

Ladies, prevent **Urinary Tract Infections (UTIs)** in these 6 ways



Minimize usage of public toilets

Dry yourself after using the washroom

Stay hydrated by drinking enough fluids

Use protection during sexual intercourse

Consume vitamin C and probiotic foods regularly

Avoid tight clothes & use cotton undergarments

Contact us : 99809 30541 | ReachUs@HappiestHealth.com

The Fuller Life is now a part of Happiest Health