

| | Approach | Remarks |
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| INDICATION | | |
| Bacterial Vaginosis (BV) | During five days apply Multi-Gyn ActiGel in the morning and in the evening. If the BV is not controlled within 5 days, visit your doctor. | It is advised to take a vaginal douche in the morning and in the evening with Multi-Gyn Douche and Tablets before applying Multi-Gyn ActiGel . In case of recurring BV, a preventative approach, such as daily use of Multi-Gyn ActiGel is advised. |
| Vaginal yeast problems | During five days apply Multi-Gyn FloraPlus before bedtime. If the yeast is not controlled within 5 days, visit your doctor. | In case of recurring vaginal yeast problems, apply Multi-Gyn FloraPlus every 3 days as preventative approach. In case of serious redness and itching, Multi-Gyn ActiGel can also be applied topically. Vaginal douching in the morning and in the evening is advised. |
| Vulvodynia | Apply Multi-Gyn ActiGel to your need. | |
| Vaginal dryness, painful sexual penetration | Apply Multi-Gyn LiquiGel when needed or before intercourse. Multi-Gyn LiquiGel is a good moisturizer and eases sexual penetration. | For couples trying to conceive, do not use Multi-Gyn products 6 hours before or after sexual intercourse. |
| Vaginal dryness and painful sexual penetration during menopause | Multi-Gyn LiquiGel is a perfect supporting moisturizer during menopause. | |
| Re-balancing the disturbed vaginal flora | Apply Multi-Gyn FloraPlus every 3 days before bed time. | |
| PREVENTION | | |
| Prevention of recurring vaginal infections (eg when using antibiotics) | Apply Multi-Gyn ActiGel and/or Multi-Gyn FloraPlus every 3 days (daily for the first 3 days of the antibiotics cure). To prevent recurring Candida, use of Multi-Gyn FloraPlus is advised for its prebiotic stimulating effect on lactobacilli growth. | Antibiotics often lead to other vaginal infections as the natural flora is strongly affected. Multi-Gyn ActiGel and Multi-Gyn FloraPlus help restore the natural flora. |
| Prevention of vaginal infections when rapid efficacy is required (eg after swimming pool,...) | Before going into the pool or jacuzzi, apply Multi-Gyn ActiGel and repeat after bathing. During the swimming season, increase the prevention efficacy by applying Multi-Gyn FloraPlus at least once a week. | It is advised to use the Multi-Gyn Vaginal Douche and Tablets after swimming, before applying Multi-Gyn ActiGel . |
| Prevention of vaginal infections during pregnancy | Apply Multi-Gyn ActiGel and/or Multi-Gyn FloraPlus every 3 days. Use the Multi-Gyn Vaginal Douche and Tablets at least once a week and after unprotected sex. After using the douche, apply Multi-Gyn ActiGel | Vaginal infections during pregnancy, are the cause of approximately 75% of premature births and spontaneous abortions. As soon as the cervix is open, stop bathing or vaginal douching. |

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| COMFORT | | |
| Irritations, redness, itching,... | Apply Multi-Gyn ActiGel to your need. | In case of strong irritation, the pH shock when applying Multi-Gyn ActiGel can lead to a short burning sensation. This is normal and lasts only for minutes. |
| Odor, excessive discharge (without infection) | Use the Multi-Gyn Vaginal Douche and Tablets in the morning and in the evening until the discomfort has disappeared. | After using the Multi-Gyn Vaginal Douche and Tablets always apply Multi-Gyn ActiGel to help restoring the balance in the vaginal flora. |
| Hygiene of the external intimate area | Use Multi-Gyn FemiWash for the hygienic cleaning and conditioning of the external intimate area. | Avoid using products with soap, perfume, color, or harsh chemicals. Multi-Gyn products have none of the above and are absolutely safe. |
| Hygiene of the vagina | For a normal vaginal hygiene, 1 douche a week with Multi-Gyn Douche and Tablets . For women with more sensitive mucosa, 1 douche every 2 days. | After using the Multi-Gyn Vaginal Douche and Tablets it is advised to apply Multi-Gyn ActiGel . |
| Intimate shaving | Use Multi-Gyn FemiWash as shaving mousse | |
| For couple trying to conceive | Wait 6 hours after intercourse before using the Multi-Gyn Vaginal Douche or any other Multi-Gyn product | |
| Use by pubescent girls | Hormone changes during puberty lead to vaginal acidity. For girls before/during puberty Multi-Gyn LiquiGel is well suited to optimize the condition of the vaginal tissue and protect the vaginal flora. | As pubescent girls can react differently to pH changes, it is advised to first consult a doctor. |