OptiBac For Women - Scientific Research

‘For women’ contains the strains *Lactobacillus rhamnosus* GR-1® and *Lactobacillus reuteri* RC-14® and is one of the most researched supplements in the whole OptiBac Probiotics range. This live cultures product has over 30 years of scientific evidence, with 26 published clinical trials, involving over 2,500 women. OptiBac Probiotics ‘For women’ has been used in clinical trials in women with thrush, cystitis and Bacterial Vaginosis (BV). Healthcare professionals can read about the clinical trials on this page, or for more general information, you may wish to read the FAQ, *Which probiotics are best for women?*

Clinical research on ‘For women’ in those with thrush

In one trial, participants with thrush took a single antifungal capsule with either For women (2 capsules daily) or placebo for 4 weeks. At follow-up those who had been taking ‘For women’ had significantly fewer symptoms and yeast cell counts than the placebo group.


Clinical research on ‘For women’ in those with cystitis

In one trial, 252 women who suffered with recurring UTIs took ‘For women’ or antibiotics (trimethoprim-sulfamethoxazole) for one year. After 12 months the number of UTIs had more than halved in both groups, with ‘For women’ being almost as effective as antibiotics. (An impressive result for a natural remedy). Furthermore, after 1 month in the antibiotic group, 90% antibiotic resistance had been developed to the prescribed medication. This of course was not an issue in the probiotic group, where antibiotic resistance (likely from previous medication) was shown to decrease.
Clinical research on 'For women' in those with Bacterial Vaginosis (BV)

In one trial, 125 women with BV took antibiotics for 1 week, alongside For women (2 caps daily) or placebo during this week, as well as for 3 weeks afterwards. BV cleared up in just 40% of those who took antibiotics alone, whereas BV was resolved in 88% of those who took ‘For women’ with the antibiotics. OptiBac Probiotics ‘For women’ doubled the efficacy of the treatment.

- Reid et al. (1995) Instillation of Lactobacillus and stimulation of indigenous organisms to prevent recurrence of urinary tract infections. Microecol Ther; 23: 32-45. Note: This trial was conducted using L. rhamnosus GR-1® only.
- Reid et al. (1988) Intravaginal instillation of lactobacilli for prevention of recurrent urinary tract infections. Can J Microbiol; 34: 339-343. Note: This trial was conducted using L. rhamnosus GR-1® only.

Clinical research showing survival of 'For women' strains

The following trials demonstrate that both strains in ‘For women’ have been found in vaginal swabs after oral administration.

- Gardiner et al. (2002) Persistence of Lactobacillus fermentum RC-14 and Lactobacillus rhamnosus GR-1 but not L. rhamnosus GG in the human vagina as demonstrated by randomly amplified polymorphic DNA. Clin Diagn Lab Immunol; 9, 1: 92-6. Note: L. fermentum RC-14 has since been re-classified as L. reuteri RC-14.
'For women' in clinical trials for regulating the immune system

- Hummelen et al. (2011) Effect of Micronutrient and Probiotic Fortified Yoghurt on Immune-Function of Anti-Retroviral Therapy Naive HIV Patients. Nutrients; 10: 897-909. Note: This trial was conducted using *L. rhamnosus* GR-1® only.
- Irvine et al. (2010) Probiotic Yoghurt consumption is associated with an increase of CD4 count among people living with HIV/AIDS. J Clin Gastroenterol; 44: 201. Note: This trial was conducted using *L. rhamnosus* GR-1® only.
- Koyama et al. (2010) Development and pilot evaluation of a novel probiotic mixture for the management of seasonal allergic rhinitis. Can J Microbiol; 56: 730-738. Note: This trial was conducted using *L. rhamnosus* GR-1® only.

'For women' in clinical trials for immunity and other health conditions

- Bisanz et al. (2014) Randomized open-label pilot study of the influence of probiotics and the gut microbiome on toxic metal levels in Tanzanian pregnant women and school children. mBio 5(5): doi:10.1128/mBio.01580-14. Note: This trial was conducted using *L. rhamnosus* GR-1® only.