

READ THIS ENTIRE INFORMATION LEAFLET CAREFULLY BEFORE EACH TIME YOU USE MULTI-GYN ACTIGEL AND KEEP FOR REFERENCE

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### A. 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 tissues
- counters yeast
- is safe and natural

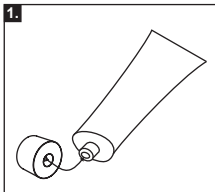
### B. How Multi-Gyn ActiGel works

ActiGel is based on the patented 2QR-complex. This natural substance is derived from medicinal 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 and therefore it does not have negative side-effects.

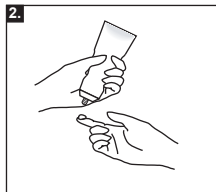
On top of its key effect of blocking harmful microbes, Multi-Gyn ActiGel supports the natural repair system of the tissues and optimizes the condition of the mucosa. It directly installs the optimal vaginal acidity (pH-value). The useful lactobacilli (lactic acid bacteria) are stimulated in their development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

### H. Application

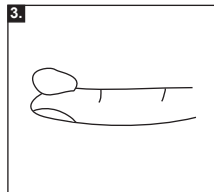
In case of discomforts of the outer intimate area (the vulva) you can apply Multi-Gyn ActiGel by finger (always wash your hands prior to doing so).



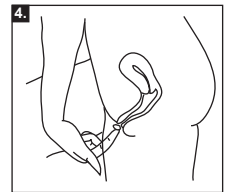
1. Take the cap of the tube. Use the backside of the cap to pierce the sealed tube, prior to initial use.



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 to the outer intimate area.

### C. 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 minimum twice per day in ample quantity for a period of at minimum 5 days.

For prevention of undesired discharge, odor and related complaints, or to counter yeast, one application per 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 case of vaginal discomforts such as itch, irritations, sensitivity, redness, and soreness apply Multi-Gyn ActiGel in ample quantity at least once per day or whenever relief is desired.

**Please note!** After application you can experience a tingling sensation. This is normal and the feeling will disappear within a few minutes. Multi-Gyn ActiGel is completely safe and has no restrictions in its use. It can be used next to medication without any problem.

Multi-Gyn ActiGel should not be used longer than 30 days in one treatment period.

In case of persistent or recurrent complaints you should always contact your physician.

### D. Multi-Gyn ActiGel contains only natural ingredients

Multi-Gyn ActiGel is a natural product, based on the bio-active 2QR-complex in combination with Aloe Barbadensis that acts as a tissue conditioner and pH buffer. Multi-Gyn ActiGel has no fragrances and no ingredients of animal origin. It has no harsh chemicals, no preservatives or hormones and is safe and harmless. It does not affect condoms.

Ingredients: Galactoarabinan Polyglucuronic Acid Crosspolymer\*, Xanthan Gum,, Glycerin, Caprylyl Glycol.

\*2QR: patented bio-active polysaccharides

Allergies to the ingredients of Multi-Gyn ActiGel are very rare. We advice, when you have a known allergy to herbal substances, to try a little bit of Multi-Gyn ActiGel on the inside of the forearm. When an itching red spot appears, allergy can be concluded to one of the ingredients in Multi-Gyn ActiGel. In this case we advice you not to use Multi-Gyn ActiGel.

### E. Side effects.

Because Multi-Gyn ActiGel has an optimal vaginal acidity 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 directly after intercourse when there is a wish to become pregnant. There are no other known side effects.

### F. Interference with medications

Multi-Gyn ActiGel does not interfere with medications.

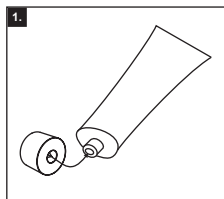
### G. Pregnancy and lactation

Multi-Gyn ActiGel can be used safely during pregnancy and breast-feeding.

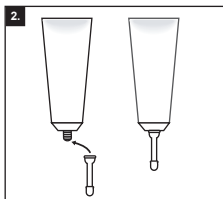


For internal application the special applicator can be used. It is included in the box and can be screwed onto the tube. With the applicator you can apply the gel into the vagina where it can act for a longer time. After use you can leave the

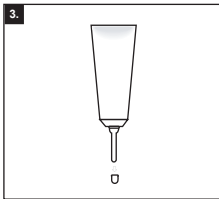
applicator on the tube, wash it with warm water and then place the cap on the applicator. Wash your hands and apply at least the amount of a fingertip on the tip of your index finger. Insert your finger into your vagina.



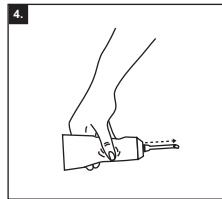
1. Take the cap of the tube. Use the backside of the cap to pierce the sealed tube, prior to initial use.



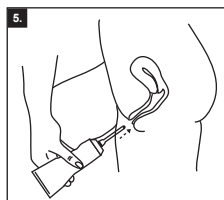
2. Screw the special applicator, which is inside in the box, on the tube.



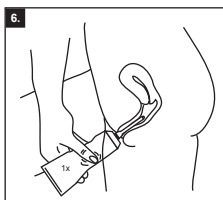
3. Take the small cap off the applicator.



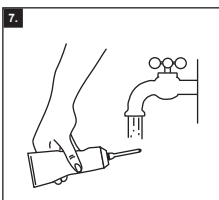
4. Take the tube in one hand and squeeze slightly until the gel comes out of the front side of the applicator. When the gel comes out you know that the applicator is filled with gel and ready for use. Practice how much will come out with a slight squeezing; you need at least the amount of a fingertip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



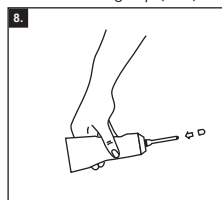
5. Insert the applicator, which remains on the tube, into the vagina as the picture shows. The vagina is 7-8 cm long and in correspondence with the indexfinger of the individual woman. The length of the applicator is approx. the same as an index finger and will not damage the cervix.



6. Squeeze the tube slightly. You need at least the amount of a fingertip. There is however no limitation and no hazard if you apply more.



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



8. Place the small cap on the applicator

## J. 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 making love, irritated labia and itch. Itch, burning sensation or irritation often worsen because of tight clothes, humid panty liners or hygienic bandages. 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 coccoïd bacteria. Lactobacilli are responsible for the healthy vaginal acidity in which the coccoïd bacteria don't grow well. Loss of this vaginal acidity and the presence of too many coccoïd 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 of vaginal discomforts such as itch, irritations, sensitivity, redness, and soreness. Some women have bacterial vaginosis without any symptoms. The vaginal acidity is always abnormal; 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's more common in women who are sexually active, it also occurs in women who are not sexually active.

#### Does it have to be treated?

Yes. Bacterial vaginosis is a truly undesirable vaginal flora. If bacterial vaginosis is not treated, the bacteria may get up into the uterus and cause serious problems. Treatment is especially important in pregnant women. Of course prevention is 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. Like the lactobacilli yeast needs cell sugar for its growth and are in competition over this food source. 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?

No necessarily. Yeast is often just an uninvited guest. However when you suffer recurrent infections, it might be that your partner is a source. Recurrent yeast infections are often seen in diabetes, because of the sugar, the food source of yeast. A low resistance to yeast infections is also seen in families, so there is a genetic background as well.

#### Does it have 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.