

# Best women's health product

## Live bacteria supplement

**Bio-Kult Candéa** is a scientifically developed, seven-strain live bacteria supplement with added garlic and grapefruit extract to help support the body's natural defences. Bio-Kult Candéa does not need to be refrigerated and can be taken alongside antibiotics, by babies, when pregnant, by vegetarians and as part of a healthy diet.

[www.bio-kult.com](http://www.bio-kult.com)



## Support for bladder health

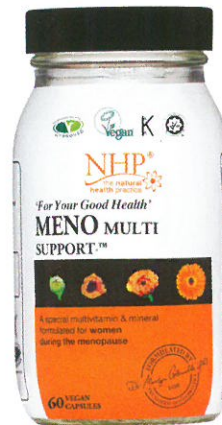
**Waterfall D Mannose**® consistently achieves five star reviews. E.coli attaches like Velcro to mannose, flushing out bacteria during urination. Waterfall D Mannose is fermented from birch wood, never corn. The WDM stamp on each tablet guarantees quality (pressure formed, with virtually no excipients). The packaging is 100 per cent biodegradable and recyclable (PP5).

[www.waterfall-d-mannose.com](http://www.waterfall-d-mannose.com)

## Natural intimate care

**Topida Intimate Hygiene Spray** from Salcura Natural Skin Therapy is an effective product for people keen to use the best and most hygienic natural intimate care for thrush, vaginal discomfort and irritation. This soothing, quick-acting solution is deeply moisturising and balances the pH levels, helping to maintain skin cells and mucosa in a healthy condition.

[salcuraskincare.com](http://salcuraskincare.com)



## Support for the menopause

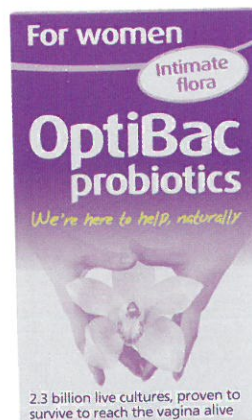
**Meno Support (Multi)** is a multivitamin and mineral supplement formulated to help women through the menopause. It contains a full spectrum of nutrients including vitamins A and E, plus the B vitamins, beta-carotene and selenium, and the all-important bone nutrients calcium, magnesium and vitamin D3. It also contains digestive enzymes to help digest fats, protein and carbohydrates.

[www.naturalhealthpractice.com](http://www.naturalhealthpractice.com)

## For women's intimate health

**OptiBac Probiotics 'For women'** has been especially developed to support women's intimate health. It has been clinically trialled by over 2,500 women around the world and contains two extensively researched strains of friendly bacteria; *Lactobacillus rhamnosus* GR-1® and *Lactobacillus reuteri* RC-14®, proven to survive to reach the vaginal flora.

[www.optibacprobiotics.co.uk](http://www.optibacprobiotics.co.uk)



## Natural vaginal moisturiser

**YES VM** is a long-lasting, oestrogen-free vaginal moisturiser designed to relieve symptoms of vaginal dryness, menopausal vaginal atrophy and painful sex. This natural, certified organic, pH-matched gel hydrates intimate tissues immediately and as needed. Recommended by healthcare professionals and also available on NHS prescription.

[www.yesyesyes.org](http://www.yesyesyes.org)