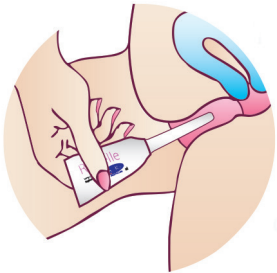


HOW IS IT USED?

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 and 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.



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.

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)

Regelle 3: RRP €8.95

Regelle 6: RRP €14.95

Regelle 12: RRP €17.95

Regelle is available in all leading pharmacies, over the counter or can be ordered and discreetly delivered to you from: www.Regelle.ie

Regelle.ie
info@regelle.ie
1800 42 62 82

Regelle is manufactured and distributed by:

Kora Healthcare,
Swords Business Park,
Swords, Co. Dublin, Ireland.



Regelle®

Long Lasting
Vaginal Moisturiser



**What 3 out of 4
women won't
talk about.¹**

PR_REGIE_102001
Date of Preparation: October 2020



- Clinically Proven.
- Hormone Free.
- Long Lasting.
- Restores and Rejuvenates.

WHAT 3 OUT OF 4 WOMEN WON'T TALK ABOUT.¹

For millions of women, vaginal dryness is a common problem that affects and interferes with their day-to-day lives. Vaginal dryness is common and can occur at any age. Women may experience dryness during the menopause, times of stress or as a side effect of certain medications and medical treatments.

The effects of vaginal dryness vary from woman to woman, ranging from minor discomfort to painful sexual intercourse. Regardless of the level of discomfort, vaginal dryness can impact your daily life.

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.

Vaginal dryness is primarily experienced during the menopause. Unfortunately most post-menopausal women suffering from vaginal dryness, feel uncomfortable discussing their symptoms with their doctor and suffer in silence.

This leaflet will help you understand vaginal dryness and allow you to approach and discuss it with your doctor with confidence.

DID YOU KNOW?

- 75% of women suffering from symptoms of vaginal dryness do not volunteer the information to their healthcare professional¹
- Up to 40% of post-menopausal women experience vaginal dryness¹
- 53% of perimenopausal and menopausal women experience discomfort during sex²
- As a result, 65% of women avoided having sex after experiencing discomfort previously²
- 33% of women did not feel comfortable talking about their sexual discomfort with their partner or friends²

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.

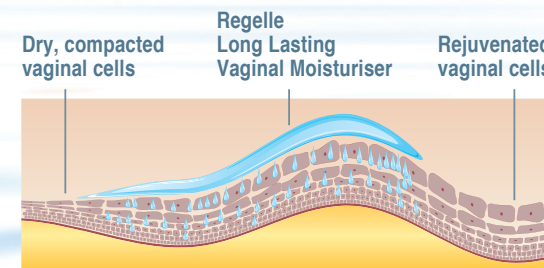
Regelle is a medical device.

1. Sturdee, W. and Panay, N. on behalf of the International Menopause Society Writing Group. Recommendations for the management of postmenopausal vaginal atrophy. CLIMACTERIC 2010 (13): 509-522.
2. Newson, L., Healy, S. and Panay, N. (2019) Sex Life Survey: the experiences, opinions and attitudes of UK perimenopausal and menopausal women regarding their sex lives. Presentation at British Menopause Society 29th Annual Conference, Warwickshire, 4th July 2019.

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.

- 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.



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.