



UltraFlora[®] Complete Women's Probiotic

5-in-1 Multi-benefit Women's Probiotic*



Stays in
the gut for
24-hours



Designed to
start releasing
good bacteria
in 30 minutes



UltraFlora Complete Women's Probiotic: Raising the Bar for Women's Health*

UltraFlora Complete Women's Probiotic features a proprietary blend of **5 targeted probiotic strains** specifically chosen to impact feminine health and promote daily well-being. The **clinically tested, potent, and effective** strains are formulated to be released in 30 minutes, stay in the gut for 24 hours, and keep the female body in balance.* This practitioner grade probiotic is backed by the Metagenics TruQuality™ guarantee of ensured **quality sourcing, label transparency, and rigorous testing**, B-Corp certification for the highest ethical and environmental standards, and **over 40 years of trust by healthcare practitioners**.

- ✓ **Strengthens digestive system***
- ✓ **Boosts immune system around the clock***
- ✓ **Promotes a healthy vaginal microflora***
- ✓ **Supports emotional well-being***
- ✓ **Provides daily urogenital support***

Lactobacillus rhamnosus (GR-1®)

Lactobacillus reuteri (RC-14®)

Lactobacillus acidophilus (DDS-1™)

Lactiplantibacillus plantarum (Lpla33™)

Bifidobacterium animalis subsp. *lactis* (BB-12®)

Scientifically Designed for Women's Unique Nutritional Needs

Significant physiological, neurological, and hormonal differences throughout the lifecycle influence nutritional needs for women compared to men.¹ The growth of precision nutrition and emerging research has demonstrated the need for solutions addressing female health through all stages of life.² Probiotics specifically designed for women can significantly enhance overall health, with certain strains clinically shown to aid digestive and immune health, maintain vaginal balance, promote urogenital health, and support female mental health.³

Harnessing the Gut-Body Connections

The gut is foundational for overall health, acting as a central hub connecting various aspects of health and forming complex communication systems, or axes, between the gut and other body systems.^{4,5}

The Gut-Brain Axis

The gut has a powerful impact on mood and cognitive function; proper gut health enhances this axis by promoting neurotransmitters like serotonin, which can significantly impact mood and stress responses.⁶ Maintaining healthy gut microbiota and supporting key neurotransmitters is essential for mental well-being.⁷

The Gut-Vaginal Axis

Gut health and probiotic use promotes beneficial bacteria that enhance vaginal and urogenital health, maintaining a balanced vaginal microbiome and acidic environment to support optimal vaginal health.³ Furthermore, studies show that a balanced gut can help support a healthy vagina as well as urinary tract health.⁸

The Gut-Immune Axis

Gut microbiota help regulate immune responses and enhance the body's immune defense. The gut microbiome produces metabolites that help regulate immune responses and reduce inflammation, which helps to promote an overall healthy immune system.⁹ Studies have shown that probiotics can help balance the immune response and support beneficial bacteria, promoting overall health and well-being.¹⁰

5 Probiotics for 5 Key Aspects of Women's Health*

UltraFlora Complete Women's Probiotic is designed with diverse, targeted strains demonstrated to support women's health in 5 key areas for comprehensive female wellness – all backed by clinical research.*



Digestive Health*

This product is designed with strains to strengthen the digestive system, nourish healthy gut bacteria, and promote healthy bowel function and regularity.*

DDS-1 significantly improved GI-related abdominal discomfort, including bloating, and normalized stool consistency in one clinical study.¹¹ BB-12 was shown to increase bowel movement frequency and help mitigate the shifts noted in the microbiota with antibiotic use,¹²⁻¹⁴ while Lpla33 may help improve quality of life overall.¹⁵



Immune Health*

Formulated to help strengthen the immune system, this probiotic combination helps boost the immune system around the clock to help promote overall well-being.*

The DDS-1 strain has been clinically shown to decrease stress scores associated with disrupted immune function.^{11,16} BB-12 similarly provides immune support, with study results improving vaccine antibody levels compared to placebo.¹⁷



Vaginal and Urogenital Health*

This proprietary probiotic is tailored specifically to key aspects of female health, promoting vaginal and urogenital health and a healthy feminine environment.*

Studies have shown that GR-1 and RC-14 helps to restore a balanced vaginal microbiota, maintain a healthy vaginal pH, support the vagina's natural ecosystem, as well as increase the number of beneficial vaginal *Lactobacilli*.¹⁸⁻²³ This in turn leads to a healthy vaginal and urinary tract system.



Brain Health*

UltraFlora Complete Women's Probiotic promotes and supports a healthy stress response, calm mind, and emotional well-being. The probiotic strains also support the brain, promoting a healthy gut-brain axis.*

One clinical study found that DDS-1 decreased stress-associated biological markers compared to baseline levels.¹⁶ Lpla33 research also demonstrates mental health benefits, with statistically significant decreases in perceived stress scores compared to placebo in a clinical study.¹⁵

Ingredients Supported by 13 Clinical Studies

Metagenics, using science that creates balance, values the importance of scientific evidence to provide the best products for patients. The strains chosen are all supported by clinical studies demonstrating the effectiveness for various aspects of women's and general health.*

Clinical Evidence		GR-1 & RC-14 2b CFU	DDS-1 10b CFU	BB-12 1b CFU	Lpla33 10b CFU
	Strengthens digestive system; promotes healthy regularity*		✓	✓	
	Relieves occasional GI issues such as bloating and abdominal distention*		✓	✓	✓
	Nourishes healthy gut bacteria*			✓	
	Promotes a healthy stress response and quality of life*		✓		✓
	Restores vaginal ecosystem and promotes vaginal/urogenital health*	✓			
	Strengthens immune system*		✓	✓	

Supplement Facts

Serving Size 1 Capsule†
Servings Per Container 30

Amount Per Serving	
A Probiotic Blend†† of:	226 mg**
<i>Lactobacillus acidophilus</i> (DDS-1™)†† (10 billion CFU)††† <i>Lactiplantibacillus plantarum</i> (Lpla33™)†† (10 billion CFU)††† <i>Lactobacillus reuteri</i> (RC-14®)†† (1 billion CFU)††† <i>Lactobacillus rhamnosus</i> (GR-1®)†† (1 billion CFU)††† <i>Bifidobacterium animalis subsp. lactis</i> (BB-12®)†† (1 billion CFU)†††	
**Daily Value not established.	

Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropyl-methylcellulose), silicon dioxide, and magnesium stearate (vegetable).

DISTRIBUTED BY: METAGENICS
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Directions: Take one capsule once daily or as directed by your healthcare practitioner.

†Vegetarian capsule
 ††DDS-1™, Lpla33™, RC-14®, GR-1® and BB-12® are trademarks of Chr. Hansen A/S
 †††At date of expiration

Gluten-free

Non-GMO

Vegetarian

Questions?



Contact your Metagenics representative or call: **800.692.9400**



Visit [Metagenics.com/ultraflora-complete-women](https://www.metagenics.com/ultraflora-complete-women) for more information

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*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.