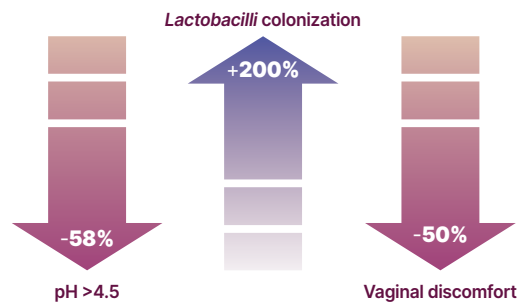


**Pregnancy is a significant part of the first 1000 days of life. Your gut and vaginal microbiomes are vital to your baby's health. Babies are exposed to thousands of microbes when they pass through the birthing canal. You must have lots of good bacteria to transfer to your newborn infant. Even breast milk contains friendly microbes that can seed your baby's gut microbiome.**

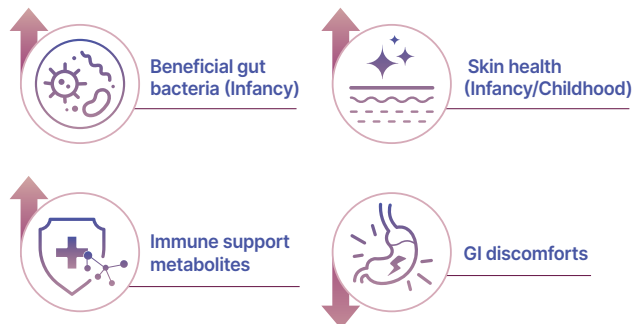
A vital part of a healthy pregnancy, Microbiome Labs' Pregnancy Support probiotic formula has been shown to:

- Provide friendly bacteria that support your digestive, immune, and vaginal health\*\*
- Reduce pregnancy-related vaginal discomfort\*\*
- Seed your infant's gut with essential bacteria through breast milk\*\*
- Promote healthy skin development in infancy and childhood\*\*

#### ASTARTE™



#### LGG® and/or ISTILOS™



## Questions?

For more information or to place an order, contact your practitioner:

Patient brochure



# PREGNANCY SUPPORT

Clinically tested ingredients in a proprietary blend

## Probiotic Wellness for Mom & Baby



FxMed sources premium global brands. With practitioner's authorisation, patients can conveniently order online via FxDirect.

This handout offers general information only and is not meant to diagnose health issues or replace medical advice from your healthcare practitioner.

**\*\*These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease**

WMN-007

NOVEMBER 2024



# The Science

Your gut microbiome is vital to your metabolism and overall health. Its makeup contributes to a successful pregnancy and long-term health outcomes for you and your baby.

As pregnancy begins and progresses, your gut microbiome may undergo unique inflammatory and immune changes that upset its function and microflora balance. Your ever-shifting hormones also impact your gut function during pregnancy.

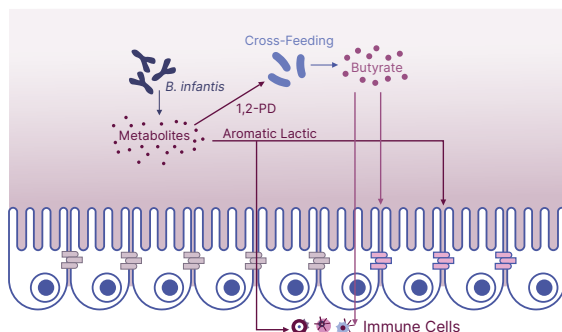
Hormonal, metabolic, and immunologic changes to your gut microbiome can happen during your entire pregnancy.

## How this Helps

Oral probiotics balance and stabilize your gut microbiome, supporting you and your developing infant throughout pregnancy.

Pregnancy Support dietary supplement supports your gut-vagina axis, promoting optimal *Lactobacillus* presence in your vagina before, during, and post-pregnancy. It provides beneficial support for vaginal health, promoting the ideal conditions for conception and addressing bacteria and yeast-related vaginal discomfort.\*\*

Pregnancy and new motherhood should be happy times full of joy and promise—not vaginal discomfort. Fortunately, Pregnancy Support oral probiotic supplement capsules are formulated to provide the comforting probiotic support you need from preconception through pregnancy and delivery and beyond.\*\*



**ASTARTE™ is comprised of strains from the 4 most dominant vaginal *Lactobacillus* species found in healthy pregnant women.**



### Screened for survival and growth

- Aerobic/anaerobic growth potential
- Bile salt resistance
- Glycogen consumption



### Screened for effect

- pH-lowering effect
- Production of extracellular hydrogen peroxide
- Growth inhibition of pathogens

## Ingredients

LGG®, ASTARTE™, ISTILOS®, BIFIN02™ and LBV-formative trademarks are trademarks of Chr. Hansen A/S

### ISTILOS™ (*B. infantis*)

**Different factors & lifestyle considerations can affect your baby's microbiome.**



Nutrition



Gestational Age



Mother's Microbiome



Environment



Genetics



Birth Weight



Mode of Delivery



Antibiotics



Feeding

**These factors can lead to lower *Bifidobacterium* abundance in your baby's gut.**

Pregnancy Support contains the *Bifidobacterium*-powered probiotic strain ISTILOS™ (*B. infantis*).<sup>‡</sup> ISTILOS™ (*B. infantis*) was isolated from the intestine of a healthy infant and has been clinically and pre-clinically shown to:

- Seed the infant gut microbiome through breast milk\*\*
- Support an infant's gut barrier function\*\*
- Promote an infant's immune system development\*\*

This strain has been used as a food and food supplement ingredient since the early 2000s. Its benefits have been known for decades and are supported by high-quality clinical studies.

<sup>‡</sup>In 2023, *Bifidobacterium longum* subsp. *infantis*, Bifin02™ was trademarked with the commercial name ISTILOS™ *B. infantis*.

### LGG® (*Lactobacillus rhamnosus* LGG®)

*Lactobacillus rhamnosus*, LGG®, is the world's most documented probiotic strain. A wealth of clinical documentation shows the strain's benefits and safety across life stages and health areas, from newborns, children, pregnant women, adults, and the elderly. LGG® has been used worldwide since 1990 as an ingredient in food and dietary supplements with no safety issues.\*\*

### ASTARTE™ (*L. crispatus*, *L. rhamnosus*, *L. gasseri*, *L. jensenii*)

ASTARTE™ is a blend of probiotic strains that supports these beneficial effects in women:

- Seeds the vagina with health-promoting *Lactobacillus* strains\*\*
- Reduces complaints of vaginal discomfort\*\*
- Maintains optimal vaginal pH\*\*
- Improves gut and vaginal microbiome health\*\*

## FAQs

### Q. What are probiotics?

**A.** Probiotics are live microorganisms called “good” or “friendly” bacteria. When consumed in adequate amounts, they provide health benefits such as:

- Maintain healthy microflora balance in the body's microbiomes
- Optimize digestion and gastrointestinal health
- Support immune function
- Promote healthy gut barrier function

### Q. Are probiotics safe to take during pregnancy?

**A.** Rest assured, probiotics are generally considered safe during pregnancy. They have been extensively studied for safety during pregnancy and the overwhelming consensus is that they are safe for both mother and baby.

However, please consult your healthcare provider before starting any new supplement, including probiotics, to ensure they're appropriate for your situation.

### Q. Which probiotics are best for pregnancy?

**A.** Certain probiotic strains are particularly beneficial during pregnancy, including:

- *Lactobacillus* strains
- *Bifidobacterium* strains

### Q. When should I start taking Pregnancy Support?

**A.** Start a daily regimen of Pregnancy Support once you've decided to get pregnant. Taking these probiotics to support your health before becoming pregnant may contribute to ease of conception.

### Q. Should I continue taking Pregnancy Support after giving birth?

**A.** Yes, continue taking this probiotic supplement after giving birth to offer ongoing benefits for both you and your baby, especially while breastfeeding. Probiotics can support your postpartum recovery, help with digestion, and support your baby's gut health, immune function, and skin health.

### Q. Who benefits from the Pregnancy Support probiotic blend?

**A.** Both Mom (ages 18+) and Baby benefit.

### Q. What is the daily serving size?

**A.** 1 capsule per day.

### Q. Does this probiotic need refrigeration?

**A.** Pregnancy Support is shelf stable at room temperature; no refrigeration is required.

### Q. What are Pregnancy Support's formulation standards?

**A.**

- Tested for potency, purity, and safety
- Vegan
- Non-GMO
- Free from 9 Major Allergens