Lubricants 101: Dr. Lynn Wang
Updated 5/1/14

Main Line Gynecologic Oncology and Urogynecology/ Tel 610.649.8085
www.mainlinehealth.org

	WATER BASED LUBRICANTS				SILICONE
	Slippery Stuff	SLiquid Organic Oceanic	Good Clean Love	Pre-Seed	Uberlube
Lubrication					
Chlorhexidine Free	●	●	●	●	●
Propylene glycol Free	●	●	●	●	●
Glycerin Free	?	●	●	●	●
Paraben Free	●	●	●		●
pH (normal 3.8-4.5)	High (6.8)	High (6.8)	Normal (4.8)	Very High(7.3)	N/A
Nontoxic to mucosal cells	?	●	●	●	?probably good
Retains Lactobacilli	?	●	●	●	?probably good
Certified organic		●	●		
Ingredients	De-ionized water, polyoxyethylene, sodium carbomer, phenoxyethanol, *ethylhexyglycerin (synthetic compound derived from grains and plants)	Water, Plant Cellulose, Aloe Vera, Vitamin E, Cyamopsis (Guar Conditioners), Hibiscus Extract, Flaxseed Extract, Alfalfa Extract, Green Tea Extract, Sunflower Extract, Carrageenan, Nori, Wakame, Potassium Sorbate, Citric Acid	Aloe Vera, Leaf Juice, Xanthan Gum, Agar, Potassium Sorbate, Sodium Benzoate, Citric Acid, Natural Flavor	Purified Water, Hydroxyethylcellulose, Pluronic, Sodium Chloride, Sodium Phosphate, Carbomer, Methylparaben, Sodium Hydroxide, Arabinogalactan, Potassium Phosphate, Propylparaben	Dimethicone, Dimethiconol, Cyclomethacone, Tocopheryl Acetate (Vit E)
Cost (drugstore.com)	$6.49/ 8 oz	$9.99/ 4 oz	$13.99/ 4oz	$17.99/ 1.4 oz	$28/ 3.4 oz
Comments	*As of Spring 2014, Slippery Stuff has changed to new paraben free formulation	SLiquid has a wide variety of water based and hybrid (water+silicone) lubricants	Can be found in WholeFoods	Has sperm-friendly data, can be found in local pharmacies	Silicone lubricants CANNOT be used with silicone sex toys!

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Types of Lubricants

1.	**Water based**	All-purpose lube, can be used with all condoms and all sex toys. Easy to clean, can dry out quickly (refresh with spray of water)
2.	**Silicone based**	More slippery than water based lubes, lasts longer, but more expensive and harder to clean. Ok for all condoms, NOT to be used with silicone sex toys (may melt them!)
3.	**Oil based**	Examples: vaseline, crisco, olive, mineral, or vitamin E oil. NOT recommended, because oils can break down latex and polyisoprene condoms. Can leave a coating in the vagina or rectum that traps bacteria and may lead to infections.

Lubricant ingredients that may be problematic/irritants

- **Chlorhexidine** Bacteriocidal preservative found in medical lubricants (ie. Surgilube, KY jelly)
  Found to significantly reduce Lactobacilli, the protective bacteria in women's vaginas.
- **Nonoxynol-9** Spermicide that has been found to increase transmission of HIV, and a known irritant
  CDC (Center for Disease Control) and WHO (World Health Association) do NOT recommend its use for STD prevention.
- **Glycerin** A sugar alcohol used as a preservative, may cause infections, and may be related to cell toxicity. See Osmolality section.
- **Propylene glycol** Slightly sweet tasting preservative found in many lubricants, may be related to cell toxicity. See Osmolality section.
- **Parabens** A weak estrogen, no studies have shown strong link with cancer, but may be concerning to some women. May cause irritation.
- **Oils** Breaks down latex condoms, may be linked to vaginal yeast infections
  Note: **Olive oil** can be an irritant, small studies found that it BREAKS DOWN skin, instead of healing skin (unlike Sunflower seed oil)
- **Petroleum** Also breaks down latex condoms. May lead to bacterial infections.
- **EDTA** Preservative found to disrupt tissue membranes (ie. ID Glide)
- **Polyquaternium** Polymer suspected to be the cause of increased in vitro HIV replication in a small study(found in some Astroglide products)
- **Menthol** Alcohol used to create "tingling sensation" (ie. KY Tingling Jelly -- no longer available)
- **Capsaicin** Oil of hot chili peppers, also used to "increase arousal"
- **Herbal extracts** Can be an irritant to some women

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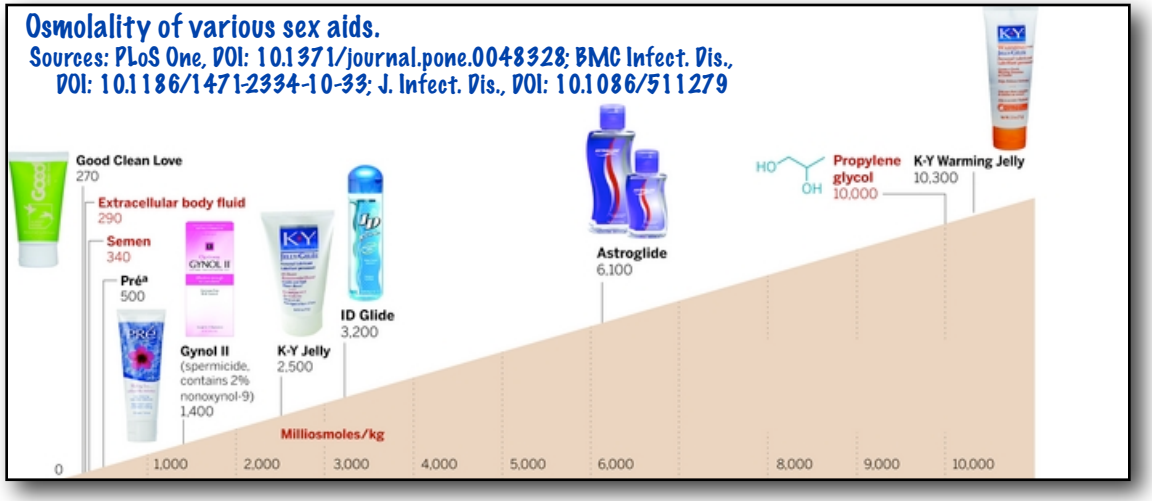
Other factors to consider:

- **pH**: normal vaginal pH is 3.8-4.5, which is important for vaginal health. Watch for lubes that are too high or too low in pH.
- **Osmolality**: is the concentration of particles in a fluid. Certain lubricants contain ingredients that cause high osmolality (ie glycerin and propylene glycol), which can damage vaginal and rectal tissue.



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