



# FAQ

## **MULTI-GYN<sup>®</sup>**

**TREATMENT AND PREVENTION OF VAGINAL DISCOMFORTS**

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## 1. General questions on vaginal health

### Self-diagnosis; how can I know by myself if I have a yeast infection or another infection?

Very important to know! Candida (yeast) is the cause of vaginal complaints in only some 25%, Bacterial Vaginosis in 30% and otherwise no clear cause can be found (atypical vaginitis)

Some questions about your symptoms:

- 1) Be sure that your discomforts are internal (within the vagina) and not external (labiae or vagina entry)  
External discomforts are often confused with the internal. External discomforts can be caused by allergy to eg washing machine soap, irritation or material of underwear. However some dermatological conditions may occur such as psoriasis or Lichen planus.
- 2) Do you have itch, burning, pain”?  
These symptoms are most often caused by bacteria or fungi (yeast) but also by “physical” damage and irritations such as of sexual intercourse, insertion of objects including tampons. The latter cause falls under, what is called, “a-typical vaginitis”.
- 3) Do you have excessive discharge?  
If yes; is it smooth or crumbly white? Crumbly white indicates a yeast infection, smooth indicates another microbial disturbance or an irritation. Also, yeast infection mostly occurs in the second half of the cycle
- 4) Do you have abnormal odour?  
If yes, there is a microbial disturbance called bacterial vaginosis. The discharge is usually excessive but smooth.

Some questions about yourself:

- a) What is your age and are you still menstruating or in menopause?  
Yeast infections seldom occur in young children and post menopausal women unless they take hormone replacement. Menopause brings hormonal changes and these do NOT increase the risk of yeast infections. Look for malodorous and smooth discharge which indicates a microbial disturbance. If not present, your complaint has another origin.
- b) Do the symptoms re-occur eg after sexual intercourse?  
Sexual intercourse can cause irritation of the mucous tissues, especially when you were not well lubricated. Sexual intercourse can also disturb the vaginal ecology and cause malodour.
- c) When still menstruating at what moment after menstruation do you get your complaints?  
Yeast most often occurs in the second half of the menstrual cycle, microbial disbalance in the first half.
- d) Do you have any allergies?  
If yes, take precautions to avoid the causes. They exhaust your immune system and make you more vulnerable for all sort of infections, including vaginal.

### Is it possible that a hot climate causes more vaginal complaints?

In principle ‘yes’. Especially yeast infections occur more frequently in tropical climates. Yeast grows well in a moist and warm environment.

### Tips to prevent intimate discomforts.

*There is a number of intimate discomforts that are quite common but that can be very bothersome. To prevent intimate discomforts a good, wise intimate hygiene is important. Some general advices for your personal care:*

- Wash just with lukewarm water, don't use ordinary soap. In the pharmacy you can also buy some special products for intimate hygiene.
- Don't close off the area with tight pants, tight underwear etc. Preferably wear cotton underwear. Don't sleep with your slip on.
- Check for possible allergies such as for perfumes, foods etc. These are also of influence in intimate complaints.
- Take care that bacteria from the bowel don't get into the vagina; wipe yourself from front to back.
- Wash cloth collect and grow bacteria. Use a clean wash cloth.
- Avoid vaginal contact with towels used by others, with public toilet droplets, public jacuzzi etc.
- When you notice abnormal discharge or odour apply Multi-Gyn ActiGel to restore the proper vaginal condition, which has a natural protection against undesired micro-organisms.
- Change tampons and sanitary towels very regularly.
- Make love when you are really aroused and not "dry", because that may cause irritation of the tissues. To compensate for vaginal dryness and stimulate the natural moisture there is Multi-Gyn LiquiGel.
- When you often suffer from yeast infection, a sugar free diet might be of help. Know that your partner can be a source of re-infection so anti-candida medication for both of you should be considered. Apply FloraPlus once or twice a week for treatment and prevention.
- When often suffering from a malodorous discharge, use for internal vaginal hygiene a vaginal douche (like the Multi-Gyn Douche) to wash the vagina clean and prevent a condition in which undesired bacteria might grow such as in semen residue after sexual intercourse. After vaginal douching always use Multi-Gyn ActiGel or FloraPlus.
- See to a good general condition to boost your resistance. Take enough rest.

## 2. Abnormal discharge

### I have a lot of discharge and find that embarrassing.

Firstly, discharge is the normal shedding and excretion of the vaginal mucous tissues. The amount of discharge is very individual to each woman and every woman should learn to accept her own personal amount. Only when this amount is increased, it can be called "a lot of discharge". Often the abnormal amount of discharge has a different consistency or a different smell. When neither is the case it can be that you have an irritation or inflammation caused by some physical action such as intercourse or insertion of objects including tampons or by some chemical sources such as aggressive douching fluids, perfumed lotions etc. Gently clean or douche with water and apply Multi-Gyn ActiGel for 2 or 3 days.

**My discharge looks different; it is flaky and whitish**

This change usually indicates a yeast infection. Often there is also itch. Usually a yeast infection starts in the second half of the cycle. To get rid of the yeast, flush the vagina clean with a douche, using just water or the Multi-Gyn Douching Tablets and apply FloraPlus directly thereafter.

**My discharge smells different; it is malodorous**

This change of smell always indicates a disbalance of the vaginal flora. Some women are extremely susceptible to it and constantly have to watch over restoring the good vaginal flora. Hygiene is important but please note, correct hygiene is a balance between too much and too little hygiene. Don't wash with soap or washing gels every day, wash with water and a clean washing cloth or with your hands under the shower. The bacteria that give the malodour are quite sensitive to acidity. Apply FloraPlus inside and outside of the vagina to install acidity and stimulate growth of lactobacilli.

**3. Complaints; itch, burning, pain within the vagina****I frequently suffer from itch of the vagina.**

Itching is one of the most reported complaints. Most women immediately think that they have a yeast infection (thrush) and rush out to get an antimycotic from the pharmacy. However Candida (yeast) is the cause of vaginal complaints in only some 25 %, Bacterial Vaginosis in 30 % and otherwise no clear cause can be found (atypical vaginitis). You can self diagnose (see above) and take the appropriate action. In most cases treatment with Multi-Gyn ActiGel or FloraPlus not only cures but also prevents the causes of recurrent itching.

**I went to see my doctor because of itch, burning and pain of the vagina. He gave me something against yeast but it doesn't help.**

Unfortunately it all too often happens that this sort of complaints are not taken seriously and no effort is made to make a diagnosis by e.g. asking questions about how and when, measuring the vaginal pH, looking under the microscope. When a medication doesn't work it is just not the right medication, meaning it is just not the right diagnosis. Because of that there is a lot of over-medication and the danger of that is not only a waste of money but over-medication with antibiotics and antimycotics also lead to resistance. You can very well self diagnose. (see above). A very good first-line treatment is with Multi-Gyn ActiGel or FloraPlus. When these BioClin products don't help within a few days you can be sure that you need medication.

**I often have an itching vagina the day after intercourse**

Most often this itch is caused by the growth of the undesirable bacteria of Bacterial vaginosis (BV) that have started to grow in the favourable pH and food supplied by the seminal fluids. It is accompanied by a bad, fishy odour. Douche to flush the vagina clean and insert Multi-Gyn ActiGel. If this bad smell is not present, you might have to consider an irritation caused by the sexual intercourse itself and sometimes the condom material. MutliGyn ActiGel will stop the itching.

#### 4. Questions on yeast infections; candida

##### Why do I suffer most from vaginal complaints, especially yeast infections, in the second half of my menstrual cycle?

This is because in the second half of the menstrual cycle progesterone is dominating the hormone balance. Progesterone stimulates the storage of cell sugar (glycogen) and this glycogen is what yeast needs to thrive. When looking for Candida (yeast), we therefore advise to do a wet mount or culture in the second half of the cycle, because that is the best time to detect it.

##### I have recurrent yeast infections and the anti-fungal medication works only briefly.

The first question back to you is; how was the yeast infection diagnosed? With a smear or culture or just because you reported vaginal complaints? It might well be that you don't have yeast infections at all. Anti-fungal medication should only be prescribed with a good diagnosis but that is unfortunately not always the case. A measurement of the vaginal acidity (pH) with a pH strip can already indicate what the doctor can look for. With a pH >5, look for bacterial vaginosis, Trichomonas or other noxious microorganisms. In case of very recurrent yeast infections you should start taking a strong course of oral antimycotics eg Sporanox. Your partner should join you in this treatment. In recurrent candidiasis co-treatment of the partner is a must; in 15 % of the cases the partner is the source. However for further management and prevention of candida FloraPlus is an excellent solution. It strongly stimulates growth of lactobacilli and keeps candida away.

##### Could a doctor prescribe oestrogen in case of yeast problems?

Yes, that could be possible because oestrogen counter-acts the effect of progesterone which is the hormone that triggers strong storage of cell glycogen.

##### Is there a relationship between nutrition and yeast infection?

The answer is 'yes'. Yeast is feeding on cell sugar (glycogen). The amount of cell sugar is indeed influenced by nutrition. A low sugar – and dairy diet is advisable in yeast infections or the susceptibility for these (a yeast infection is the same as a Candida infection)

#### 5. Questions on malodour; Bacterial vaginosis

##### I think that my vagina has a bad odour. What can I do?

"Bad odour" is very personal; some women have difficulty to discern between bad and normal, basically not accepting that every individual has an odour. Really bad odour - so an odour of which the woman is certain that it is different than her usual odour and unpleasant - is always related to BV. We advise douching and applying Multi-Gyn ActiGel directly afterwards.

##### I very often have a bad vaginal odour. How can I prevent that?

Some women are very susceptible to the disruption of the healthy vaginal flora. Disruption is often by bacteria from the anal area. Correct hygiene is therefore a tool to prevent that. Correct hygiene is a balance between too much and too little hygiene. Don't wash with soap or washing gels every day, wash with water and a clean washing cloth or with your hands under the shower. The bacteria that give the malodour are quite sensitive to acidity. Apply FloraPlus inside and outside of the vagina to install acidity and stimulate growth of

lactobacilli. If you suffer from itch and pain as well, Multi-Gyn ActiGel would be the best choice.

## **Is washing with soap bad for women who suffer from malodorous discharge?**

Yes, this will worsen the situation because soap is alkaline. Washing with just water is sufficient for the hygiene of the area but there are also special soaps and washing emulsions on the market. Multi-Gyn Femiwash is an excellent product because it is very, very safe as proven with the Red Blood Lysis Test. In this test the toxicity of a product is researched with the killing of red blood cells. It is important to improve the acidity of the vagina for example with Multi-Gyn ActiGel that, as a sticky acid gel, will provide protection. For prevention and a healthy flora regular application of FloraPlus will treat and prevent malodour.

## **6. Pregnancy and vaginal health**

### **I am pregnant and suffer from candida infections. What should I do?**

You should see your doctor and he will select an anti-candida medication which can be used during pregnancy. Against the symptoms such as itch you can use Multi-Gyn ActiGel. Multi-Gyn is absolutely safe during pregnancy.

### **I am pregnant. What should I do to keep my vagina healthy?**

Most important is to prevent the condition called Bacterial vaginosis (BV) This is the disbalance of the vaginal flora in which the lactobacilli are replaced by the bacilli that give the well known “fishy odour”. These bacteria are also related to premature birth. Watch vaginal hygiene; Don't wash with soap or washing gels every day, wash with water and a clean washing cloth or with your hands under the shower. It appears that a supplementation of Vitamin D is useful to prevent BV during pregnancy. You also don't want a yeast infection. Yeast is not really dangerous in pregnancy as BV can be, but you can transfer it to the baby and it then may cause oral thrush. Apply FloraPlus regularly to prevent these conditions and keep the vagina healthy.

### **Can I douche after intercourse when I want to become pregnant?**

When you want to become pregnant, we advise not to douche within 6 hours after sexual intercourse. This is to (perhaps) give some spermatozoa an extra chance. Little is known if this postponing of douching is indeed useful. It is however known that fertilisation is very fast because the sperm enters the softened mucous plug of the cervix at the right time of fertility. And this right time is very short, just a few hours. It is certainly not necessary to wait for several days with douching when you are susceptible to bad odour after intercourse.

### **I want to become pregnant. Can I use Multi-Gyn before intercourse?**

We have not researched the neutralizing effect of the salty sperm fluid on the acidity of Multi-Gyn ActiGel. We therefore advise not to use the ActiGel before or directly after intercourse when you wish to become pregnant. Because the sperm cell travels fast up into the uterus at the moment of fertility the gel can be safely applied -some 6 hours or so- after intercourse. Sperm can be found right up in the fallopian tubes within 2 to 3 minutes after intercourse.

### **Is it safe to use Multi-Gyn Vaginal Douche while trying to conceive?**

At the moment of fertility the cervical plug is penetrable for sperm cells. It is known that sperm enters the uterus very quickly after ejaculation. Typically more than 50% are active with over 25% moving forcefully in one direction. It is thought that these are the sperm with the best chance of successfully fertilizing an egg. Sperm can be found right up in the fallopian

tubes within 2 to 3 minutes after intercourse. Douching after intercourse on the right moment of fertility does very little to prevent conception. However, the moment of fertility and softening of the cervical plug could be some hours after sexual intercourse. Sperm can survive in the vagina for some time (these are the more strong but slower female sperms) and hence douching right after intercourse could then indeed prevent conception.

### **Is Multi-Gyn ActiGel safe during pregnancy and lactation?**

Yes, absolutely safe. Also the related products of FloraPlus and LiquiGel are fully safe to use in those instances.

### **Is there a relationship between the pH (acidity) of the vagina and conception?**

Yes. During the ovulation, the vagina has the optimal pH value for conception. Sperm does not like acidity and the vagina is not very acidic at that moment. If there are problems with conception, you could support the vagina to be less acid, by washing with alkaline soap. Another tip to become pregnant is to use a baking soda douche at least one hour before intercourse at the time of ovulation. This makes the vagina alkaline, which is ideal for the sperm. You can prepare the solution by mixing one tablespoon of baking soda in a cup of warm water and douching at least one full hour before intercourse.

## **7. STD (sexually transmitted diseases)**

### **Can I get STD from other sources than sexual intercourse?**

Yes, you can. From towels used by other people, from public toilets droplets, jacuzzi's and other sources where genitals come into contact with moisture.

### **What can Multi-Gyn ActiGel do against HPV?**

According to the last Dutch surveys there is a relationship between HPV infections and Bacterial vaginosis, BV (the undesirable coccoid flora). Multi-Gyn ActiGel restores the vaginal ecology and can therefore prevent infection with HPV. We advise the combination of douching and application of the ActiGel after intercourse to prevent STD such as HPV.

## **8. Sexual intercourse, complaints and risks**

### **I am experiencing bad odour after intercourse.**

You are suffering of what is called "bad ecological repair". Semen is alkaline and upsets the vaginal ecology by favouring growth of undesirable bacteria in the protein-rich remains of the ejaculate. The regime is to douche afterwards (within 12 hours) and insert Multi-Gyn ActiGel after douching and again the ActiGel some 8 hours later.

### **I frequently get a bladder infection after sexual intercourse. What is the reason and what can I do?**

Probably (unprotected) sexual intercourse disturbs the balance of the vaginal bacteria and results in an overgrowth of coccoid bacteria. These can travel up into the urethra and into the bladder and cause a bladder infection. It is advisable to urinate after sexual intercourse. It is also advisable to douche after intercourse and apply FloraPlus. This product strongly stimulates the growth of lactobacilli and restores the vaginal acidity. Also, always take care to empty your bladder thoroughly while urinating.



**Sexual intercourse is very painful.**

One cause can be vaginal dryness. Often after menopause vaginal dryness occurs as a result of hormonal changes. But also lack of excitement and thereby lack of lubrication can be a cause. Always make sure that there is enough lubrication, if not naturally then with a good lubricant and moisturizer such as LiquiGel. A very painful condition is vulvodynia. It is a constant infection and does not heal easily. This often has psycho-sexual origins and individual counselling has to resolve it. Meanwhile Multi-Gyn ActiGel can be of positive influence.

**Why do I often experience malodorous discharge and itch after sexual intercourse?**

Sperm does not like the acidity of the vagina. The ejaculate fluid is therefore more salty to neutralize this acidity. Unfortunately this environment is also favourable for the bad bacteria that cause the malodour and itch. When you are susceptible for this disturbance of the vaginal flora we advise to douche after (unprotected) intercourse and insert Multi-Gyn ActiGel to restore the proper vaginal acidity and create a favourable environment for the useful lactobacilli to grow back.

**I suffer a stinging pain after unprotected intercourse but not when using a condom.**

You probably have an allergy against the seminal fluids. This causes an acute reaction of pain and burning. Consult your gynaecologist because this can also interfere with a child-wish.

## 9. Questions on menopause; vaginal dryness

**I am post menopausal and suffer from vaginal dryness. What can I do?**

Vaginal atrophy -thinning of the vaginal tissues- very often gives complaints in post-menopausal women because there is less shedding of mucous tissues = less lubrication = vaginal dryness. Lubrication of the glands of Bartholin continues, but these are only active when sexually aroused. Sexually activity has a positive influence on atrophy. In this respect masturbation is also advised. The most effective way to restore some of the thickness of the tissues is topical application of an estrogen (estriol) cream. This has the topical effect of thickening of the mucous tissues of the vagina but not the side effects of HRT (hormone replacement therapy). Topical application of a moisturizer/lubricant e.g. Multi-Gyn LiquiGel helps to relieve the dryness and discomfort.

***I am post menopausal. What can I do to help restore or replace the natural biology of the vagina?***

Multi-Gyn ActiGel can acidify the vaginal environment and keep the coccoid (BV) flora away. It cannot restore the lactobacilli population in post menopausal women because there is not sufficient cell sugar (the food for lactobacilli) in the thinning mucous tissues. The prebiotics in Multi-Gyn FloraPlus are nutritive components that support the growth of the lactobacilli and thus help restore the natural flora of the vagina.

**Is it normal that I suffer of malodorous discharge after menopause while I never had this problem when I was still menstruating?**

The answer is 'yes'. After menopause, there are less or no glycogen rich vaginal cells, less or no lactobacilli and less or no production of lactic acid by lactobacilli. This can lead to coccoid overgrowth. A good solution is the application of Multi-Gyn ActiGel to neutralize the coccoid

bacteria that cause the foul smell as well as to improve the vaginal acidity, to prevent these bacteria to colonize (cocci bacteria don't flourish in an acid environment.)

## 10. The vaginal area, the labiae; eczema, genital warts, psoriasis etc.

### I have a very dry, itchy even painful labiae.

*It is possible that you suffer a dermatological condition such as lichen sclerosis or psoriasis. You need to see a dermatologist and will probably be given corticosteroids. Multi-Gyn ActiGel is a very favourable co-medication with cortico's.*

### Does Multi-Gyn ActiGel act against genital warts?

Genital warts are caused by virus and are very contagious. We will not say that Multi-Gyn is a cure, because we have not conducted a clinical research on this topic. We can only report some very good results of women who were reluctant to get the regular treatment so it is worth a try. The advised regime is then: Douche every other day, apply Multi-Gyn ActiGel at least 3 x per day during 2 months. The partner should also use the product to prevent transfer of the virus.

### I have a vulvo-vestibulitis. Could Multi-Gyn help?

A vulvo-vestibulitis is an inflammation of the vulva (=labia) and the entrance of the vagina (vestibulum). An -itis indicates an inflammation. -itis does not give the diagnosis of the cause of the inflammation. E.g gastritis =inflammation of the stomach and the cause can be all sorts of things from bad food to bacterium to polyps etc. Multi-Gyn ActiGel can help to counter the inflammatory processes. When bacteria are involved Multi-Gyn will neutralize the noxious ones. Beware: Because of the tissue damage of the inflammation, the acidity of the product makes that you have to go through a minute of stinging/burning before it becomes soothing. However there are medical treatments that are more painful or unpleasant.

### I have psoriasis in the vaginal area. Can Multi-Gyn help?

Psoriasis can't be cured, only the symptoms can be relieved and side effects such as bacterial and fungal infections can be treated. These microbial infections are the result of the disturbed skin barrier function, that is typical for all eczema and psoriasis. Another factor is the easily disturbed immune system which is also related to psychological factors e.g. stress. With respect to Multi-Gyn ActiGel: It is certainly worth to give it a try. Corticosteroids are most frequently prescribed to reduce the inflammatory effects of psoriasis. Their side effect is thinning of the tissues. Multi-Gyn counter-acts this effect and is a good co-treatment. It will keep microbial infections away and improve the topical immune response. Being acidic, the product will sting for a short while on the sensitive tissues. As a single treatment for psoriasis, it should be given a fair chance; 3-4 weeks, the replacement cycle of skin. We have heard some positive results but we certainly don't position it for psoriasis, not having conducted any studies on that. Apply Multi-Gyn ActiGel at least twice per day. We would also advise to combine it with the application of an oil (sunflower oil from the kitchen is excellent oil), to improve the skin barrier function. Constant shedding of skin and no skin fat and impaired barrier function of the skin are after all the problem in psoriasis.

## 11. Vaginal hygiene, douching

### **I learned that the vagina is a self cleansing organ so why should I douche?**

In principle that is correct and that is why there is always some discharge. It depends however on the individual anatomy of the woman how deep the folds (fornices) are behind the attachment of the uterus onto the vagina. In these fornices dead cells of the vaginal lining, mucous and also remains of sperm may collect and create an environment for the growth of undesirable micro-organisms. When your individual anatomy is such, it is wise to flush these fornices clean with douching. (Compare this to the space between your teeth. Some people have to floss all the time and for other people a tooth brush is sufficient.)

### **I heard that douching is dangerous and can cause PID.**

The cervix is closed with a mucous plug and forms a strong barrier against bacteria to keep the uterus sterile. It takes a lot of pressure to “blow away” this plug and a vaginal douche, and certainly the one of Multi-Gyn, does not create this pressure, even by squeezing with full force. There are indeed negative publications on douching, but we question these, because we could not demonstrate any negative effects in 25.000 women who have been advised to douche; on the contrary! We therefore believe other factors are involved and give rise to the negative reports of douching. It should be noted that we strongly advise against douching with aggressive douching fluids such as chlorhexidine and betadine which kill all bacteria and also the useful lactobacilli (unless this approach is prescribed and controlled by your physician). Douching will indeed flush out a good number of lactobacilli as well. Therefore we always advise to insert FloraPlus directly after douching to install the correct pH and stimulate the (re)growth of lactobacilli.

### **How often should I douche?**

Within some 6 hours after (unprotected) sexual intercourse and as a routine for hygiene at least 2 times per month. Not during, but after menstruation.

### **Is it safe to use Multi-Gyn Vaginal Douche while trying to conceive?**

At the moment of fertility the cervical plug is penetrable for sperm cells. It is known that sperm enters the uterus very quickly after ejaculation. Typically more than 50% are active with over 25% moving forcefully in one direction. It is thought that these are the sperm with the best chance of successfully fertilizing an egg. Sperm can be found right up in the fallopian tubes within 2 to 3 minutes after intercourse. Douching after intercourse on the right moment of fertility does very little to prevent conception. However the moment of fertility and softening of the cervical plug could still be some hours after sexual intercourse. Sperm can survive in the vagina for some time (these are the more strong but slower female sperms) and hence douching right after intercourse could then indeed prevent conception.

## 12. Non-menstruating girls and vaginal problems

### **My little daughter is 3 years old. Recently her panties smell really bad.**

Little girls, girls that are not yet menstruating, have a same kind of vaginal tissue as post-menopausal women. They don't produce the sex hormones, particularly estrogen and progesterone, that are responsible for the healthy condition of the vaginal tissues. This tissue is called "atrophic", meaning thin. As in post-menopausal women, there is no cell glycogen, no cell sugar for the lactobacilli to feed on. Therefore the condition called Bacterial vaginosis with its typical malodour also occurs in young girls. Wash the area with water or diluted

vinegar. Multi-Gyn ActiGel can also be applied outside and -very carefully- also a bit in the entrance of the vagina.

### **My daughter is 5 years old. She complains about pain of her vagina. It looks very red and swollen indeed.**

This irritation or inflammation of the vagina of little girls can have several causes. Think of tight and chafing underwear and other "mechanical" causes. Allergy to the soap you use for your washing machine is another possibility. When you notice an abnormal smell of the area, Bacterial vaginosis is the likely cause. This abnormal flora occurs quite often in young girls. Their vaginal tissues are not ripe and just like in menopausal women atrophic. This is a condition in which the bad flora is not controlled by the presence of lactobacilli. Wash the area gently with water or diluted vinegar. Multi-Gyn ActiGel can also be applied outside and -very carefully- also a bit in the entrance of the vagina. Because of the inflammation the acidity will sting a bit. If it is impossible to apply this regime, use some sunflower oil or almond oil with a few drops of essential oil of lavender or rosemary. Change underwear every day. Don't let the child sleep in underwear.

## **13. Questions on Multi-Gyn products**

### **Multi-Gyn ActiGel seems to make my problem worse.**

When Multi-Gyn does not improve, but worsen complaints there are the following possibilities:

1. Allergy; anyone can be allergic to anything. Check by applying Multi-Gyn ActiGel on the inside of the forearm. When an itching red spot appears, allergy can be concluded to one of the components in the gel.
2. Check for Candidiasis. Multi-Gyn ActiGel is not an antimycotic medication. It counters yeast meaning that the gel can keep infection with candida away, but it cannot cure an infection. FloraPlus is the solution to prevent and treat yeast problems..
3. 1% of women with complaints have a condition called "lactobacillosis" or "cytolytic vaginosis". This is an overgrowth of lactobacilli. This condition gives a very low pH , below pH 4. Because ActiGel (and very strongly so, FloraPlus) stimulates the growth of lactobacilli, you should not use the products under these circumstances. In this case regular vaginal douching to flush the surplus of lactobacilli out is often a good solution.

### **Are Multi-Gyn products, the douche tablets, the LiquiGel, the FloraPlus or the ActiGel, safe in case of oral sex?**

Yes, none of the Multi-Gyn products are toxic.

### **Can I use Multi-Gyn ActiGel for a long period of time?**

Yes, without any problem. It is very much OK to use the Multi-Gyn ActiGel over a long period of time.

### **Can Multi-Gyn be used on small children?**

Multi-Gyn ActiGel is excellent for kids. They only have to be warned for the stinging because of the acidity. Small kids can have the same problems as post-menopausal women because their mucous tissues are (still) atrophic. They therefore can suffer complaints such as bad odour and itch of Bacterial vaginosis, not Candida.

## Does Multi-Gyn contain hormones?

No, none of the components contain hormones or have a hormone stimulating effect.

## Do Multi-Gyn products contain preservatives such as parabens?

No, all Multi-Gyn products are preservative-free.

## Do Multi-Gyn products, the douche tablets, the LiquiGel, FloraPlus or the ActiGel have any influence on hormonal anti-conception pills?

The products don't contain hormones or components that have an influence on hormones.

## How much Multi-Gyn ActiGel should I insert?

There is no limitation in the amount of Multi-Gyn ActiGel used; it is an absolutely safe product. However only the amount of a hazelnut (2 cc) is needed for efficacy.

## Is Multi-Gyn ActiGel applied internally or externally? How many applications per package?

Multi-Gyn ActiGel can be applied externally (labia) and internally (vagina) with the small applicator. Please note; the vagina is 7-8 cm long. This applicator is therefore long enough to insert the sticky gel into the vagina, where it will spread over the mucous tissues. The amount is 2 cc = a hazelnut. The tube has 50 ml.

## Is Multi-Gyn LiquiGel, FloraPlus or the ActiGel safe for condoms?

Yes, the products have been tested for this purpose and are absolutely safe.

## Is the nozzle of the Multi-Gyn ActiGel tube not too short to insert the gel well enough into the vagina?

The vagina is a flat tube of the length of your index finger; about 7-8 cm. The nozzle of Multi-Gyn ActiGel is 6 cm. and that is enough to bring the gel in place. The sticky gel will easily spread.

## Multi-Gyn ActiGel stings

*Multi-Gyn ActiGel has an acidity (pH) of 4.1, the normal acidity of the vagina. Therefore it will sting/burn a bit on sensitive tissue just like urine will sting a bit. We cannot make a pH neutral product because Multi-Gyn, among other properties, is meant to correct/improve the vaginal pH.*