

# Lactoflora **Forte**

Lactobacilli strains contained in this product were isolated from vagina of pregnant women and represent dominant strains in the female reproductive tract playing key roles for the maintenance of healthy microbiological milieu.

## **Indicated for**

Women who want to recovery from dysbiosis and/or those wishing to maintain healthy vaginal and endometrial microbial environment.

## **How to use**

[Induction period] 1 capsule daily before sleep for 10-30 days.

[Maintenance period] 1 capsule every 3 days.

## **Storage**

Room temperature. Storage in the refrigerator recommended. Do NOT freeze. Please tighten the lid after use to avoid the entry of moisture. Keep out of reach of children.

## **Safety**

Lactobacilli strains contained in this product are classified as GRAS (Generally regarded as safe) and can be used also during pregnancy and lactation period.

## **Ingredients (per capsule)**

Freeze-dried Lactobacilli powder product (*L. crispatus*, *L. rhamnosus*, *L. reuteri*, *L. jensenii*), starch, magnesium stearate (Gluten free, genetically recombinant feed free, no preservative)

## **Nutritional fact**

Calorie 1.85 kcal, Proteins 0.10 g, Lipids: 0.01 g, Carbohydrates: 0.35 g, Salt-equivalent: 0.0015 g

## **Content**

10 capsules

## **Origin of country of raw ingredients**

Denmark (Lactobacilli), Japan (Capsule)

## **Appearance**

White capsule

## **Container**

PTP package and paper box

## **Use before**

Indicated at the side of the box

## **Contact information**

Sante Laboratories (info@lactoflora.org)

For infertility use

### Lactoflora Forte

- How long to use?  
Induction period (First month): 1 capsule daily for 10 days to 30 days Maintenance period: 1 capsule every 3 days  
Note: Those whose lactobacilli level is very low, full 30 days are recommended while those with mild decline of lactobacilli, 10 days may be sufficient.
- Use after IVF /embryo transfer depends on your risk pregnancy risk profile. If you are at a high-risk pregnancy, it is recommended to continuing the maintenance dose while if you are a low risk, no need to continue.
- Please use clean fingers to push a capsule deep inside the vagina.
- When progesterone formulation is used concomitantly, please leave a time interval of 30 minutes. Either one can be first.
- White flake-like debris of capsules may stain underwear. It is NOT abnormal.

### Lactoflora / Lactoflora Synergy

- When to start?  
You can start taking capsules any time, irrespective of the timing of menstruation.
- What time to take?  
Since lactobacilli is protected by acid-resistant capsules, you can take a pill any time.
- How many capsules a day?  
1 capsule daily. For women who wish quick recovery of vaginal / uterine flora, two capsules daily are recommended.