

## HOW IS IT SUPPLIED?

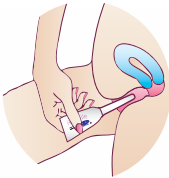
Regelle is available in 3 pack sizes:

- 3 single use pre-filled applicators (up to 9 days' supply)
- 6 single use pre-filled applicators (up to 18 days' supply)
- 12 single use pre-filled applicators (up to 36 days' supply)

## HOW IS IT USED?

Apply Regelle directly from the pre-filled, single use applicator into the vagina. Regelle is not a pessary. Please refer to the pack insert for full instructions.

To achieve best results, it is recommended to apply Regelle once every three days, preferably in the morning, for as many days as required.



Depending on the level of dryness, Regelle can be used more or less frequently and can even be used daily. As with dry skin which you experience on your face or your hands, regular or on-going moisturising treatment may be necessary to prevent dryness from re-occurring.



## WHERE CAN I GET IT?

Regelle is available in retail pharmacies. Regelle is available in the UK on NHS prescription. Alternatively, Regelle can be bought directly from the Kora webshop: [www.korahealthcare.com](http://www.korahealthcare.com)

## TIPS ON HOW BEST TO MANAGE VAGINAL DRYNESS

- Wear breathable cotton underwear and loose clothing until symptoms improve
- Do not douche, instead wash externally with warm water
- Do not use soaps, shower gels, bath oils, disinfectants or antiseptics to cleanse the vaginal area
- Visit your gynaecologist, GP or practice nurse for regular check ups
- Use Regelle to treat symptoms and maintain vaginal health and comfort



Regelle is manufactured and distributed by:

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# Regelle<sup>®</sup>

Long Lasting  
Vaginal Moisturiser

NON-hormonal  
long lasting  
vaginal  
moisturiser for  
vaginal dryness  
and atrophy



## WHAT IS VAGINAL DRYNESS?

Vaginal dryness and atrophy are common and distressing conditions which women may experience during the menopause, times of stress, while breast-feeding or as a side effect of certain medications and medical treatments (particularly in cancer management). The main cause of these conditions is a decrease in the production of the hormone oestrogen. When oestrogen levels drop, blood flow to the vaginal walls and natural secretions decrease, causing the vaginal walls to become thinner, less elastic and more fragile.

One of the most common symptoms of vaginal dryness is pain or discomfort during intercourse. When vaginal walls are fragile, friction during intercourse can lead to bleeding, spotting or even tiny tears. In turn this can lead to psychosexual problems, as the discomfort can have a negative impact on sexual confidence and enjoyment.

Vaginal dryness may impact on more than the sex life of a woman as women suffering from the condition may, for example, feel uncomfortable when sitting down or wearing tight clothing. Sometimes women suffering from vaginal dryness may experience minor continence problems.

## WHAT CAN I DO ABOUT IT?

Lubricants can provide temporary relief and help reduce friction during intercourse; however Regelle as a vaginal moisturiser can provide relief and reduce friction and also offer more long-term relief from symptoms of vaginal dryness and atrophy.

Regelle is a NON-hormonal vaginal moisturiser and is the perfect choice for women seeking a long lasting, more natural solution for vaginal dryness.

## WHAT IS REGELLE?

Regelle is a water-based intravaginal gel that is clinically proven to provide soothing, continuous moisture, giving relief from symptoms of vaginal dryness, atrophy, itching, irritation and discomfort.

Regelle is a NON-hormonal preparation and can be used in conjunction with systemic hormone replacement therapy (HRT).

Regular use of Regelle, once every 3 days, can help maintain vaginal health and comfort by replenishing essential vaginal moisture before and after menopause.

Regelle can be used with condoms. Regelle does not contain spermicide and will not protect against pregnancy.

Regelle is a medical device.  
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## WHAT ARE THE INGREDIENTS?

Regelle contains purified water and polycarbophil. Polycarbophil is a bioadhesive polymer which clings to the vaginal walls and serves to hold the lubricating water in place.

Regelle also contains glycerol, mineral oil, hydrogenated palm oil glycerides, carbopol 974P and sorbic acid. Regelle is paraben-free.

## WHAT DOES REGELLE DO?

- Provides immediate comfort and long lasting relief from symptoms
- Lubricates entire vaginal passage
- Rejuvenates natural secretions
- Improves elasticity of vaginal walls
- Restores the natural pH
- Helps prevent build-up of dry skin cells

## HOW DOES IT WORK?

Regelle coats the entire vaginal passage and provides immediate relief to dry skin cells. Once in place, Regelle delivers continuous moisture for up to 3 days per single application (as the purified water is gradually released from the polycarbophil, dry tissues are rehydrated). Skin cells are then shed naturally, leaving healthier and more supple skin beneath. Regular use of Regelle alleviates symptoms of vaginal dryness.

