

Dear patient,
Because your doctor has prescribed Gynoflor® for you, we would like to provide you with further information in the following.

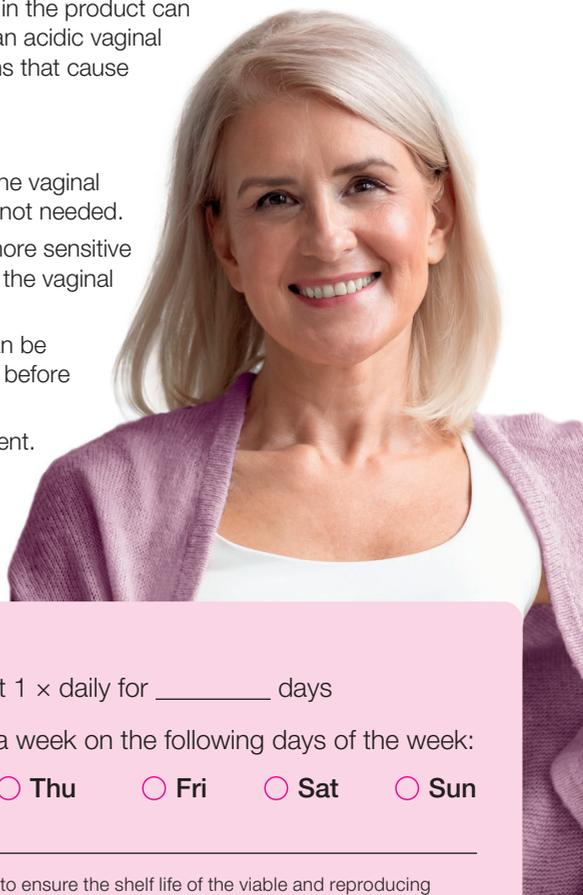
Gynoflor® contains two active ingredients in one vaginal tablet: estriol and lactobacilli.

Estriol is a hormone from the group of oestrogens and is used especially for targeted treatment in the genital area. The estriol contained in *Gynoflor*® is dosed very low at 0.03 mg. Even this small dose stimulates the regeneration of vaginal tissue. *Gynoflor*® acts at the site of the condition; no effects elsewhere in the body are to be expected.

The lactobacilli (lactic acid bacteria) contained in the product can help to restore the vaginal flora by promoting an acidic vaginal environment and displacing or killing pathogens that cause possible infections.

Information on Gynoflor® application:

- In the evening, before going to bed, insert one vaginal tablet deep into the vagina. An applicator is not needed.
- Untreated, inflamed vaginal tissue may be more sensitive to pain; this problem usually subsides when the vaginal tissue is rebuilt.
- If the vagina is very dry, the vaginal tablet can be moistened with a drop of water immediately before it is inserted.
- Sexual intercourse is possible during treatment.



My dosage:

To start the treatment: 1 vaginal tablet 1 × daily for _____ days

Maintenance treatment: _____ × a week on the following days of the week:

Mon Tue Wed Thu Fri Sat Sun

Gynoflor® is kept in the refrigerator (at +2° to +8°C) to ensure the shelf life of the viable and reproducing lactobacilli. If you have stored *Gynoflor*® at room temperature (max. 1 week at 25°C), it will have retained its full effectiveness.

Pierre Fabre Pharma wishes you a speedy recovery!

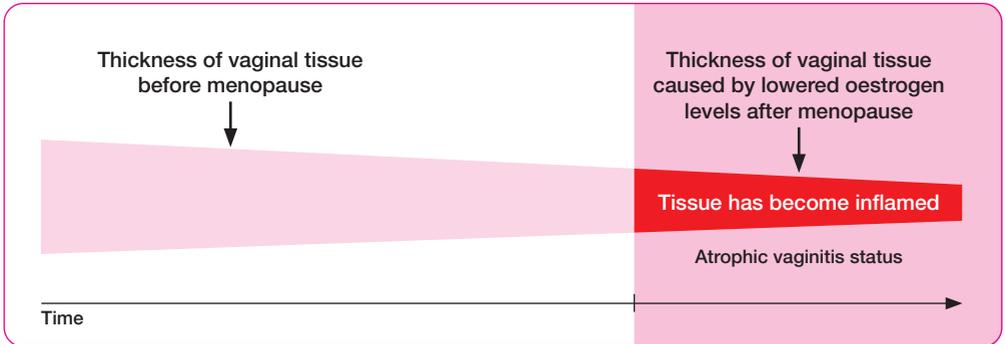
Patient information only to be handed out during *Gynoflor*® treatment prescribed by a doctor. See the package leaflet for more information about *Gynoflor*®.

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Information about the condition "atrophic vaginitis"

With the menopause, the production of the body's own oestrogens, which are among the female sex hormones, starts to dwindle. A lack of these hormones can then lead to vaginal atrophy and subsequently to atrophic vaginitis. The term "atrophy" is used to describe the loss of tissue, and "vaginitis" inflammation of the vagina, which can be promoted by thin (atrophic) tissue.



Another sign of the condition is that the protective vaginal flora is lost because lactobacilli (lactic acid bacteria) are not able to multiply in sufficient numbers without stimulation of the vaginal tissue by oestrogen. If the lactobacilli normally found in the vaginal flora are missing, germs are able to spread and cause infections.

This can lead to a variety of symptoms:

- **Vaginal dryness**
- **Irritation, itching and burning in the vaginal area**
- **Easy occurrence of bleeding due to the vaginal tissue becoming more vulnerable**
- **Pain during sexual intercourse**
- **Increased incidence of infections**
- **Increased risk of increased urinary urgency, urinary incontinence and frequent urinary tract infections**

The condition can therefore have a negative impact on a person's sex life and, as a result, on their quality of life.

There are various treatment approaches for alleviating the symptoms. One treatment option can be local hormone therapy, which helps the vaginal tissue to rebuild itself. The repopulation of the vaginal flora with lactobacilli also helps to keep the vagina healthy. This treatment can also be used over a longer period of time as maintenance therapy, depending on what your gynaecologist decides.

