

**Please read the following carefully before use.**

- Warnings** • Keep out of the reach of children. • Keep out of eyes and ears. If pregnant or breast-feeding, consult your health care provider before use. • RepHresh is not a contraceptive and does not contain a spermicide. • If vaginal irritation occurs, discontinue use. If symptoms persist, contact your physician. • Store at room temperature (59° F - 86° F / 15° C - 30°).



Eliminates  
Feminine Odour

Relieves  
Itching & Irritation

Treats and Prevents  
Bacterial Vaginosis

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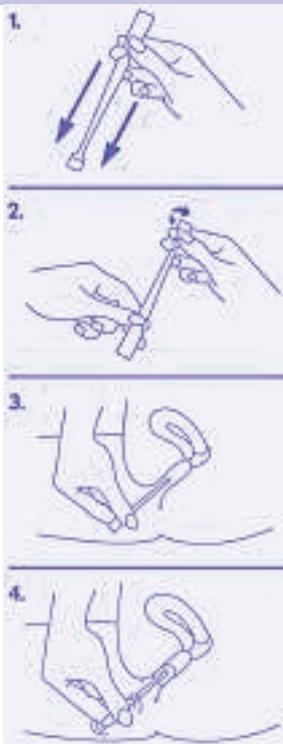
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**Directions for Disposable Applicator**

**Important: If an applicator is unwrapped or the wrapper is torn or missing, DO NOT USE and return entire contents to place of purchase.**

1. Remove the applicator from the sealed wrapper. DO NOT remove the twist-off tab at this time.
2. Grip the applicator firmly by the thick end. Shake down like a thermometer to ensure that the contents are at the thin end.
3. Twist off the tab and discard. While sitting or lying on your back with knees bent, gently insert thin end of applicator well into the vagina.
4. Press the thick end of the applicator firmly to deposit gel. Remove the applicator and discard in a waste container.



**Note:** The applicator is designed to deposit the recommended amount of gel. When used as directed, a small amount of gel will remain in the applicator after use.

**FREQUENTLY ASKED QUESTIONS**

**How do I know if I have BV?**

It is best to have your doctor examine any vaginal discharge to make the diagnosis. Common symptoms are a greyish-white vaginal discharge, an elevated vaginal pH > 4.7, a malodorous vaginal discharge, and the presence of "clue cells" when the discharge is viewed under a microscope.

**How does RepHresh treat BV?**

The "bad" bacteria that cause BV grow rapidly as the vaginal pH increases. RepHresh normalizes vaginal pH in BV patients to create a healthy vaginal environment. RepHresh also prevents the hormone interleukin-6 from increasing. Interleukin-6 is believed to be an important hormone in the development of preterm birth. The ingredients in RepHresh also attach to the vaginal cells for 3 days which prevents "bad" bacteria from attaching to these vaginal cells but encourages "good" bacteria such as lactobacillus to attach. All of these events allow the body to correct itself and rid the vagina of BV. Continuing the use of RepHresh further helps to prevent recurrence.

**Is RepHresh Vaginal Gel safe?**

Yes, the ingredients in RepHresh have been used for years in medical products by thousands of women

worldwide. RepHresh contains no fragrances, colours, deodorizers, or drugs of any kind.

**Is RepHresh messy?**

No. The amount of RepHresh used per application is very small. RepHresh adheres to the walls of the vagina and stays there for at least 3 days.

**What happens to RepHresh after 3 days?**

RepHresh adheres to the lining of the vagina. When the cells of the vaginal lining naturally fall away to be replaced by new cells, RepHresh falls away with them. For most women, it comes out little by little with normal vaginal secretions, which are usually not noticed.

**Will there be a discharge when using RepHresh?**

Some women may notice a discharge after using RepHresh. This is a normal result of a continual vaginal renewal process in which older skin cells are shed and replaced by new ones. RepHresh enhances this renewal process and leaves softer, more supple tissue behind.

**Can I use RepHresh during my period?**

Yes, but it is not preferable. The gel may stick to blood and form clumps, which may not be pleasant. It is best used immediately before the beginning of your

period so it can adhere to the lining of the vagina before the menstrual flow starts.

**Will RepHresh interfere with sexual activity?**

No. RepHresh may be utilized without regard to intercourse. The formulation will remain in place and continue to help maintain healthy vaginal pH. Because RepHresh is also a lubricant, it can actually help sexual activity.

**When is the best time to use RepHresh?**

You can use RepHresh anytime, although it is not recommended during your period.

**Can RepHresh be used with a condom?**

Yes. RepHresh will not alter condom effectiveness.

**Does RepHresh have any side effects?**

No. RepHresh has no known side effects.

**Is RepHresh a cream?**

No. RepHresh is a clear, vaginal gel that comes in an applicator, which means you won't have to experience the mess that comes with a vaginal cream.

**Ingredients:** Rephresh vaginal gel contains purified water USP, glycerin, polycarboxophil, carbomer 934P, ethylparaben sodium, methylparaben sodium, propylparaben sodium, sodium hydroxide.

**Eliminates vaginal odour**

When vaginal pH is unbalanced, odour-causing microorganisms can flourish. For long-lasting freshness, use once every 3 days.

Many factors can cause imbalanced pH. Some of the more common causes are:

- Menstruation
- Sex without a condom
- Douching
- Feminine products such as sprays and scented panty liners
- Hormonal changes, such as during pregnancy and menopause.

RepHresh is hormone-free and safe to use with condoms.

RepHresh is not a contraceptive and does not contain spermicide.

**Prevention of Bacterial Vaginosis**

Studies show that bacterial vaginosis often occurs when vaginal pH is unbalanced, or outside of the normal range. By maintaining a healthy vaginal pH, you can help reduce your risk of bacterial vaginosis.

One application every 3 days. When used once every 3 days, RepHresh Vaginal Gel helps maintain a healthy vaginal pH. A single application of RepHresh Vaginal Gel can maintain vaginal pH in the normal range for 72 hours or more.

**Treatment of Bacterial Vaginosis**

One application daily for a week. To maintain healthy vaginal pH and to prevent reoccurrence of symptoms, continue use of Rephresh as directed.

**Types of Vaginal Infection**

Make sure you visit your doctor if you suspect you have a vaginal infection. The two most common types of vaginal infections are bacterial vaginosis and yeast infections. Bacterial vaginosis is the most common form of vaginal infection. Nearly half of all vaginal infections are classified as bacterial vaginosis, while about 29% are classified as yeast infections. It is common for women to mistake one for the other.

**IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, SEE YOUR DOCTOR IMMEDIATELY.**

There are certain vaginal odours that can indicate other problems. Make sure you visit your Doctor if you notice an odour you don't recognise, you develop an unfamiliar discharge, pain, discomfort or any other symptoms that give you concern.

Bacterial vaginosis (BV) is the most common form of vaginal infection. BV is considered an important risk factor for pregnancy and may lead to preterm birth, low birth weight and post-partum endometritis (infection of the uterus). BV has also been associated with pelvic inflammatory disease, cervicitis (inflammation of the cervix), urinary tract infections and a higher risk of acquiring sexually transmitted diseases such as Chlamydia and Trichomonas.

Bacterial vaginosis generally results in an excessive greyish white vaginal discharge and a bothersome "fishy odour" which can be worse after sexual intercourse. Many people describe the discharge as yogurt-like or pasty.

Yeast infections (thrush) can be very uncomfortable. Symptoms generally include itching and burning in the vagina and around the vulva, a white vaginal discharge that may look like cottage cheese, pain during sexual intercourse, and swelling of the vulva.