

Lemon and Lime Juice

Can they protect against HIV

Some people say that women can use lime or lemon juice to protect themselves from HIV. Is that true?

No. Many women have tried using lemon or lime juice in their vagina for lots of different reasons, for example to prevent pregnancy or to clean their vaginas. Some women have also tried using lemon and lime juice to protect them from HIV. Research shows that this does not work.

Can using lime or lemon juice in the vagina increase HIV risk?

Yes. Scientists have undertaken three studies and they have shown that both lime and lemon juice can increase the risk of HIV transmission. Women should therefore not use this in their vaginas to protect against HIV.

What else can we use to help protect ourselves?

Right now, scientists are working to make gels or creams that women will be able to use to protect ourselves from HIV. **These products are still in development.**

We hope that if one of the products being tested now works, it may be available in some countries by 2010.

In the mean time, **the safest thing is to use a male or female condom** for sex whenever you can.



African Microbicides Advocacy Group

Email: amag_info@yahoo.com Website: <http://www.global-campaign.org/amag.htm>