

# Lubricants

## **Water Based- Glycerin-Free**

*Maximus*

*Liquid Silk*

*Slippery Stuff*

*Hydra Smooth*

*Astroglide-glycerin and paraben-free*

## **Water Based Glycerin Based**

(Typically de-ionized water, glycerin, propylene glycol, and nontoxic preservatives, flavored available, most taste sweet anyways. Do not stain, safe for latex condoms and barrier methods, dry out quickly but revived with a little water, caution in yeast prone patients)

*Astroglide*

*Kama Sutra Love Liquid*

*Wet classic lite*

*Sex Grease*

*ID Juicy Lube, Climax Fruit Bomb*

*Probe Silky Light*

*Eros Body Glide Water-based Lube*

## **Silicon Based**

(Waterproof-ok for under water, ok for latex, a little goes a long way, sometimes difficult to clean out/off, not for use with silicon toys!)

*Platinum Wet*

*Eros Body Glide*

*Uberlube*

## **Petroleum Based**

(Not generally recommended for vaginal penetration secondary to irritation-good for male masturbation)

## **Oil Based**

(Usually made from natural products like peanut oils, tend to stain fabrics, difficult to wash off/out, destroy latex condoms & diaphragms. Good for anal, vaginal sex and masturbation)

*Zestra* (mostly for external use on clitoris for maximal sensation, tastes sweet)