

Regelle[®]

LONG LASTING
VAGINAL MOISTURISER

PURIFIED WATER PH.EUR. VAGINAL GEL
SINGLE USE PRE-FILLED APPLICATORS



Please read this leaflet carefully before using Regelle.
Keep the leaflet safe as you may need to read it again.

WHAT IS REGELLE AND WHAT IS IT USED FOR?

Regelle is a NON-hormone based intravaginal gel which can be used in conjunction with hormone replacement therapy.

Regelle helps provide relief from symptoms of vaginal atrophy and dryness, itching, irritation and discomfort.

Regelle is used not only as a moisturiser for sexual intercourse, it is also a way of maintaining vaginal health and comfort.

Regelle has a pH that is compatible with a healthy vaginal environment.

Regelle is water based and can be used with condoms.

WHAT IS VAGINAL DRYNESS AND WHAT CAUSES IT?

Vaginal dryness is a very common problem which is caused by a lack of natural moisture inside the vagina.

Itching, irritation and discomfort are also very common and tend to occur as a result of long term dryness.

Typically, vaginal dryness occurs during and after menopause but can also occur as a result of childbirth, breast feeding, oral contraceptives, surgical removal of the ovaries, immune disorders, chemotherapy, hormone therapy, radiation therapy of the pelvis or at times of stress.

Oestrogen helps keep the vagina moist and maintains the thickness of the vaginal lining. Vaginal dryness happens when the ovaries produce a decreased amount of oestrogen. This can occur at certain times in a woman's life, and may be permanent or temporary. Whenever oestrogen levels remain low (as they naturally do after menopause), the entire vaginal area tends to be dry both inside and out, which can lead to itching, irritation and discomfort.

Allergy and cold medications, as well as some antidepressants, can decrease the moisture in many parts of your body, including your vagina.

Anti-oestrogen medications, such as those used to treat breast cancer, also can result in vaginal dryness.

HOW TO USE REGELLE

To achieve best results, it is recommended to apply Regelle in the morning, once every 3 days and not just before sexual intercourse.

Depending on the level of dryness, Regelle can be used more or less frequently. Regelle can be used daily.

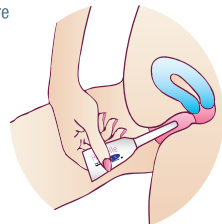
Regelle is applied directly into the vagina from the hygienic pre-filled applicator. The applicator is designed to deposit the recommended amount of Regelle exactly where it is needed. When used as directed, a small amount of moisturising gel will remain in the applicator. Discard this excess gel along with the applicator.

Regelle pre-filled applicators should be used immediately after opening and are for single use only. Please do not attempt to reuse an applicator as its safety when reused has not been tested.

REGELLE PRE-FILLED SINGLE USE DISPOSABLE APPLICATOR INSTRUCTIONS

Apply Regelle directly into the vagina from the pre-filled applicator.

1. Grip the applicator by the thick end. Shake down the contents to ensure they're at the thin end of the applicator.
2. Twist off the tab and discard.
3. The applicator can be inserted into the vagina while you are lying down on your back with your knees bent or in a sitting position. Gently insert the thin end into your vagina as far as it will go comfortably.
4. Squeeze the thick end of the applicator firmly to deposit gel. Remove the applicator and discard appropriately.



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HOW DOES REGELLE WORK?

Regelle works by lining the inside of the vagina, providing moisturisation, lubrication and comfort. The gel stays in place for several days allowing the purified water to be absorbed in the vaginal walls.

Step 1

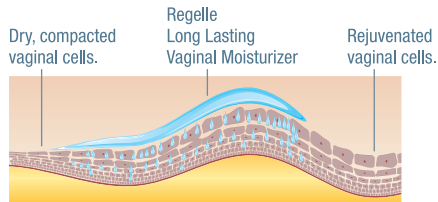
Regelle coats vaginal tissues to provide instant relief to dry cells.

Step 2

Regelle delivers continuous moisture, which the cells absorb, causing them to regain their natural structure and elasticity.

Step 3

Dead skin cells are naturally shed leaving the vagina both moisturised and rejuvenated.



POSSIBLE SIDE EFFECTS OF REGELLE

You may notice a residue or discharge from the time you begin using Regelle. This happens when dead skin cells are secreted, especially if you have been dry for some time. Although your body naturally sheds dry vaginal skin cells, Regelle enhances this renewal process by flushing them away and leaving behind softer and more supple tissue. Regular use of Regelle helps to prevent the build up of dry vaginal tissue and the discharge should dissipate.

If vaginal irritation occurs, discontinue use. If symptoms persist, consult your healthcare professional.

WHAT DOES REGELLE VAGINAL GEL CONTAIN

Regelle is a water based moisturiser which contains purified water Ph.Eur. 78.82% w/w, glycerol, mineral oil, polycarbo-phil, hydrogenated palm oil glycerides, carbopol 974P and sorbic acid.

Regelle is available in 3 pack sizes:

3 / 6 / 12 Single use pre-filled applicators containing 6.5g and delivering 2.5g.

SPECIAL WARNINGS AND SPECIAL PRECAUTIONS FOR USE

Do not use if you are allergic to any of the listed ingredients.

If pregnant or breastfeeding, consult your healthcare professional before use.

Regelle contains no spermicide and will not protect against pregnancy.

Do not use if an applicator is damaged. Return all contents to the place of purchase.

Do not use in children.

Keep out of reach of children.

Do not use after the expiry date (see pack or applicator).

Do not store above 25°C.

Store at room temperature.

Do not refrigerate or freeze.



KoRa Healthcare
Swords Business Park,
Swords, Co. Dublin, Ireland.
INT TEL: +353 - 1 - 8900 406
UK TEL: 0845 - 303 8631



For more information visit:
www.korahealthcare.com

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