

Explain...

How can I improve my vaginal health?

If I am experiencing:
Cancer, Disease, STD,
Thrush & other
uncomfortable
symptoms



1

TESTING

Why do it?

- Every woman has a **unique vaginal microbiome**, so to understand yours, you need to test!
- These are microorganisms (bacteria and fungi) that live in the vaginal environment as a natural defense.
- 84% of women with a vaginal imbalance are **asymptomatic** (showing no symptoms).

1

TESTING

Why *screenme*?

Detects
100% of the
bacteria &
yeast
present

Discover the
status of
your vaginal
community

**Free expert
consultation**
explaining
every test

Custom
action to
improve
your vaginal
health

Your plan includes how to:

- Increase fertility
- Prevent UTIs, STDs, BV, thrush
- Lower risk of cervical cancer
- Reduce vaginal symptoms of dryness, itchiness, pain during sex, or odor.

2

FOOD & SUPPLEMENTS

Diet is key to your health. Some easy steps include:

- Speak to a professional
- Create a diet plan
- Discuss supplements

All ScreenMe's tests come with a nutritional plan customized for you by our experts.

Probiotic Foods

- Kefir
- Miso
- Kimchi
- Onions
- Greek yogurt
- Cauliflower
- Carrots
- Tempeh

Prebiotic Foods

- Leeks
- Peas
- Kiwi
- Garlic
- Berries
- Artichoke
- Bananas

3 PRODUCTS

It is very important to use products that are friendly for your vaginal microbiome.

This includes using products that are free from: parabens, hormone disruptors, flavors, and any other nasty chemicals.

***Check out our tested & recommended products from our Shop!**



Vegan Vaginal Lubricant



Refillable Deodorant



Vaginal Moisturizer

Find out more...

What is vaginal health?

Why should I be concerned about vaginal health?

What is the vaginal microbiome?



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