

Multi-Gyn® Active Gel



READ THIS INFORMATION LEAFLET CAREFULLY BEFORE USING MULTI-GYN ACTIVE GEL AND KEEP IT FOR REFERENCE.

Multi-Gyn Active Gel restores balance

- Reduces odour and discharge
- Has a direct soothing effect
- Supports the vaginal pH and flora
- Based on plant derived ingredients

Indication

Multi-Gyn Active Gel is effective for restoring balance to the vagina, aiding with symptoms like thin greyish discharge, fishy odour, itch, irritation, sensitivity, redness and soreness. Multi-Gyn Active Gel has a direct soothing effect. It contains plant derived 2QR-complex that protects the tissue from harmful bacteria and supports a healthy vaginal flora.

This product is not intended for sexually transmitted diseases.

How Multi-Gyn Active Gel works

Multi-Gyn Active Gel is an acidic gel based on the 2QR-complex. This plant-derived ingredient has the unique ability to protect sensitive vaginal tissue from harmful bacteria. It directly contributes to the restoration of the optimal vaginal acidity (pH-value). This slightly acidic environment supports the development of good bacteria (Lactobacilli), allowing for the optimisation of the vaginal flora. Multi-Gyn Active Gel also supports the natural healing process.

Directions for use

- For fishy odour and thin, greyish discharge apply an ample amount (approx. 2mL) of Multi-Gyn Active Gel inside the vagina at least twice a day for a period of at least 5 days. We advise an application before bedtime.
- For vaginal discomfort such as itch and irritation apply an ample amount (approx. 2mL) of Multi-Gyn Active Gel at least once a day or whenever relief is needed.

Multi-Gyn Active Gel should not be used for longer than 30 consecutive days. This allows the vaginal flora to regulate without support.

If your complaints persist or recur, you should contact your healthcare professional.

Multi-Gyn Active Gel is based on natural ingredients

Multi-Gyn Active Gel is based on the 2QR-complex which is made from naturally derived ingredients. Free from fragrance, hormones and animal derived ingredients.

It restores the pH level for a healthy vaginal flora and protects the tissue from harmful bacteria.

Ingredients

Galactoarabinan Polyglucuronic Acid Crosspolymer*, Xanthan Gum, Glycerin, Caprylyl Glycol.

* 2QR-complex: Purified from Aloe Barbadensis Leaf Extract.

Allergy information

Allergies to the ingredients of Multi-Gyn Active Gel are very rare. Please refrain from using Multi-Gyn Active Gel if you are allergic to any of the ingredients.

Side effects

Because Multi-Gyn Active Gel has an optimal acidity (low pH) for the vagina and sperm is alkaline (high pH), the use of Multi-Gyn Active Gel may reduce the activity of sperm. Therefore, Multi-Gyn Active Gel should not be used during the ovulation period when you wish to become pregnant. There are no other known side effects.

Interference with medication

There are no known interactions with medication.

Pregnancy and lactation

There are no known contraindications for the use of Multi-Gyn Active Gel during pregnancy and breastfeeding. Discuss the options with your healthcare professional.

Use with condoms and pessaries

Multi-Gyn Active Gel should not be used concomitantly with condoms. The effect on a pessary is not known.

Use with tampons and vaginal rinses

It is recommended not to use Multi-Gyn Active Gel concomitantly with tampons and vaginal rinses. They may remove (part of) the Multi-Gyn Active Gel from the vagina and may therefore reduce the effect of the product.

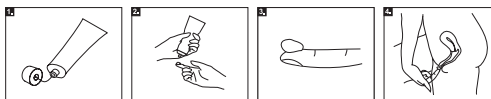
Storage

Keep Multi-Gyn Active Gel between 10°C and 25°C (room temperature). Store Multi-Gyn Active Gel out of reach of children. Do not use Multi-Gyn Active Gel after the expiry date.

How to use Multi-Gyn Active Gel externally and internally

• External application

For discomfort of the outer intimate area (the vulva) you can apply Multi-Gyn Active Gel with your finger. Always thoroughly wash your hands prior to doing so.



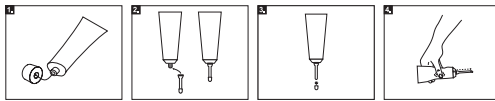
1. Take the cap off the tube. Use the back of the cap to pierce the sealed tube, prior to initial use.
2. Take the tube in one hand and keep the index finger of your other hand close to the tube, as shown in the picture. Squeeze the tube gently. Keep squeezing until you have an ample amount on your index finger, as shown in the picture.
3. The amount on your index finger should be at least the amount of a fingertip (approx. 2mL).
4. Apply the gel on the outer intimate area.

• Internal application

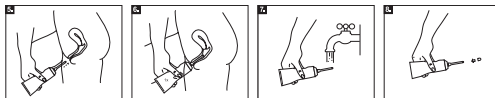
The special applicator included in the box can be helpful for applying the gel inside the vagina. It can be screwed onto the tube. After use you can leave the applicator on the tube, rinse it with warm water and then place the cap on the applicator. If you prefer, you can apply the gel internally with your finger instead of using the applicator. Rinse your hands and apply at least the amount of a fingertip (approx. 2mL) on the tip of your index finger and insert it into your vagina.

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1. Take the cap off the tube. Use the back of the cap to pierce the sealed tube, prior to initial use.
2. Attach the special applicator, which is inside in the box, by screwing it onto the tube.
3. Take the small cap off the applicator.
4. Take the tube in one hand and squeeze gently until the gel comes out of the applicator. When the gel comes out you know that the applicator is full of gel and ready for use. Practice to see how much comes out with a gentle squeeze; you need at least the amount of a fingertip (approx. 2mL).



5. Insert the applicator, still attached to the tube, into the vagina, as shown in the picture. The applicator is smaller than the vagina and it will not damage the cervix (opening of the uterus).
6. Squeeze the tube gently. You need at least the amount of a fingertip (approx. 2mL). No harm will be done if you apply more.
7. After use you can leave the applicator on the tube and rinse it with warm water.
8. Place the small cap back on the applicator.

Please note

You may experience a burning and/or tingling sensation after application. This is normal and the sensation will pass quickly.

Background information

A healthy vagina hosts a balanced ecosystem of different bacteria and yeasts – the vaginal flora. When the natural environment or pH of the vagina is disturbed, harmful bacteria and microbes can thrive. A disturbance of the vagina's natural balance of bacteria can sometimes occur and the related symptoms and discomfort can be uncomfortable. It is important to treat any imbalances as soon as you can.

Bacterial imbalance

Bacterial imbalance can result from overgrowth of one or several bad bacteria naturally found in the vagina. Usually, "good" bacteria (Lactobacilli) outnumber "bad" bacteria. But if there are too many bad bacteria, they upset the natural balance of microorganisms in the vagina and cause an imbalance. A bacterial imbalance in the vagina is not a dangerous vaginal infection, it can be, however, very irritating and uncomfortable.

What are the symptoms of bacterial imbalance?

You may notice a difference in your vaginal discharge. It may be thin, watery, clear or grey colored and there may be more of it than usual. If you have a significant imbalance your discharge is likely to have a fishy, unpleasant smell, especially after unprotected sexual intercourse. You may also suffer vaginal discomforts such as itch, irritation, sensitivity, redness and soreness.



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revision date: September 2025



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