

Lactic acid bacteria are an important part of the vaginal defense against harmful microorganisms, dryness and tear. The classic remedies for vaginal problems containing lactic acid bacteria, but generally speaking, it does not appear to have a convincing effect (Ingeman & Clausen, 2009).

A study conducted in Croatia by Vijić and employees shows that there is good activity against bacterial vaginosis with oral lactic acid bacteria. The experiment was conducted with 544 women who had one or more vaginal problems, and the treatment was two daily capsules "Lactogyn" with more than 1 billion. *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14 for 6 weeks. The effect was studied after 6 and 12 weeks. After the 6 weeks, 62% of subjects women a normalized microbiology of the vagina, but it was only true for 27% of control women (who might know that they were controls). After another 6 weeks without treatment, 51% of subjects women are still a healthy vagina, and only 21% of control women. The effect is statistically significant - i.e. that one can conclude that there is a difference.

An effect of 61% is not impressive compared to LadyBalance the efficacy of 80-90%. But it is clearly established. So one has to wonder how this is possible. Lactic acid bacteria in the stomach give healthier vagina??? The author does not give any explanation. Direct supply from the gut is not likely to be in large quantities - and why it should work better this way than by direct injection into the vagina? We must therefore look at other explanations.

In the experiment was measured an increased incidence of lactic acid bacteria in the vagina in the subjects. But there were no methods used able determine if the organisms found were identical to the input. So the result may be due to an overall improved vaginal health - caused by other methods (such as when we add milk sugar).

A possible explanation can be found in a series of articles documenting the added probiotic lactic acid bacteria can alleviate so-called metabolic syndrome. It is the state of disturbed metabolism of overweight, obesity, hypertension and type 2 diabetes. The hypothesis behind LadyBalance is precisely that BV (and perhaps thrush) due to a disturbance in metabolism, so the woman is unable to feed its lactic acid bacteria properly. There is no research in this context, but it makes perfect sense to assume the following:

Ingestion of large amounts of good lactic acid bacteria through the mouth helps the woman's metabolism to normal. This will improve vaginal opportunities to promote the healthy microflora.

However, there must apparently large quantities for a long time to achieve an effect. The lactic acid bacteria mentioned are available in Denmark as Femidur