



LUBRICANTS

Botanical	Water Based Glycerin Free (WBGF)	Water Based Glycerin Based (WBGB)	Silicone	Oil Based
<p>Typically made with Aloe Feels nice Dries quickly Revives with water</p> <p style="text-align: center;">Aloe Cadabra Good Clean Love</p>	<p>Typically made with de-ionized water & non-toxic preservatives Dries quickly Revives with water</p> <p style="text-align: center;">Liquid Silk Slippery Stuff Astroglide- (Glycerin/Paraben Free)</p>	<p>Typically made with de-ionized water & non-toxic preservatives, propylene glycol, glycerin, saccharin, methylparaben, sucralose, honey Dries quickly Can bead up +/- vaginitis/yeast risk Revives with water</p> <p style="text-align: center;">Astroglide KY- (Yours/Mine, Turn up the Heat, Give me Goosebumps, Liquid Smooth) Wet Classic Lite Eros Body Glide</p>	<p>Dimethicone, Dimethiconol, Vit E Waterproof Very slippery Little goes long way</p> <p style="text-align: center;">Platinum Wet Uberlube Lube Life Trojan Arouse & Release KY Tru Feel</p>	<p>Often Coconut Oil Use 100% pure (no sugars or flavors) May be anti-fungal</p> <p style="text-align: center;">Woo Love</p> <p style="text-align: center;">Zestra Borage Seed Oil (external use only)</p> <p style="text-align: center;">O Shot Arousal Oil (Hemp & Coconut Oil, CBD, essential oils)</p>
<p style="text-align: center;">Latex Condom Safe</p> <p style="text-align: center;">Botanical WBGF WBGB Silicone</p>	<p style="text-align: center;">Plastic Toy/Vibrator Safe</p> <p style="text-align: center;">Botanical WBGF WBGB Silicone</p>	<p style="text-align: center;">Silicone Toy Safe</p> <p style="text-align: center;">Botanical WBGF WBGB Oil Based</p>	<p style="text-align: center;">Preservatives</p> <p style="text-align: center;">Most but botanical, silicone, oil</p>	<p style="text-align: center;">Possible Shift in vaginal PH +/- vaginitis risk</p> <p style="text-align: center;">Anything with glycerin, saccharin, sucralose, honey</p>
<p>Favorites Silicone Lubes and 100% Pure Coconut Oil</p>				



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PELVIC HEALTH
AND WELLNESS

