team on 1800 777 648.

Pregnancy: Likely safe. While there is evidence to support the use of these ingredients during pregnancy, and a review did not identify concerns for use, Practitioner discretion is advised.⁴

Breastfeeding: Appropriate for use.⁴

HCP COUNSELLING QUESTIONS

How long does it take for Inner Health Candex to improve my urogenital symptoms?

Research suggests that when taking RC-14™ and GR-1™ vaginal flora may be restored and maintained within a 28 day time period.⁵ When taking Inner Health Candex, response to symptomatic relief will differ on an individual basis.

Can I take Inner Health Candex alongside antifungals prescribed by my pharmacist?

Yes, you can take Inner Health Candex alongside antifungal medication.

Can I take Inner Health Candex alongside antibiotics?

Yes, you can take Inner Health Candex alongside antibiotics. Separate dose by 2 hours. If you're looking to take a probiotic to help with symptoms associated with antibiotics we recommend Inner Health Restore-Biotic.

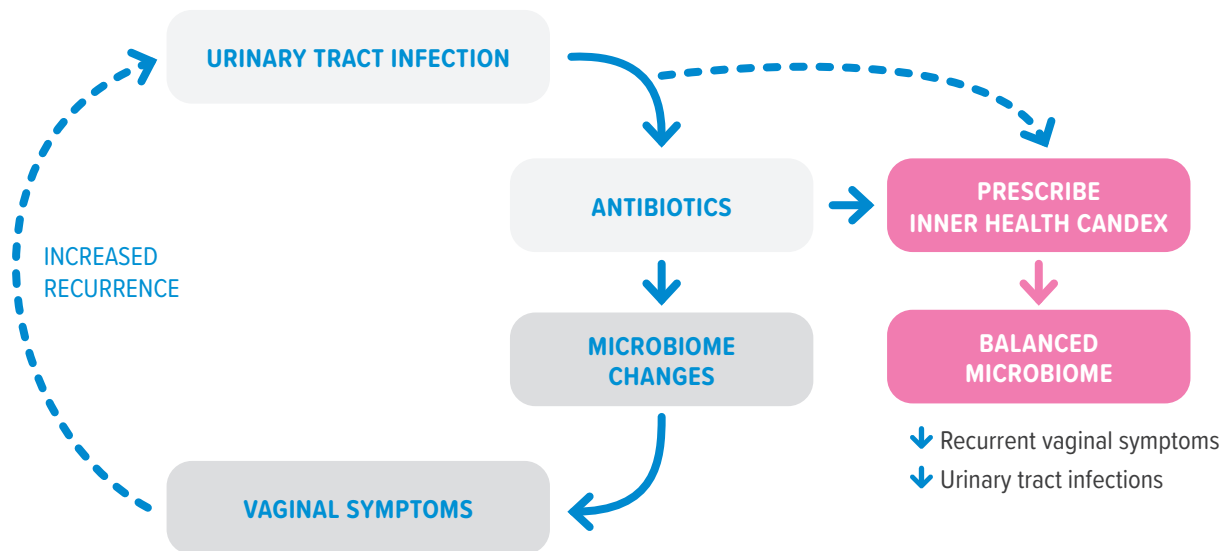
Can I take Inner Health Candex alongside a urinary alkalinizer?

Yes, you can take Inner Health Candex alongside a urinary alkalinizer to further assist symptomatic relief and balance healthy vaginal flora.

Can I take Inner Health Candex long term?

Yes, Inner Health Candex is suitable for long term use.

CYCLIC NATURE OF UTIS WITH OR WITHOUT PROBIOTIC USE



KEY ACTIONS:

- GR-1™ and RC-14™ for vaginal and urinary tract symptoms
- Probiotics for reduced urinary pathogenic microorganisms
- Reduce bacterial vaginosis from candida microorganisms

GR-1™ and RC-14™ for urogenital symptom management & prevention

Urogenital infections affect 1 billion people worldwide each year.⁵ Urogenital infections in women are more likely to develop when abnormal flora are present in the vagina. Probiotics have been investigated for their role in supporting healthy vaginal flora by stabilising fluctuating flora in healthy women as well as those prone to urogenital disease. In one study, 64 women were given GR-1™ and RC-14™, with the purpose of restructuring vaginal microflora to contain more healthy *Lactobacillus* spp and fewer potentially pathogenic bacteria and yeast. Findings of this study suggested a restoration of normal *Lactobacilli* colonies.

In another study 42 women were recruited, with 40% experiencing normal vaginal flora and the remainder suffering from asymptomatic bacterial vaginosis. In the study, participants were dosed with GR-1™ and RC-14™ for 28 days, resulting in a 90% correlation with healthy vaginal flora and 7/11 bacterial vaginosis sufferers returning to normal or intermediate severity within one month of treatment.⁶

Similar small studies showed improvement in women with a history of recurrent yeast vaginitis, bacterial vaginitis and urinary tract infections, when given GR-1™ and RC-14™ for 14 days. In one study, 10 women with a history of the above were given the above strains, and showed that in 6 out of ten cases asymptomatic or

intermediate bacteria vaginitis was resolved within 1 week of therapy and one additional patient with enterococci (at 200,000ppm) had a complete eradication of this (0ppm) from her bladder and vagina within 7 days.⁶

Probiotics for reducing urinary pathogenic microorganisms

Urinary tract infections are caused by the migration of pathogenic microorganisms from the digestive tract, to the urinary tract. To counter this, some probiotic species including LA-5® and BB-12® have demonstrated an ability to reduce pathogenic microorganisms in both the gastrointestinal and urinary tracts.

Reduce bacterial vaginosis and candida microorganisms

Bacterial vaginosis affects 20% of women of reproductive age.² Caused by an overgrowth of anaerobic microorganisms, best practice treatment involves the use of antimicrobials Clindamycin and Metronidazole, to which 10-15% of patients are generally non-responsive. Concerningly, those patients who do respond also have a 69% recurrence rate, with further bacterial infections developing again within the year. As this in turn prompts a repeated use of antibiotics, infection rates continue to increase as the vaginal microbiome proliferates with pathogenic microorganisms. Probiotics may be a safe, effective, side effect free treatment option for these women, as detailed by some clinical trials investigating specific strains.

One double blinded, placebo controlled study included 544 participants with vaginal infections, showed positive results when 1 billion each of GR-1™ and RC-14™ were taken for 6 weeks. Results concluded that 26.9% of the placebo group and 61.5% of the treatment group showed a return to normal vaginal microflora during the dosing period, with 51.1% of the population maintaining healthy changes up to 12 weeks following initiation into the study.²

Further information available at metagenicspharmacyacademy.com.au

References

1. Reid G, Bruce A, Fraser N, Heinemann C, Owen J, Henning B. Oral probiotics can resolve urogenital infections. *FEMS Immunology and Medical Microbiology*. 2001; 30: p. 49-52.
2. Vujic G, Knez A, Stefanovic V, Vrbancovic V. Efficacy of orally applied probiotic capsules for bacterial vaginosis and other vaginal infections: a double-blind, randomized, placebo-controlled study. *European Journal of Obstetrics & Gynecology and Reproductive Biology*. 2013; 168: p. 75-79.
3. Beerepoot M, Riet G, Nys S, van der Wal W, de Borgie C, Reijke T, et al. *Lactobacilli* vs Antibiotics to Prevent Urinary Tract Infections. *Arch Intern Med*. 2012; 172(9): p. 704-712.
4. Elias J, Bozzo P, Einarson A. Are probiotics safe for use during pregnancy and lactation? *Can Fam Physician*. 2011 Mar;57(3):299-301.
5. Reid G, Charbonneau D, Erb J, Kochanowski B, Beuerman D, Poehner R, et al. Oral use of *Lactobacillus rhamnosus* GR-1 and *L. fermentum* RC-14™ significantly alters vaginal flora: randomized, placebo-controlled trial in 64 healthy women. *FEMS Immunology and Medical Microbiology*. 2003; 35: p. 131-134.
6. Reid G, Beuerman D, Heinemann C, Bruce A. Probiotic *Lactobacillus* dose required to restore and maintain a normal vaginal flora. *FEMS Immunology and Medical Microbiology*. 2001; 32: p. 37-41.