Lactobacillus Rhamnosus GR-1 and *L. Reuteri* RC-14 for Genitourinary Infections in Women

Lactobacilli are a normal component of the urogenital flora of healthy women. These "friendly" bacteria (usually called probiotics) may help prevent genitourinary infections (i.e., urinary tract infections, bacterial vaginosis, and candidiasis) and increase the efficacy of conventional therapy in women suffering from such infections. Probiotics work by several different mechanisms, including competing with pathogenic organisms for nutrients and for binding sites on uroepithelial cells, and producing substances that kill or inhibit the growth of pathogens.

The bacterial flora of healthy people differs substantially in different parts of the body. Probiotic strains may also differ in their capacity to colonize, and provide protection to, different areas of the body. For example, *Lactobacillus rhamnosus* GG, which colonizes and has beneficial effects on gastrointestinal health, does not appear to be particularly effective as a probiotic for the genitourinary system.[1]

Two *Lactobacillus* strains – *L. rhamnosus* GR-1 and *L. reuteri* RC-14 (formerly known as *L. fermentum* RC-14) – have been found to be useful for preventing and treating various types of genitourinary infections in women. These organisms, originally isolated from the distal urethra or vagina of healthy women, are more effective than other *Lactobacillus* strains at colonizing the vaginal mucosa, adhering to uroepithelial cells, competing against pathogenic organisms, and producing compounds that inhibit the growth of urogenital pathogens (including *Candida albicans*).[2–5] *L. rhamnosus* GR-1 and *L. reuteri* RC-14 also disrupt the biofilms produced by common urogenital pathogens, and thereby interfere with ➤

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