

# What's the difference between Florajen and Florajen3?

Beneficial flora is loaded into both Florajen and Florajen3 to successfully restore and maintain balance in the GI and vaginal environments. Each product works effectively on antibiotic side effects, including diarrhea and vaginitis.

However, in the selection and recommendation process, it may be helpful to note that vaginal flora are dominated by *Lactobacillus*, which is powerfully delivered through Florajen Acidophilus—over 20 billion live cultures per capsule. *Lactobacillus* also produces trace amounts of hydrogen peroxide, which is thought to be

one of the mechanisms antagonistic to *Candida* yeast. A growing body of evidence suggests fast patient relief from the discomfort of vaginitis, whether yeast or bacterial in origin.

While the gastrointestinal and bowel system represents an ecosystem of the highest complexity with over 500 species of microflora, a multiculture probiotic like Florajen3 is designed to work best in this environment and is ideally suited for diarrhea or other GI problems. *Bifidobacteria* also produce short chain fatty acids, a critical component in making the intestinal lining healthy and an important part of our immune system.



## Florajen

### Extra high-potency Acidophilus

Especially effective for restoring and maintaining a healthy, comfortable balance of vaginal flora.

Also beneficial for overall intestinal health.

Available in 30 and 60 capsules  
20 billion live cultures per capsule

### Ingredients:

A freeze-dried strain of live human source 100% *Lactobacillus acidophilus* (over 20 billion cells)

### Florajen is recommended for:

**Antibiotic-associated Yeast Infections** 1 capsule daily while taking antibiotics and for at least 14 days after last dose. Take at least 1-2 hours before or after the antibiotic for optimal effects. If needed, increase dosage to 1 capsule twice daily until yeast infection symptoms are under control, then resume once-daily therapy for a total of 2-4 weeks after antibiotic therapy is completed.

**Yeast Infections and Persistent Yeast Infections** Take 1 capsule twice daily for 2-4 weeks or longer as needed to resolve stubborn yeast infections. Florajen is recommended when taking antifungal prescriptions such as Diflucan and Terazol to help deter future yeast infections.

Statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



## Florajen3

### A unique, multiculture formula

Highly effective for restoring and maintaining gastrointestinal health.

Also beneficial to vaginal flora.  
Available in 30 and 60 capsules  
15 billion live cultures per capsule

### Ingredients:

A freeze-dried multiculture strain of live human source:

- *Lactobacillus acidophilus* (7.5 billion cells)
- *Bifidobacterium lactis (bifidum)* strain Bb-12 (6 billion cells)
- *Bifidobacterium longum* (1.5 billion cells)

### Florajen3 is recommended for:

**Antibiotic-associated Diarrhea** 1-3 capsules daily during antibiotic treatment and for at least 14 days after last dose. Take 1-2 hours before or after the antibiotic for optimal effects. If needed, resume once-daily therapy for a total of 2-4 weeks after antibiotic therapy is completed.

**Prevention of Traveler's Diarrhea** 1 capsule daily beginning 3-5 days before departure and continuing for 2 weeks after returning home. If loose stools occur, increase to 1 capsule twice daily until resolved.

### Crohn's, Ulcerative Colitis, Irritable Bowel Syndrome

1 capsule daily as a maintenance regimen. During flare-ups, increase to 1 capsule twice daily for 2-4 weeks or as long as needed.

**Bloating or Poor Digestion** 1 capsule daily for 1-2 months. Florajen helps to restore the balance of good protective bacteria natural to the digestive tract, improving digestion and reducing bloating and gas.