

READ THIS INFORMATION LEAFLET CAREFULLY BEFORE USING MULTI-GYN ACTIGEL AND KEEP IT FOR REFERENCE

Multi-Gyn ActiGel - Prevents and treats vaginal discomforts

- prevents and treats bacterial vaginosis (BV)
- reduces unpleasant odor and discharge
- has a direct soothing effect on itch and irritations
- provides direct relief of vaginal discomforts
- optimizes the vaginal flora and condition of the tissue
- counters yeast
- is safe and natural

How Multi-Gyn ActiGel works

ActiGel is based on the patented 2QR-complex. This natural substance is derived from plants and consists of bio-active polysaccharides. It has the unique ability to block adhesion of harmful bacteria and in this way it neutralizes these bacteria effectively. This natural blocking effect is completely safe and harmless because it is not based on toxic substances or harsh chemicals. Therefore it does not have negative side effects.

On top of its key effect of blocking harmful microbes, Multi-Gyn ActiGel supports the natural repair system of the tissue and optimizes the condition of the mucosa. It directly installs the optimal vaginal acidity (pH-value). The useful lactobacilli (lactic acid bacteria) are stimulated in their development and in this way Multi-Gyn ActiGel creates an optimal and natural flora that prevents discomforts.

Directions for use

Use Multi-Gyn ActiGel as often as you please, each time you experience or wish to prevent discomforts such as itch, sensitivity or irritation.

• **For treatment of bacterial vaginosis (BV)** with undesired discharge and/or odor, apply in the vagina at least twice a day in ample quantity for a period of at least 5 days.

• **For prevention of undesired discharge, odor and related complaints, or to counter yeast**, one application in three days is sufficient. More frequent application increases the efficacy. We advise application prior to bedtime. Unprotected intercourse affects the acidity (pH value) of the vagina. Use Multi-Gyn ActiGel within 8 hours after intercourse to restore the optimal vaginal pH and prevent growth of unwanted bacteria and malodor.

• **In the case of vaginal discomforts** like itch, irritations, sensitivity, redness and soreness apply Multi-Gyn ActiGel in ample quantity at least once a day or whenever relief is desired.

Please note!

After application you may experience a tingling sensation. This sensation is normal and will quickly disappear. Multi-Gyn ActiGel is completely safe and has no restrictions in its use. It can be used next to medication. In case of persistent or recurrent complaints you should always contact your physician. Multi-Gyn ActiGel should not be used longer than 30 consecutive days, so the vaginal flora can regulate itself without support.

Multi-Gyn ActiGel contains only natural ingredients

Multi-Gyn ActiGel is a natural product, based on the bio-active 2QR-complex. Multi-Gyn ActiGel does not contain perfume, ingredients of animal origin, harsh chemicals, preservatives or hormones and is safe and harmless. It does not affect condoms.

Ingredients:

Galactoarabinan Polyglucuronic Acid Crosspolymer*, Xanthan Gum, Glycerin, Caprylyl Glycol
*2QR-complex: patented bio-active polysaccharides. www.2QR.com

Allergies to the ingredients of Multi-Gyn ActiGel are very rare. When you have doubts, apply a little bit of gel on the inside of the arm. When an itching red spot appears we advise you not to use Multi-Gyn ActiGel.

Side effects.

Because Multi-Gyn ActiGel has an optimal acidity for the vagina and sperm is alkaline, the use of Multi-Gyn ActiGel may reduce the activity of sperm. Therefore ActiGel should not be used in the hours before or after intercourse when you wish to become pregnant. There are no other known side effects.

Interference with medication

Multi-Gyn ActiGel does not interfere with medication.

Pregnancy and lactation

There are no known contraindications for the use of Multi-Gyn ActiGel during pregnancy and breastfeeding.

Storage

It is advised to keep Multi-Gyn ActiGel between 10°C and 25°C (Room temperature).

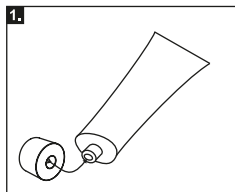
Gel color

The bio-active gel can vary a little in color; from colorless to amber. This is related to the main active ingredient, the 2QR-complex, that is fully natural and therefore may have small variations in color. This does not affect the efficacy or the safety of the product.

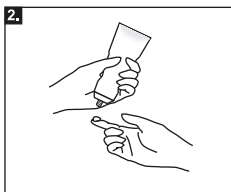
Application

• External application

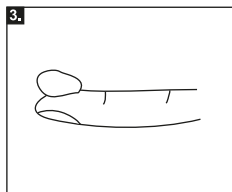
In case of discomforts of the outer intimate area (the vulva) you can apply Multi-Gyn ActiGel with your finger (always rinse your hands prior to doing so).



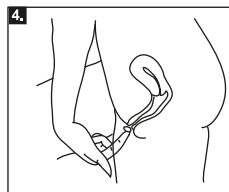
1. Take the cap of the tube. Use the backside of the cap to pierce the sealed tube, prior to initial use.



2. Take the tube in one hand and keep the index finger of your other hand close to the tube as the picture shows. Squeeze the tube slightly. Keep squeezing until you have an ample quantity on your index finger like the pictures shows.



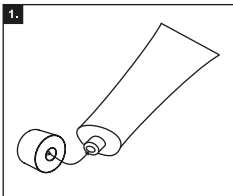
3. The amount on your index finger should be at least the amount of a fingertip (2 ml)



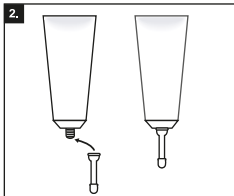
4. Apply the gel on the outer intimate area.

• Internal application

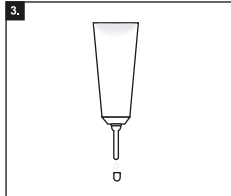
The special applicator can be used. It is included in the box and can be screwed onto the tube. With the applicator you can apply the gel into the vagina. After use you can leave the applicator on the tube, rinse it with warm water and then place the cap on the applicator. You can also apply the gel internally with your finger instead of the applicator. Rinse your hands and apply at least the amount of a fingertip on the tip of your index finger and insert it into your vagina.



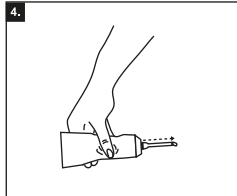
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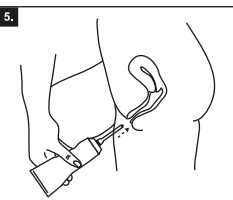
2. Screw the special applicator, which is inside in the box, on the tube.



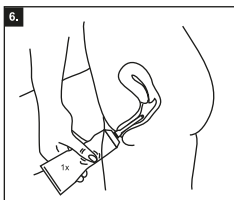
3. Take the small cap off the applicator.



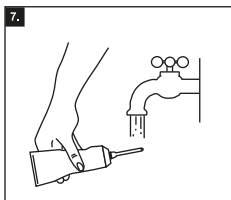
4. Take the tube in one hand and squeeze slightly until the gel comes out of the front side of the applicator. When the gel comes out you know that the applicator is filled with gel and ready for use. Practise how much will come out with a slight squeezing; you need at least the amount of a fingertip (2 ml).



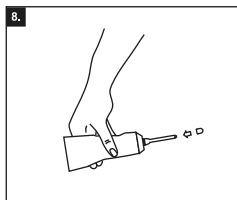
5. Insert the applicator, which remains on the tube, into the vagina as the picture shows. The vagina is 7-8 cm long and corresponds with the index finger of a woman. The length of the applicator is approximately the same as an index finger and will not damage the cervix.



6. Squeeze the tube slightly. You need at least the amount of a fingertip. However, no harm will be done if you apply more.



7. After use you can leave the applicator on the tube and rinse it with warm water.



8. Place the small cap on the applicator.

Background information

Intimate discomforts are more common than you may think. Many women will recognize the problem: irritation, soreness, burning sensation, unpleasant odor or discharge, sensitivity during or after intercourse, irritated labia and itch. Itch, burning sensation or irritation often worsen because of tight clothes, humid panty liners or sanitary napkins. Multi-Gyn ActiGel is the effective and natural solution to all such intimate discomforts.

Bacterial Vaginosis

What is bacterial vaginosis?

Bacterial vaginosis is a disturbance -a misbalance- in the vaginal environment caused by bacteria. The vagina normally contains a lot of "good" bacteria, called lactobacilli, and a few other types of bacteria, called coccoid bacteria. Lactobacilli are responsible for the healthy vaginal acidity in which the coccoid bacteria don't grow well. Loss of this vaginal acidity and the presence of too many coccoid bacteria is called bacterial vaginosis.

How do I know I have bacterial vaginosis?

You may notice a different discharge from your vagina. The discharge may be clear or colored and may be excessive. It most often has a fishy smell, especially after unprotected intercourse. Often you will suffer vaginal discomforts such as itch, irritations, sensitivity, redness, and soreness. Some women have bacterial vaginosis without any symptoms. The vaginal acidity is always abnormal; $\text{pH} > 5$

If this is an infection, did I catch it from someone?

No, not with normal hygiene. Bacterial vaginosis is an overgrowth of bacteria that are often present in the vagina, because of the proximity of the anus. While it is more common with women who are sexually active, it also occurs with women who are not sexually active.

Does it need to be treated?

Yes. Bacterial vaginosis is a truly undesirable vaginal flora. If bacterial vaginosis is not treated, bacteria may get into the uterus and cause serious problems. Treatment is especially important for pregnant women. Prevention is of course always best.

Yeast

What is yeast?

Yeast (fungus) has 2 phases: a spore phase that does not cause problems and a threadlike phase that can cause problems. Both lactobacilli and yeast need cell sugar for their growth and they compete over this cell sugar. Therefore yeast is mostly found in a vaginal environment with a normal (optimal) acidity.

How do I know I have yeast?

You will most often notice a non-smelly, white, cottage cheese like discharge and suffer of vaginal discomforts such as itch, irritations, sensitivity, redness, and soreness.

If this is an infection, did I catch it from someone?

Not necessarily. Yeast is often just an uninvited guest. However when you suffer recurrent infections, your partner might be a source. Recurrent yeast infections often occur to people with diabetes.

Does it need to be treated?

Contrary to bacterial vaginosis, yeast is not a really dangerous vaginal infection. It is however a great nuisance and affects the quality of life very much. When suffering infectious complaints, treatment with special antifungal medication is therefore indicated. Prevention is of course always best.