

Prevention[®]

A Lube For Every Diet

Sex is [good for your health](#)—it's a natural immunity-booster, painkiller, and anti-ager. So why shouldn't your personal lubricant be just as good for you? A new crop of products are stepping up to cater to your gluten insensitivity, your strict vegan diet, or your preference for all things organic.

Personal lubricants aren't just for the sexually adventurous. In fact, once estrogen production starts to slow down prior to menopause, experiencing vaginal dryness is common, says Mary Jane Minkin, MD, a clinical professor of obstetrics, gynecology, and reproductive sciences at Yale University's School of Medicine. After you've hit that mark, using a personal lubricant can help you keep your sex life healthy, year after year.

However, whether or not you match your lubricant to your diet isn't a make-or-break health concern. "The amount that's going to be absorbed or ingested during sexual activity is nothing to be concerned about, unless you get an anaphylactic reaction to a certain substance," Dr. Minkin says. "But if you're using it for oral sexual activity, you're obviously going to want to use something you're comfortable with." Dr. Minkin advises testing a small patch of skin before using any new product, and with a menu like this, you're sure to find one you feel good about:

All-organic:

If you opt for organic goods in the grocery store, add this to your cart. Yes Water-Based Organic Lubricant And Moisturiser (\$7; [yesyesyes.org](#)) is a hypoallergenic, water-based formula made with organic flax extract, food-grade preservatives, and a blend of plant-based gums instead of silicone polymers and petroleum derivatives.

Gluten-free, vegan:

Don't want to ditch your diet in the bedroom? Sliquid (\$13; [sliquid.com](#)) is another nontoxic option, free of DEA, gluten, glycerine, glycerol, parabens, PEG, propylene glycol, and, of course, any animal-related ingredients.

Sustainable, fragrance-free:

The water-based Sylk (\$17; [amazon.com](#)) is made with bio-sustainable New Zealand kiwi vine extract but skips parabens, fragrance, flavoring, silicones, and petroleum or animal derivatives, so you don't have to worry about mystery chemicals...or the earth's waning resources.

Kosher, vegan:

The factory that churns out Wet Platinum Premium Lubricant (\$23; [amazon.com](#)) went through a two-year kosher certification process to confirm that no animal products or byproducts contaminate the product at any step in production.

Raw, paleo, homemade:

DIY it and use a natural, plant-based oil. Dr. Minkin recommends picking up food-grade avocado, olive, peanut, corn, or vitamin E oil at a health food store. Just keep in mind that mineral oil, petroleum jelly, and baby oil are off the table—they break down condoms and tend to irritate delicate mucosal linings.

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