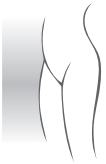


## Instant Active Gel

Prevents and treats vaginal discomforts • Prevents Thrush



### Read the information leaflet carefully prior to using BIO-FEM Instant Active Gel.

Many women will recognize the problems: soreness, burning sensation, sensitivity during intercourse, irritated labia. These discomforts can affect everyday life and are often made worse by wearing tight clothes or sanitary protections.

This is where BIO-FEM Instant Active Gel can help.

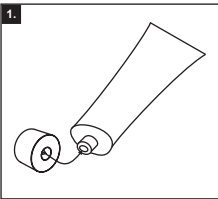
BIO-FEM Instant Active Gel is an effective and naturally based formula to

- prevent and treat Bacterial Vaginosis (BV)<sup>a</sup>
- prevent Thrush (yeast infection)<sup>b</sup>
- provide instant relief of vaginal discomforts
- reduce unpleasant odour and discharge
- provide a direct soothing effect on itching and irritations
- optimize the vaginal flora and condition of the tissues

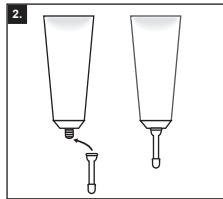
a. see overleaf - "What is BV?"

b. see overleaf - "What is Thrush?"

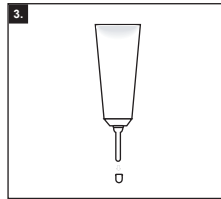
### For internal application



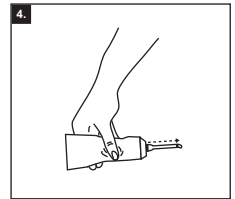
1. Take the cap off the tube. Use the backside of the cap to pierce the sealed tube prior to initial use.



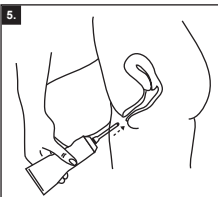
2. An applicator is contained in the box. Screw it on the tube.



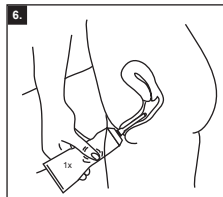
3. Take the small cap off the applicator.



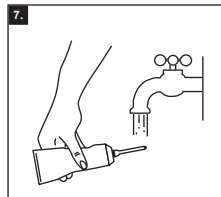
4. Squeeze slightly until the gel comes out of the applicator. When the gel comes out, the applicator is full and ready to use. You will need at least 2ml i.e. the amount of a fingertip.



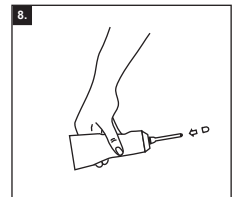
5. Insert the applicator, screwed on the tube, in the vagina as the picture shows. The length of the applicator is approx. the same as the size of a vagina (7-8cm) and therefore will not damage the cervix.



6. Squeeze the tube slightly. You need at least the amount of a fingertip. There is however no limitation in dosage as Instant Active Gel is a safe product.



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



8. Place the small cap back on the applicator to close.

### Directions

Pierce seal using tube cap prior to initial use. Wash the intimate area using lukewarm water. Refrain from using harsh, alkaline-based soaps or vaginal deodorants as these may disrupt the natural pH balance. Pat the skin dry using a soft towel.

In case of vaginal discomforts such as itching, irritations, sensitivity, redness and soreness apply generously at least once a day or whenever relief is needed.

In prevention of Thrush, odour and related complaints, apply once every three days, or more if necessary. We recommend an application prior to bedtime. Unprotected intercourse affects the vaginal pH acidity. Use Instant Active Gel within 8 hours after intercourse to restore the optimal vaginal pH and prevent growth of unwanted bacteria and odour.

For the treatment of Bacterial Vaginosis (BV) with unpleasant discharge and/or odour, apply generously at least twice a day for a minimum of five consecutive days.

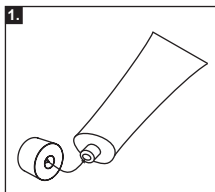
The nozzle applicator can be used for ease of internal application.

## Instant Active Gel

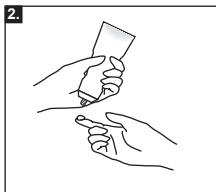
Prevents and treats vaginal discomforts • Prevents Thrush



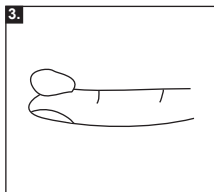
### For external application



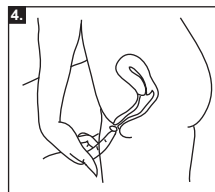
1. Take the cap off the tube. Use the backside of the cap to pierce the sealed tube prior to initial use.



2. Squeeze the tube slightly. Keep squeezing until you have a fair amount on your index finger as per picture 3.



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.

### Side effects

It is normal to experience a slight tingling sensation after application. The feeling will disappear within a few minutes.

If you wish to become pregnant do not use BIO-FEM Instant Active Gel in the hours following intercourse as it may reduce the activity of sperm.

BIO-FEM Instant Active Gel can be used during pregnancy or breastfeeding and is safe to use with condoms.

There is no restriction in usage or dosage and no interference with medications.

BIO-FEM Instant Active Gel is made of natural plant extracts and does not contain ingredients of animal origin or chemical substances such as preservatives.

**Ingredients:** Aloe Barbadensis Extract, Mannane, Galactoarabinan Polyglucuronic Acid Crosspolymer\*, Glycerin, Caprylyl Glycol

\* Based on 2QR: patented polysaccharides  
pH 4.1

One of the key ingredients of BIO-FEM Instant Active Gel is the patented 2QR complex derived from medicinal plants. This unique active ingredient effectively blocks the adhesion of harmful bacteria and neutralises these bacteria effectively. The natural blocking action of 2QR is completely safe and harmless because it is not based on toxic or chemical substances.

BIO-FEM Instant Active Gel's unique formula supports the natural repair system of the tissues, optimizes the condition of the mucosa and restores the pH balance.

The good bacteria (lactobacilli or lactic acid bacteria) are stimulated in their development and the gel creates an optimal and natural flora that prevents discomforts.

### Precautions

If discomforts persist, consult your doctor or nurse.

#### a. What is Bacterial Vaginosis (BV)?

A healthy vaginal environment contains "good" bacteria, called lactobacilli, and a few other types of bacteria, called coccoid bacteria. Lactobacilli are responsible for the healthy vaginal acidity (pH between 3.8 and 4.5) which inhibits the growth of coccoid bacteria.

The loss of this vaginal acidity and the presence of too many coccoid bacteria is called "Bacterial Vaginosis" or "BV". The symptoms can be recognized by excessive or coloured vaginal discharge. The discharge tends to have a fishy smell and is often accompanied with other discomforts. The vaginal pH is affected and becomes greater than 5. It is important to treat BV as 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.

#### b. What is Thrush (Candidiasis)?

It is a yeast (fungus) infection with 2 phases: a spore phase that does not cause any problems and a thread-like phase that can cause problems. Like the lactobacilli, yeast needs cell sugar for its growth and both are in competition over this food. Therefore yeast is mostly found in a vaginal environment with a normal acidity.

The common symptoms are a non-smelly, white cottage cheese-like discharge accompanied with other vaginal discomforts. Thrush is not as serious as Bacterial Vaginosis. It is however very uncomfortable and affects the quality of life very much. When suffering from candidiasis, treatment with special antifungal medication is often recommended. Prevention is, of course, always best.

### BIO-FEM Care

For further information or advice visit our website [www.biofem.co.uk](http://www.biofem.co.uk) or email us [care@biofem.co.uk](mailto:care@biofem.co.uk)



**Distributor:**  
Passion For Life Healthcare Ltd.  
Epsom KT19 8DH, UK

### Manufacturer:

BioClin BV, Delft, Netherlands

This product is a medical device Class IIa according to the EC guideline 93/42/eec.



Best before: see base of box