

The Vaginal Microbiome and Its Impact on Your Reproductive Health

There are about 39 trillion microorganisms living on you and in you all the time. Most of these microorganisms are incredibly helpful. They digest our food to help our body obtain nutrients, they support our immune system's battle against invaders, and a host of other beneficial things.

We call this host of microorganisms the human microbiome. This microbiome includes all organisms that live in your body, including those that live in your reproductive organs.

There are 4 bacterial groups that reside within the vagina. Three of these, especially lactobacillus, are responsible for maintaining normal pH levels within the vagina. This affects your overall vaginal health. When there is a lactobacillus shortage, it disrupts the bacterial ecosystem within the vagina. A balanced vaginal microbiome is important to support a healthy conception.

How Can Probiotics Help with Pre-Conception?

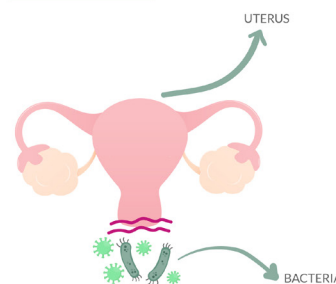
Probiotics are live bacteria and yeast with possible benefits for your digestive and vaginal health. These useful bacteria facilitate several key metabolic processes, such as digestion. They boost vitamin and mineral uptake and support the immune system.

Studies have shown that the vaginal microbiome, which contains the proper strains of lactobacillus, maintains the acidic pH of the vagina and has a positive impact on embryo implantation and successful in vitro fertilization.

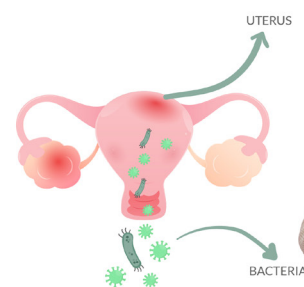
All of these functions have a direct or indirect impact on your fertility. For instance, a robust digestion process and proper mineral absorption will help your body carry out important chemical reactions crucial to balancing your hormones, thus leading to a higher chance of pregnancy.

Vaginal Microbiome and pH

Balanced pH



Unbalanced pH





The Importance of Normal Vaginal pH and How to Maintain It

Normal vaginal pH hovers between 3.8 and 4.5, which is somewhat acidic. An acidic vaginal environment acts as a protective shield. This pH supports the good bacteria thriving in the vagina.



Here's how you can maintain a healthy vaginal pH:

Use contraception during sex. Semen is alkaline and can disrupt your vaginal pH. Using a condom will help prevent pH disruptions and minimize the risk of contracting an STD.

Avoid douching. Some women wash out their vagina with a mixture of water and vinegar, baking soda, or iodine. This practice is advised against as it can cause a spike in your vaginal pH. It's best practice to use a simple wash with mild soap and water while you shower.

Supplement with probiotics. Incorporating a probiotic like Biomegil can help support the balance of healthy bacteria in your system.

Biomegil by Vitagenis

A Supplement to Maintain
Healthy Vaginal pH



Vitagenis has formulated Biomegil to contain 75 billion CFU of probiotics per serving for optimal daily supplementation. This is much higher than the standard probiotic of 50 billion CFU you will find at your local drug store.

Biomegil by Vitagenis contains a powerful blend of 10 proven probiotic strains that support optimal vaginal and reproductive health. These probiotics support a natural, healthy acidic vaginal pH so that healthy bacteria can flourish.

Our specialized formula supports your reproductive system by supplying probiotic colonies that can help you stay healthy and fertile. Once established, these colonies will actively support your vaginal health and help maintain healthy probiotic colonies within the reproductive system, including the vaginal, cervical, and uterine microbiome.

Adding to this, Biomegil's formula supports a balanced vaginal microbiome to better support fertility and a healthy conception with the addition of Lactobacillus Crispatus. This is a beneficial bacterial strain that supports vaginal health, reproductive health, and a healthy GI tract. Order Biomegil today to get the vaginal, cervical, and uterine support that you need to promote fertility and enjoy feeling fresh and comfortable in your own skin.

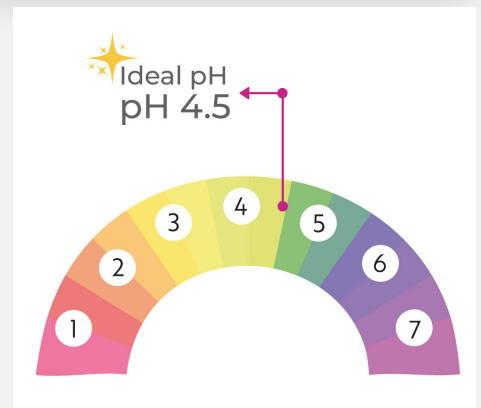
Maintain a Healthy Vaginal pH

3 probiotic strains that help balance the acidity to maintain optimal vaginal pH level.

- **Lactobacillus Crispatus**
- **Lactobacillus Jensenii**
- **Lactobacillus Gasseri**

This powerful probiotic blend features 10 incredible species of good bacteria that are superb for creating a healthy vaginal microbiome.

We include lactobacillus crispatus, which is known to balance vaginal pH to a healthy 4.5. **This pH is critical to support vaginal and uterine health.**



Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or doing any new exercises.