

Supplementation Materials

Appendix A. Vaginal Health Index Score (VHIS)

Score	1	2	3	4	5
Elasticity	none	poor	fair	good	excellent
Fluid Volume (Pooling of Secretion)	none	Scant amount, vault not entirely covered	superficial amount, vault entirely covered	moderate amount of dryness (small areas of dryness on cotton tip applicator)	normal amount (fully saturates on cotton tip applicator)
pH	≥ 6.1	5.6 - 6.0	5.1 - 5.5	4.7 - 5.0	≤ 4.6
Epithelial Integrity	petechiae noted before contact	bleeds with light contact	bleeds with scraping	not friable – thin epithelium	normal
Moisture (Coating)	none, surface inflamed	none, surface not inflamed	minimal	moderate	normal

Table 1: Gloria Bachman Vaginal Health Index (VHI).

Appendix B. Baseline vs End of treatment Vaginal Health Index Score (VHIS)

	2 grade decrease n (%)	1 grade decrease n (%)	No change n (%)	1 grade increase n (%)	2 grade increase n (%)	3 grade increase n (%)	P-value
Elasticity	0 (0.0)	1 (3.7)	15 (55.6)	8 (29.6)	3 (11.1)	0 (0.0)	0.006^{SG}
Fluid volume	1 (3.7)	0 (0.0)	3 (11.1)	15 (55.6)	5 (18.5)	3 (11.1)	<0.001^{SG}
pH	0 (0.0)	2 (7.4)	21 (77.8)	3 (11.1)	1 (3.7)	0 (0.0)	0.678 ^{SG}
Epithelial integrity	0 (0.0)	1 (3.7)	8 (29.6)	10 (37.0)	6 (22.2)	2 (7.4)	<0.001^{SG}
Moisture	0 (0.0)	0 (0.0)	6 (22.2)	8 (29.6)	12 (44.4)	1 (3.7)	<0.001^{SG}

	Baseline	EOT	Mean difference (95% CI)	P-value
VHI score	9.3 (2.7) (5.0-15.0)	13.4 (2.3) (10.0-20.0)	4.1 (2.8 to 5.3)	<0.001 ^{PT}

Data expressed as mean (SD) (min-Max).

EOT: 12-week end of treatment assessment

SG: sign test

PT: paired t-test