

## VAGINAL USE

### General Dosing for Vagina

Wash & dry hands. Immediately after removal from package, using your clean & **dry** finger, insert 1 suppository deep into your vagina, 2 times a day: 1 in the morning, 1 in the evening before sleep. Continue for 7 days though symptoms may have already subsided. Most infections clear up between 3 to 7 days with treatment. If symptoms persist, please consult your physician.

**\*A menstrual pad is recommended while using this product.\***

### Preventative Dosing for Vagina

Using VABalance monthly can support cleansing and balancing of the vaginal flora and help prevent possible infections. 14 days after the first day of bleeding in your menstrual cycle, use VABalance for a consecutive 5 days following directions here: Wash & dry hands. Immediately after removal from package, using your clean & **dry** finger, insert 1 suppository deep into your vagina, once before bedtime or immediately before sexual intercourse.

**\*If trying to conceive, use of VABalance is not recommended.\***

## Condition Specific Vaginal Instructions

### Dosing for Vaginal Candidiasis

Follow general dosing directions & while itching & burning are present, may add a third dose in the afternoon to relieve sense of immediate discomfort. As **Preventative**, if prone to regular vaginal yeast infections: continue use as a preventative by inserting vaginally before bedtime, once a week, or 3 times a week, every other day. Changes to diet & lifestyle may help prevent recurrent yeast infections.

### Dosing for Vaginal Herpes

Useful for active outbreaks on the Labia minora (inner lips), inside the vaginal canal & around the vaginal opening. For help with relief, Infected areas must come in contact with the serum (suppository combined w/body heat & vaginal secretions). Wearing a menstrual pad will let the serum travel freely to do its job & help protect your clothing. Follow general dosing instructions. May add a dose, as needed, to help relieve immediate pain associated with herpetic lesions. As **Preventative**: Diet and lifestyle changes greatly support reduction in outbreaks.

### Dosing for Vaginal Discomfort

**Discomfort as a result of rough sexual intercourse** (pain, swelling, burning, tearing, lesions, general irritation): May be taken as a general analgesic for the vagina or anus, to help relieve irritation & speed healing process. Follow general dosing instructions, may add a dose as needed to help manage immediate discomfort. Discontinue use when symptoms have subsided. If symptoms persist after 3 days of use, consult your doctor immediately. **Warning:** VABalance is not meant to treat serious genital injury, go to your nearest **emergency hospital** if you have signs of **bleeding or persistent pain**.

## ANAL USE

## General Dosing for Anus

Wash & dry hands. Lubrication before anal insertion is suggested. Immediately after removal from package, using your clean & **dry** finger, insert 1 suppository at bedtime, continue for 7 days, though symptoms may have already subsided. May insert 1 suppository after your morning bowel movement, if needed. Most infections clear up between 3 to 7 days with treatment. If symptoms persist, please consult your physician. Do not use in cases of constipation or active diarrhoea.

## Condition Specific Anal Instructions

### Dosing for Anal Fissures

Use as a general analgesic following your morning bowel movement and/or administered before bed to help restore comfort & speed healing process. Discontinue use when symptoms have subsided. With clean & **dry** hands, insert 1 suppository into the anus, immediately after removing from the package. If symptoms persist after 3 days of use, consult your doctor immediately. **Prevention:** Anal fissures may be due to constipation. Diet & lifestyle changes can help support relief from chronic constipation.

### Dosing for Hemorrhoids

Use as a general analgesic & aid to reduce swelling. Follow general dosing instructions. Discontinue use when symptoms have subsided. If symptoms persist longer than 7 days, or anal bleeding occurs, consult with your doctor. **Prevention:** Hemorrhoids may be due to constipation. Diet & lifestyle changes can help support relief from chronic constipation.

### Dosing for Anal Itching

May use to relieve immediate itching around the sphincter at the opening of the anus. With clean, **dry** hands, lubricate anus and insert 1 suppository per day, or as needed.

#### Note:

Anal itching may also be due to:

- poor hygienic care (washing daily with a gentle cleanser may help);
- anal itching may indicate a presence of parasites.

VABalance is not meant to treat parasites or poor hygiene.

Consult with your doctor if you believe you may have parasites or if anal itching persists after 3 days of using VABalance as instructed.

### Dosing for Anal Herpes

For active outbreaks inside the anal canal, follow general dosing instructions. As **Preventative:** Diet and lifestyle changes greatly support reduction in herpetic outbreaks.

### Dosing for Anal Discomfort

**Discomfort as a result of anal intercourse** (pain, swelling, burning, tearing, lesions, general irritation): May be taken as a general analgesic for the vagina or anus, to help reduce pain & speed healing process. Lubrication before anal insertion is suggested. Using your clean & **dry** finger, insert 1 suppository at bedtime, may insert 1 suppository after your morning bowel movement, if needed. Discontinue use when symptoms have subsided. If symptoms persist after 3 days of use, consult your doctor immediately.

VABalance is not meant to treat serious genital injury, go to your nearest **emergency hospital** if you have signs of **bleeding or persistent pain**.

### **Dosing for Anal Yeast Infection**

Follow general dosing instructions & while symptoms of itching & burning are present, may add a third dose in the afternoon to relieve immediate discomfort of itching & burning.

## **USE & SAFETY**

VABalance may also be used for purposes not listed here.

### **How it works**

This product works by promoting an environment inhospitable to harmful bacteria, fungus and viruses. The serum produced by the suppository after application, must come in contact with the affected area in order to give relief.

### **How to use VABalance**

Follow all directions on your prescription label and the advice of your doctor.. Do not use this medicine in larger or smaller amounts or for longer than recommended.

**Do not take VABalance by mouth.** VABalance is for use only in the vagina or anus.

### **What VABalance is not for**

VABalance is not meant to be taken daily or just to stay fresh. The vagina is built to be self cleansing and we should trust the natural intelligence of our bodies.

### **VABalance while menstruating**

VABalance is best used before or after your menstrual cycle starts. The herbal ingredients will be diluted by menstrual blood and therefor not as effective.

### **VABalance while pregnant**

It is not known whether this medicine will harm an unborn baby. Speak with your doctor if you are pregnant or plan to become pregnant.

VABalance may prevent pregnancy and should not be used while trying to conceive. VABalance has not been approved as an effective form of birth control and should not be used to prevent pregnancy.

### **VABalance while breast feeding**

It is not known whether VABalance passes into breast milk, however, ingredients contained in VABalance have been intentionally consumed by nursing mothers to pass on health benefits to their babies.

### **VABalance is not meant to cure or prevent STIs**

### **Missing a dose**

Use the missed dose as soon as you remember. Skip the missed dose if almost time for your next dose. Do not use extra medicine to make up for missed dose.

### **Overdose**

An overdose of VABalance is not expected to be dangerous. There should be no harm if anyone has accidentally swallowed the medication, unless allergic to the ingredients. This is a choking hazard and should be kept away from small children.

**What to avoid while using VABalance**

If treating an infection, it is best to abstain from sexual intercourse. VABalance will not prevent an infection from spreading to your sexual partner.