

LET THE **POWER**
OF **PROBIOTICS**
NURTURE YOUR
VAGINAL HEALTH



Vaginal Health Probiotics



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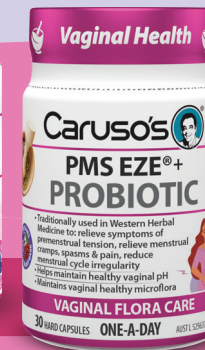
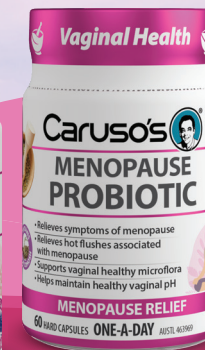
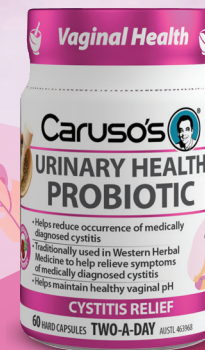
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IMPORTANT INFORMATION - PLEASE READ

The information in this booklet is provided for health education purposes only. It is not intended for diagnosing, prescribing or as medical advice. The publisher and author are not responsible for any suggestions, preparations or procedures stated in this book. All matters regarding your physical health should be supervised by a healthcare professional. If you have any medical problems or injuries, you should consult with your healthcare professional before embarking on any dietary, supplement or exercise programs. If symptoms persist, see your healthcare professional.

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Always read the label and use only as directed.

"I discovered over 40 years ago that prevention is far better than a cure!"

By Frank Caruso

In 1979, I joined a local gym to lose weight and get fit. About 2 weeks into my training the gym owner George pulled me aside and said "Frank, it's great that you are training here to lose weight and get fit but if you don't change your diet, you are not going to live a long healthy life." I said "George, what do you mean, I eat really well." George said, "Look Frank, do yourself a favour and buy this book, read it and I guarantee it will change your life." I took the book home and read it from cover to cover in just three days. George was right, the book changed my life forever. I went from one day eating everything that my wife Grace put in front of me to the next day not eating anything she cooked.



With my wife Grace (1983)

I was just so inspired by what I had learnt that I wanted to educate as many people as I could on the principles of natural health. I had never heard the saying "Prevention is

better than cure." I had never heard anyone say, "Eat to live," whereas I used to live to eat. I started purchasing every book I could get my hands on about natural health, herbal medicine, nutritional cooking, raw vegetable juices, internal cleansing, bowel health, organic gardening and anything relating to natural living. I couldn't get enough! I couldn't wait to tell all my friends and family. In fact, that's all I spoke about.

Quit my job to follow my passion!

I said to my wife Grace, "I really would like to do this full time." I thought, why don't I open up a health food store. At the time, that's what made me the happiest: talking to people about bowel health and the principles of natural living. So that's what I did. I quit my job as a motor mechanic and I opened the store on the 1st of November 1982, on my 28th birthday.

Talking to customers made me happy

From the very first day of opening the doors, I just couldn't keep my mouth shut. I just talked and talked and talked to every customer that came into my store. In fact, I think I hold the longest record for talking to one customer in one period. She came into the store at 9 o'clock and she left at 5 o'clock in the afternoon. I'm not kidding - my wife is a witness to that.

New house or open health food store?

Grace worked at the store and we had two young children at the time and a mortgage. I guess thinking about it now, we took a huge



My first health food shop (1982)

risk opening a new business. I said to Grace, "Do we build a house or do we open a health food store?" Grace had always wanted a new house. We discussed it and she said, "Look, it's your passion, let's open the health food store and worry about the house later." I've always had Grace's support, she has been great.

Created my own vitamin range

After a few years of working in the health food store, I realised that there weren't many people in the industry that were as passionate as I was on natural living. So in 1995, I decided to create my own vitamin range. The idea of starting the company was originally to bring out a small range of internal cleansing programs that would support digestion and take a load off the digestive system, so the body could focus on healing itself.

That's how I started. Since then, the range has expanded to over 120 products. In March 2013, I decided to change the brand name from Totally Natural Products to Caruso's Natural Health. It's my family name and I'm the founder of the company. I just felt that it was appropriate to go out with a brand that was under the family name because there is a good story to tell.

All of my products are manufactured in Australia

I'm also proud to say, that all of my products are manufactured in Australia. I believe we have the best manufacturing facilities in the world right here in Australia. I have always made it a priority to support Australian manufacturers whenever possible.

All of our cartons and labels are made and printed in Australia. Our posters, Natural Health Crusader magazine, Health Remedies Guide and product brochures are all printed in Australia. This helps to keep hundreds of our fellow Australians employed and as we grow, it will help to create hundreds of new jobs for Australians. Australian manufacturers and service providers need our support more than ever before.



With my wife and boys (1985)

I strongly believe that if we all choose to buy products that are manufactured in Australia, it will make our great country a nation that our children and grandchildren will be proud of for many years to come. Join me in supporting Australian manufacturing and keeping jobs in Australia.



Supporting Australian Jobs

100% Money Back Guarantee

Today, I have a passionate team that are truly dedicated to sourcing quality ingredients that go into our formulas. That's why I'm happy to stand behind my products with a 100% Money Back Guarantee.

The thing that still drives me today is the fact that I am still helping Australians live healthier lives.

Building an army of Health Crusaders!

My mission in life is to inspire my fellow Australians to join with me to build an army of Health Crusaders to help spread the word on nutrition and the essential role it plays in maintaining good health and the prevention of disease.

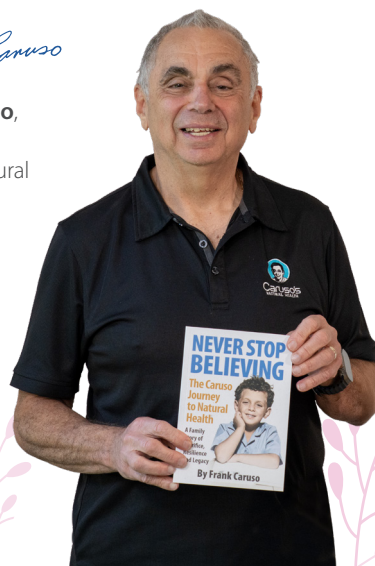
I'm now in my 70's and I'm still very active and fit. I can honestly say I feel just as alert, vibrant and enthusiastic about life today as I did in my twenties. I'm a good example that if you embrace the principles of natural health you can live a long, healthy and vibrant life.

Today, with the support of my family, friends and my passionate team at Caruso's, I'm as excited as ever in helping my fellow Australians live healthy lives. To embark on your health and wellness journey, follow us online for the latest resources available.

Yours in vibrant health,

Frank Caruso

Frank Caruso,
Founder of
Caruso's Natural
Health



Why choose Caruso's?



Quality Standards

Caruso's Natural Health formulations are produced to the most stringent conditions and are of the highest quality. They are manufactured to a pharmaceutical grade, in state-of-the-art facilities within Australia. The entire product range undergoes strict regulatory procedures followed by rigorous quality control methods.

We are lucky to have the best pharmaceutical manufacturing facilities in the world right here in Australia. It's because of all of these reasons that we offer a 100% Money Back Guarantee across our entire product range.

Caruso's is a 100% Family owned Australian company and we manufacture in Australia!

Today, there are many supplement brands to choose from but few are made in Australia or owned by Australian companies. We are proud to tell you that all of the products listed in this book are manufactured and packed in Australia using local and imported raw materials. We are also very proud to say that Caruso's Natural Health is a 100% Australian owned family company. We've designed our own bottles so we can have them manufactured locally as well.

By choosing to manufacture our products locally, we are supporting over 350 Australians employed throughout our manufacturing partners' sites across the country.

Join with us in supporting Australian manufacturing and help keep jobs in Australia.

Frank Caruso is so passionate about his formulas that he is proud to offer a 100% Money Back Guarantee.

If you are not satisfied with the Caruso's Natural Health product you are using, simply return the unused portion to us with your proof of purchase and we will refund your money. Please see our policy below.

100% Money Back Guarantee terms & conditions

- Money Back Guarantee is valid for purchases within Australia only
- Claim for refund must be made within 90 days of the purchase date
- You must provide the original purchase receipt (copies not accepted)
- You must return the unused portion with all of its original packaging to:
Caruso's Natural Health PO BOX 158, Horsley Park, NSW, 2175.
- Purchase must be from an authorised Caruso's Natural Health retailer
- Refund does not include any postage or freight charges you may have incurred when purchasing this product or sending it back to us for your claim
- Maximum refund will not exceed the recommended retail price of the product on date of purchase

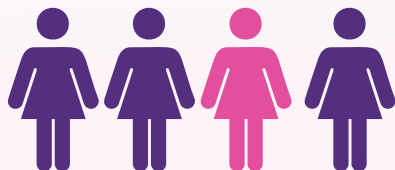
Understanding Vaginal Health

Vaginal and urinary health are integral to a woman's overall wellbeing, yet they often remain overlooked in health discussions. Did you know that 3 out of 4 women will experience a vaginal yeast infection in their lifetime?¹ Yeast infections are just one part of the problem. Half of all women will experience a urinary tract infection (UTI) at some point in their lives, and women are 30 times more likely to get a UTI than men². Additionally, 12%³ of women will experience bacterial vaginosis, with half of them facing a recurrence within 3 to 6 weeks after treatment⁴.

Inconvenient infections can bring a lot of discomfort and disruption to daily life. Symptoms include odour, discharge, itching, and burning. But here's the good news: supporting vaginal health doesn't have to be complicated; there are simple and effective ways to nurture your vaginal health, avoid infections and remain fresh, balanced, and confident.

Did you know?

3 out of 4 women will experience a vaginal yeast infection in their lifetime¹.



How to Nurture Vaginal Health?

Maintaining a healthy vaginal and urinary system requires a balance of beneficial and harmful bacteria. Antibiotic use, stress, sexual activity, and hormonal changes can disrupt this balance, creating an environment where harmful bacteria can grow more easily, causing infections, odorous discharge, irritation and discomfort.

Lactobacillus are a type of beneficial bacteria that exists naturally in the vaginal microbiome. They help keep the vaginal environment at a low pH which in turn inhibits the growth of harmful bacteria and yeast, helping to defend the body against urogenital infections.

Caruso's new comprehensive range of vaginal health probiotics is formulated with a blend of clinically trialled⁵ Lactobacillus strains to help keep the vaginal microbiome balanced, combined with popular and effective herbs to address more specific health concerns such as menopause symptoms and medically diagnosed cystitis.

¹https://www.health.harvard.edu/a_to_z/vaginal-yeast-infection-a-to-z

²<https://www.womenshealth.gov/a-z-topics/urinary-tract-infections>

³Bradshaw CS, Walker J, Fairley CK, Chen MY, Tabrizi SN, et al. (2013) *Prevalent and Incident Bacterial Vaginosis Are Associated with Sexual and Contraceptive behaviours in Young Australian Women*;

⁴<https://www.fpnsw.org.au/media-news/media-releases/men-and-women-be-treated-bacterial-vaginosis>

⁵G. Reid et al. / *FEMS Immunology and Medical Microbiology* 35 (2003) 131-134

The Vaginal Microbiome

The vaginal microbiome is a delicate ecosystem of microorganisms essential for maintaining the health of the vagina. Having the right balance of good and bad bacteria is critical for preventing infections and discomfort. Even a slight change in the acidity levels of the vagina, or vaginal pH, can affect bacterial growth and disrupt the balance of the vaginal microbiome.

What Factors Influence the Balance of the Vaginal Microbiome?



Antibiotics

- Antibiotics can eliminate both good and bad bacteria from the vaginal microbiome



Oral Contraceptives

- Oral Contraceptives can reduce microbiome diversity and may alter Lactobacillus populations, leading to an unbalanced vaginal microbiome



Sexual Activity

- Sexual Activity introduces new microbes, temporarily affecting the vaginal flora



Stress

- Stress triggers an inflammatory response in the body which in turn affects bacterial growth in the vaginal microbiome



Hormonal Changes

- Hormonal fluctuations during menstrual cycles affect the composition of the microbiome
- High oestrogen and progesterone levels during pregnancy promote a stable, Lactobacillus-dominant microbiome
- Reduced oestrogen levels during menopause and postmenopause lead to decreased Lactobacillus populations, elevated pH levels, and increased risk of infections

What Happens When the Vaginal Microbiome Becomes Unbalanced?

Symptoms like unusual odour, abnormal discharge, itching, or a burning sensation during intercourse may indicate a pH imbalance which can lead to the growth of harmful bacteria in the vaginal microbiome. While these symptoms can be uncomfortable and disruptive, maintaining optimal vaginal health can be as simple as supporting the balance of beneficial bacteria, particularly through the use of Lactobacillus probiotics. These probiotics help maintain a healthy vaginal environment and support healthy microflora in the vagina.

The Role of Probiotics in Vaginal Health

What are Probiotics?

Probiotics are live microorganisms that provide incredible benefits to your body. Lactobacillus is a probiotic naturally present in the oral cavity, intestine, vagina, and urinary tract. These friendly bacteria produce lactic acid and bacteriocins, helping to create an acidic environment that prevents harmful microbes from thriving. In summary, they act as your body's natural guardians, maintaining vaginal health balance and helping to support vaginal healthy microflora.

Caruso's Natural Health has crafted three unique formulations to support every day vaginal care, urinary tract health, relieve symptoms of premenstrual tension and help relieve symptoms of menopause. These formulations are anchored in the powerful benefits of probiotics from the Lactobacillus family and beneficial herbs.



Key Takeaways

- Keeping the balance between good and bad bacteria in the vagina is essential to avoid uncomfortable symptoms
- Probiotics, particularly those in the Lactobacillus family, can help maintain and restore balance in the vaginal microbiome



Vaginal Health Probiotics

Vaginal Care Probiotic

Caruso's Vaginal Care Probiotic is a convenient one-a-day capsule that contains 3 probiotic strains with a total of 5 Billion CFU.

Caruso's Vaginal Care Probiotic has been formulated with a carefully selected blend of probiotics including the clinically trialled *Lactobacillus reuteri* (RC-14®) and *Lactobacillus rhamnosus* (GR-1®) to support vaginal health, maintain healthy vaginal microflora and help support healthy vaginal pH. The formula also features *Bacillus coagulans* (MTCC No. 5856) to relieve abdominal bloating and support digestive system health.

Formula

Each hard capsule contains 4-5 Billion CFU

<i>Lactobacillus reuteri</i> (RC-14™)*	1.5 Billion CFU
<i>Lactobacillus rhamnosus</i> (GR-1™)*	1.5 Billion CFU
<i>Bacillus coagulans</i> (MTCC No. 5856)	2 Billion CFU

CFU=Colony Forming Unit *Clinically trialled strains
GR-1 and RC-14 are registered trademarks of Chr. Hansen A/S, part of the Novonesis Group.

Directions of use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Pack size	60
Format	Hard Capsules
Dose	One-A-Day



Product Code: PROV CARE

Always read the label and use only as directed.

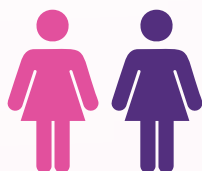
*G. Reid et al. / FEMS Immunology and Medical Microbiology 35 (2003) 131-134

Urinary Health Probiotic

The most common type of UTI is cystitis, which is an infection of the bladder. Cystitis leads to discomfort, frequent urination, and a persistent feeling of urgency. While antibiotics are a common treatment, there is growing interest in using probiotics as a sustainable long-term solution to help manage medically diagnosed cystitis and support vaginal health⁶.

Did you know?

Urinary tract infections (UTIs) affect 1 in every 2 women during their lifetime².



Caruso's Urinary Health Probiotic has been specially formulated to help support urinary tract health by assisting in the maintenance of healthy vaginal pH and supporting healthy vaginal microflora.

This targeted blend contains two clinically trialled strains, *Lactobacillus reuteri* (RC-14™)* and *Lactobacillus rhamnosus* (GR-1™)*, plus the added benefit of *Lactobacillus crispatus* (LBV 88™) and PACRAN®, a premium cranberry extract, high in antioxidants.

Caruso's Urinary Health Probiotic helps to reduce the occurrence of medically diagnosed cystitis. In traditional Western Herbal Medicine, cranberry is also used to relieve symptoms associated with medically diagnosed cystitis.

Formula

Each hard capsule contains 2 Billion CFU:

<i>Lactobacillus crispatus</i> (LBV 88™)	500 Million CFU
<i>Lactobacillus reuteri</i> (RC-14™)*	750 Million CFU
<i>Lactobacillus rhamnosus</i> (GR-1™)*	750 Million CFU
<i>Vaccinium macrocarpon</i> (Cranberry - PACRAN®) dry fruit powder	250mg
From fresh fruit	12.5g

CFU=Colony Forming Units; *Clinically trialled strains. GR-1, RC-14, and LBV 88 are trademarks of Chr. Hansen A/S, part of the Novonesis Group

Directions of use:

Adults: Take 1 capsule 2 times daily with food, or as advised by your health professional.

Pack size	60
Format	Hard Capsules
Dose	Two-A-Day



Product Code: PROVURI

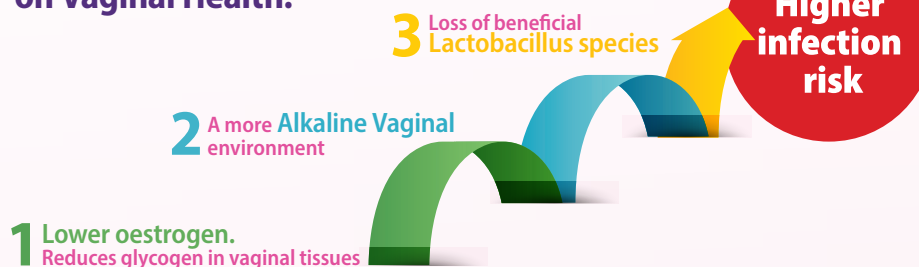
Always read the label and use only as directed.

*G. Reid et al. / FEMS Immunology and Medical Microbiology 35 (2003) 131-134

Menopause Probiotic

Menopause is characterised by the cessation of menstrual cycles and a decline in oestrogen levels. This hormonal shift often leads to a variety of changes in vaginal health.

The Effect of Menopause on Vaginal Health:



If you are looking to support overall vaginal health during menopause, Caruso's Menopause Probiotic is an ideal choice. This unique blend is formulated to help maintain a healthy vaginal pH and support vaginal healthy microflora.

The formula features two clinically trialled probiotic strains, *Lactobacillus reuteri* (RC-14™)* and *Lactobacillus rhamnosus* (GR-1™)*, plus *Lactobacillus crispatus* (LBV 88™) and Black Cohosh, a well-documented herb for helping to relieve common menopausal symptoms, including very inconvenient and common hot flushes.

Formula

Each hard capsule contains 4 Billion CFU:

<i>Lactobacillus crispatus</i> (LBV 88™)	1 Billion CFU
<i>Lactobacillus reuteri</i> (RC-14™)*	1.5 Billion CFU
<i>Lactobacillus rhamnosus</i> (GR-1™)*	1.5 Billion CFU
<i>Actaea racemosa</i> (Black Cohosh) ext. dry conc.	80mg
From min. dry root and rhizome	400mg
Std. to triterpene glycosides (27-desoxyactein) 2mg	

CFU=Colony Forming Units; *Clinically trialled strains. GR-1, RC-14, and LBV 88 are trademarks of Chr. Hansen A/S, part of the Novonesis Group

Directions of use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Pack size	60
Format	Hard Capsules
Dose	One-A-Day



Product Code: PROVMEU

Always read the label and use only as directed.

*G. Reid et al. / FEMS Immunology and Medical Microbiology 35 (2003) 131-134

PMS EZE® + PROBIOTIC



It is estimated that

90%

of women experience at least one symptom of Premenstrual Syndrome (PMS) most months¹.

Caruso's PMS EZE® + PROBIOTIC is a convenient one-a-day formula combining 2.5 Billion CFU (Colony Forming Units) of a vaginal health beneficial probiotic strain with two carefully selected herbs traditionally used in Western Herbal Medicine to relieve menstrual cycle related concerns.

This formulation contains the patented probiotic strain *Saccharomyces cerevisiae* (CNCM I-3856) from Quatreflora™, which has been scientifically researched* and shown to support vaginal health, support vaginal healthy flora and help to maintain healthy vaginal pH.

Caruso's PMS EZE® + PROBIOTIC also combines two thoughtfully selected herbs with a long history of traditional use, including: Vitex used in traditional Western Herbal Medicine to relieve the symptoms of Premenstrual Tension (PMT) and reduce menstrual cycle irregularities; along with Cramp Bark used traditionally in Western Herbal Medicine to reduce menstrual cramps and spasms, while relieving menstruation pain.

Formula

Each hard capsule contains 2.5 Billion CFU:

Saccharomyces cerevisiae (CNCM I-3856 from Quatreflora™)2.5 Billion CFU
Vitex agnus-castus (Vitex) fruit ext. dry conc.30mg
 From dry fruit 600mg
Viburnum opulus (Cramp Bark) stem bark ext. dry conc.150mg
 From dry stem bark 3g (3,000mg)
 CFU = Colony Forming Units
 Quatreflora™ is a trademark of Lesaffre et Compagnie

Directions of use:

Adults: take 1 hard capsule daily with food, or as advised by your health professional.

Pack size	30
Format	Hard Capsules
Dose	One-A-Day



Product Code: PROVPM5

Always read the label and use only as directed.

*1. Monash University. (2011). Premenstrual syndrome (PMS) and Premenstrual dysphoric disorder (PMDD). Fact Sheet. https://www.monash.edu/_data/assets/pdf_file/0003/934662/pms-and-pmdd.pdf

In Summary

Probiotics can be a powerful tool when it comes to nurturing your vaginal health, no matter your age or stage of life. They work by helping to maintain the delicate ecosystem of beneficial bacteria in the vagina. A balanced vaginal microbiome is a solid foundation for comfort, freshness, confidence and wellbeing.

And don't forget, self-care also makes a difference to your vaginal health!

Useful Tips to Help You Nurture Your Vaginal and Urinary Tract Health:

Diet

Hydration: Aim for at least 8 glasses of water daily to help dilute urine and facilitate regular urination, reducing the risk of infections.

Yoghurt and Fermented Foods: Incorporate probiotic-rich foods like yoghurt, kefir, and sauerkraut to your diet to promote a healthy vaginal microbiome.

Healthy Fats: Include sources of omega-3s, such as fatty fish (salmon, mackerel), flaxseeds, and walnuts to your diet.

Nutrient-Rich Foods: Focus on a balanced diet rich in vitamins and minerals, particularly vitamin C, which can help acidify urine and deter bacterial growth.

Avoid Sugar and Processed Foods: High sugar intake can promote yeast overgrowth, leading to infections. Opt for whole, unprocessed foods whenever possible⁶.

Other Helpful Tips

It's best to wash your anal area with mild, unscented soap and water, and remember to wipe from front to back. This helps stop bacteria from moving to the urethra. When it comes to the vaginal area, just rinsing with plain water is enough; scented soaps can disrupt the natural balance.

Wearing breathable cotton underwear can also keep moisture levels in check and limit bacteria growth.

Urinating soon after sexual intercourse can help clear out any bacteria that might have been introduced.

Lastly, try to avoid irritants like douches and scented products to keep the vaginal area healthy.





If you have questions or would like
more information regarding
Caruso's Vaginal Health Probiotics,
please contact our naturopaths on
1300 304 480



References

1. https://www.health.harvard.edu/a_to_z/vaginal-yeast-infection-a-to-z
2. <https://www.womenshealth.gov/a-z-topics/urinary-tract-infections>
3. Bradshaw CS, Walker J, Fairley CK, Chen MY, Tabrizi SN, et al. (2013) *Prevalent and Incident Bacterial Vaginosis Are Associated with Sexual and Contraceptive Behaviours in Young Australian Women*.
4. <https://www.fpnsw.org.au/media-news/media-releases/men-and-women-be-treated-bacterial-vaginosis>
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6. Hechtman, L. (2019). *Clinical Naturopathic Medicine*. (2nd Ed.). Elsevier, Australia