**Swiss Navy Recommends The Use Of Lubricants For Women’s Health & Fitness Day**

**Press Release**

POMPANO BEACH, Florida – September 29, 2021—Traditionally, the last Wednesday of September promotes one of the largest events for women—National Women’s Health and Fitness Day. 2021 will be the twentieth year that this celebration will take place.

One goal of this day is to encourage women to take control of their own health. Naturally, many look to exercise and nutrition, while overlooking steps to help improve their intimate wellness.

“[Research](https://www.sciencedaily.com/releases/2009/11/091109090431.htm#:~:text=The%20study%20participants%20strongly%20endorsed,more%20comfortable%20(65.5%20percent).) by Indiana University found that over 65 percent of women reported using lubricants made sex feel more pleasurable and comfortable,” said said Briana Watkins, Vice President of Sales and Marketing for M.D. Science Lab. “Lubricants can be a great health resource, especially with unique formulas that address individual needs and concerns. Using lube can be a simple way to do something significant for a person’s health.”

Women’s Health and Fitness Day can serve to inspire females throughout the year.

Inc. Magazine [reported](https://www.inc.com/christina-desmarais/6-things-most-successful-women-have-in-common.html) one of the things successful women have in common is the habit of self-improvement. The International Society for Sexual Medicine has [recommended](https://issm.info/sexual-health-qa/why-is-vaginal-lubrication-important-for-women/) lubrication as an important part of sexual arousal for women. Using lubrication can be a healthy habit to form.

Swiss Navy’s line of lubricants offers a wide array of possibilities for every preference—all natural, paraben and glycerin free, silicone-based, water-based, flavored options, warming and cooling preferences, and much more.

“Our development team is always looking to add new products to our line up that will meet consumer needs,” said Watkins. “We’re looking forward to introducing new formulations currently in process. 2022 will be a huge year for Swiss Navy!”

For more information on all the newest products from Swiss Navy, please contact your sales representative. To see the latest Swiss Navy product range, please visit [swissnavy.com](https://swissnavy.com/).

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact [Briana@Swissnavy.com](about:blank) or visit [www.swissnavy.com](about:blank).