

Gynomunal[®]

Vaginal Moisturising Gel

Instructions for Use

Gynomunal is a hormone-free, vaginal moisturising gel for women with vaginal dryness. Gynomunal has been clinically proven in treating vaginal dryness, and its symptoms, including itching, burning and pain (as well as discomfort during sex). Vaginal dryness can occur when oestrogen levels fall. This means that it is a very common problem during and after menopause or after hysterectomy. Vaginal dryness can also occur in breastfeeding women, in women taking contraceptives or at times of stress. It can also occur as a result of certain medical treatments.

Gynomunal is a liposomal formulation containing natural hop extract, Vitamin E and hyaluronic acid. It is specifically formulated to provide fast relief from the symptoms of vaginal dryness as well as long-lasting effects in restoring the natural moistness of the vagina and aiding the natural healing process of vaginal tissue. Hyaluronic acid is a naturally occurring substance used in many vaginal moisturisers because of its strong hydrating properties. It provides a protective film for damaged tissues to quickly reduce skin irritation and facilitate hydration, wound healing and tissue regeneration. It also enhances lubrication. Natural hop extract helps stabilise the vaginal tissues and helps them regenerate. Vitamin E protects against free radicals. Combining these components in a liposomal formulation allows Gynomunal to provide long lasting hydration and relief of symptoms.

INSTRUCTIONS FOR USE

Use Gynomunal once every day for the first seven days and then twice a week. It is preferable to apply Gynomunal at night-time but you can use it whenever you wish and you can safely use Gynomunal more frequently if you need to. You apply Gynomunal by using the specially designed applicator that allows you to apply Gynomunal gel exactly where it is needed in your vagina.

1. Carefully wash your hands before using Gynomunal. Remove the cap from the tube and use the cap to pierce the sealed end of the tube before first use.
2. Screw the open end of a clean applicator onto the nozzle of the tube.
3. Gently squeeze the tube so that the piston inside the applicator begins to move and the applicator begins to fill with gel. You can gently pull on the piston if this helps. The piston will stop moving when there is one dose (2.5 ml) of Gynomunal in the applicator (about half full).
4. Unscrew the applicator from the tube.

5. Find a private and comfortable position to apply Gynomunal, for example, sitting, squatting or lying on your back, and insert the open end of the applicator into your vagina as far as you can do comfortably and while ensuring you can hold the other end securely.

6. Hold the applicator in one hand and use your other hand to press lightly on the piston to apply the complete dose of Gynomunal gel into your vagina.

7. Remove the applicator from your vagina. Clean the applicator as follows. Remove the piston by pushing the narrow end of the piston into the applicator body and then removing the piston from the other end. Rinse the piston and applicator body in clean lukewarm water. Allow to dry. Ensure you press the piston back into place, as far as it will go, after drying. Store the applicator in the box.

Each 15 ml tube of Gynomunal comes with one applicator. Each 50 ml tube of Gynomunal comes with 5 applicators.

You may find it more comfortable to rub a little Gynomunal gel around the outside of the tip of the applicator to facilitate the insertion.

COMPOSITION

Hop extract (*Humulus lupulus*), tocopherol acetate (Vitamin E), purified water, propylene glycol, denatured ethanol, soya lecithin (E322), carbomer, methyl-4-hydroxybenzoate (E219), cholesterol, imidazolidinylurea, triethanolamine, sodium edetate, hyaluronic acid, propyl-4-hydroxybenzoate (E217).

CONTRA-INDICATIONS

Do not use Gynomunal if you are hypersensitive to any component in the product. If you have a vaginal infection consult your Doctor before using Gynomunal.

SIDE EFFECTS

In a clinical study of 100 women who used Gynomunal for three months there were no side effects related to use of Gynomunal. In rare cases a feeling of itching or burning at the application site in the vagina may occur. This may occur because the vaginal tissue is particularly dry and irritated. If you have any unpleasant effects after using Gynomunal please contact your Doctor or Pharmacist.

WARNINGS

This product (gel and applicator) is intended for individual use in adults only and must not be shared with other people.

Do not use the vaginal applicator if you are pregnant. Instead, squeeze the measured amount of gel out of the applicator onto your finger. Carefully apply the gel using your finger as far as is comfortable.

Do not use the applicator if it is damaged or dirty.

Keep out of the sight and reach of children.

Do not swallow.

Store at 15 - 30°C

OTHER

Hormone-free.

Gynaecologically tested.

Non-irritant, non-sensitising formulation.

Gynomunal can be used in conjunction with HRT (Hormone Replacement Therapy).

Gynomunal can be used during menstruation.

Compatible with the use of condoms.

Fragrance free.

Latex free.

Dispose of the empty tube and applicators in general household waste.

Due to the use of natural ingredients, slight changes in the appearance may occur.

However, this does not impact the effectiveness of Gynomunal.

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Distributor: Cederberg GmbH, 4102 Binningen, Switzerland



Last revision: August 2013