



# Guides you through menopause

Please read the Instructions for Use carefully before you start using MenoRelax® Gel. Do not throw this leaflet away.

## MenoRelax® Gel

- Relieves vaginal dryness
- Moisturizes and lubricates the vagina
- Long-lasting effect
- Natural and effective
- No hormones, no preservatives
- Estrogen Free

## Content of this leaflet

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### 1. What is MenoRelax® Gel used for?

MenoRelax® Gel is a transparent, non-hormonal gel that:

- Relieves vaginal dryness
- Moisturizes and lubricates the vagina
- Provides immediate relief, with a long-lasting effect
- Comes with an easy to use applicator
- Is natural and effective

Oestrogen, a hormone, helps keep the vaginal lining lubricated, thick and elastic. However, during menopause, oestrogen production slows and ultimately stops. This can result in:

- Periods becoming irregular and then stopping
- Hot flushes
- Mood swings
- Vaginal dryness

Make MenoRelax® Gel part of your personal care regimen, and you will notice its positive effects immediately.

### 2. What does MenoRelax® Gel contain?

One tube of MenoRelax® Gel contains 30ml of a non-scented gel, without any preservatives, hormones, silicones or ingredients of animal origin. Its functional ingredients are hyaluronic acid, glycerin, betaine, xanthan gum and pullulan. These are gentle for your vaginal mucosa. MenoRelax® Gel is water-soluble, non-greasy and does not leave stains.

### 3. What you should know before using MenoRelax® Gel

MenoRelax® Gel has no known side effects and is suitable to use with medication. Allergic reactions to any of the ingredients are rare. When in doubt, apply some gel to the inside of your forearm and leave for some time. When an itching red spot appears we advise you not to use MenoRelax® Gel.

### 4. When and how should you use MenoRelax® Gel

First of all, stop using soap, lotions and perfumed products on the inner parts of your vagina, as these may worsen vaginal dryness. Use the applicator or your finger to apply MenoRelax® Gel (wash your hands before and after). You may experience a slight tingling sensation. This is completely normal and will quickly disappear. How often you need to use MenoRelax® Gel depends on the level of vaginal dryness. We recommend to use the gel every three days, or in case of severe dryness: apply every day. Allow an interval of 2 days after each consecutive treatment period of max 30 days.

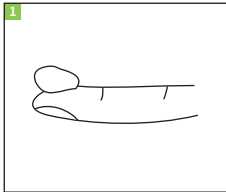


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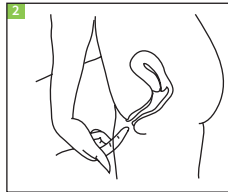
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First, take the cap off the tube and use the spike in the top of the cap to pierce the seal on the tube nozzle. You may prefer using the special applicator, included in the box. Simply screw it onto the pierced nozzle and leave it there. After use, wash it with lukewarm water. Do not forget to replace the cap after use, either the large one on the tube's nozzle or the small one on the applicator.

## External application

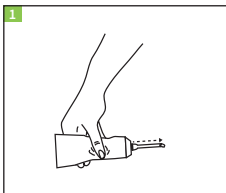


Squeeze some gel, (1ml enough to cover your fingertip), onto your index finger

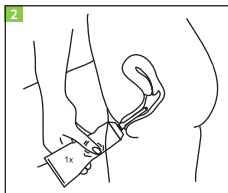


Apply the gel to the vaginal opening and surrounding tissue

## Internal application



Squeeze the tube gently until gel appears at the top of the applicator



Insert the applicator and squeeze gently – the required amount of gel, (1ml), should be large enough to cover your fingertip, (practice squeezing beforehand)

## 5. Storage

MenoRelax® Gel should be stored at room temperature. Store in a safe and dry place. Do not use after the expiry date shown on the top of the tube and on the packaging.

## 6. Contents

- A 30ml tube containing MenoRelax® Gel
- Instructions for Use
- Applicator


## Precaution:

Keep out the sight and reach of children. If you have any questions, or if you are not sure about anything, please ask your doctor or pharmacist. In case of persistent and recurrent complaints, consult your physician.

## 7. Contact Details

### Distributor:

Example  
Example  
Example, Country

 BioClin B.V.  
Delftechpark 55  
2628 XJ Delft, The Netherlands

All enquiries about the product should be sent to the distributor. For more information about MenoRelax® Gel, please visit [www.menorelax.com](http://www.menorelax.com)

MenoRelax® Gel is a medical device.

Details MenoRelax Gel:  
Template: 001  
Artwork: Template MenoRelax Gel - IFU v.1  
Setup Date: 02/05/16  
Latest change: 30/06/16  
PDF date: 30/06/16

CE 0482



ARTICLE CODE  
REVISION CODE  
REVISION DATE