



Instructions  
for Use Personal Prophylactic Hygiene Care  
Female Rectal Suppositories  
**SCHALI® Care-FG**  
Gastrointestinal Diseases

**Instructions for Use**  
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SCHALI® Care–FG Rectal Suppositories are a female personal care hygiene product intended to restore and stimulate both intestinal mucous tissues and cellular metabolism, regenerate ulcers, protect against microbes and toxins in scope of complex therapy and prevention of gastrointestinal diseases.

**PRODUCT FORM:**

Lubricating prophylactic suppositories, 2 g.

**INGREDIENTS:**

The product contains environmental friendly biocompatible ingredients of plant and mineral origin.

Cocoa butter, Bee glue, Chelidoni herba leaves extract, Camelliae Sinensis non fermentata folia extract, Shilajit, Griffonia simplicifolia seed extract, Titanium dioxide.

**MECHANISM OF ACTION:**

Based on natural plant oils and butters, minerals and phytoextracts, the product dissolves slowly in the rectum, where it is absorbed by rectal mucosa and exerts anti-inflammatory and regenerating effects. The product acts locally by strengthening vascular walls and improving microcirculation in capillaries. Plant and mineral ingredients and their constituents interact with intestinal muscles, increase acetylcholine release of postganglionic nerve endings, induce upper gastrointestinal tract motility, reduce both gastric juice proteolytic activity and gastric acid generation, inhibit gastrin release and decrease pepsin production.

Regular use of the product may improve blood circulation in gastric mucosa, induce epithelial regeneration, and exert anti-*Helicobacter pylori* effect.

By inactivating unsaturated chemical bonds in peptides, glycosides etc., titanium dioxide is capable to remove harmful infectious toxins, resulting in a strong antimicrobial and antibacterial effect and in a quick relief of symptoms of different pathological conditions and inflammations. Titanium dioxide significantly improves cellular absorption of oxygen and glucose, induce energy exchange and accelerates regeneration in damaged and inflamed cells.

Active ingredients of the product act comprehensively: relieve spasm and pain, cleanse microbial contamination, induce healing processes in ulcer and wound sites, alleviate unpleasant sensations and symptoms like diarrhoea and dysbiosis, intoxication, poor motility etc. The product helps in stabilizing cellular membranes, promoting liver function and inducing regeneration of damaged hepatic cells. Besides, the useful gastrointestinal microflora is induced to grow, resulting in better intestinal function.

Flavonoid constituents of plant ingredients are involved in redox reactions and in this way may induce liver function to cleanse and detox. Flavonoids also help in relieving inflammation, stabilizing cellular membranes and protecting hepatocytes against infectious and toxic agents.

Shilajit induces protein production in the liver, promotes hepatic reticuloendothelial system, and exerts a moderate spasmolytic effect. Besides, shilajit affects smooth-muscular elements in intestinal walls and blocks intestinal histamine-serotonergic structures, lowering in this way intestinal tonus. Shilajit has a strong choleretic effect, similar to that of cholekinetics: it is capable of lowering tonus in smooth muscles of the bile duct and of promoting bile outflow into the intestine, without affecting cholesterol and bilirubin values in the bile.

Chamomile is one of the best herbs to treat acute and chronic inflammations in gastric mucosae. Chamomile induces relaxation in intestinal smooth muscles, alleviating spasms. Chamomile also reduces proteolytic action of pepsins and relieves inflammation. Constituents of chamomile flowers (essential oils, chamazulene etc.) inhibit lipid peroxidation and act as antioxidants.

Celandine alkaloids induce intestinal peristalsis, trigger saliva secretion, and suppress reactivity of the autonomic nervous system. Celandine contributes to better regulation of metabolism, digestion and also helps in relieving pain.

Suppositories are intended for personal care purposes, have preventive action and may be used as complex therapy agents in treatment of a wide range of gastrointestinal diseases. The product covers up and softly assuages mucosa, stimulates blood supply, prevents ischemia conditions and other damages in intestinal walls, induces regeneration processes in intestinal villi. Besides, the product has a local smoothing, moistening and anti-inflammatory effect to the rectum: reduces unpleasant sensation (itching, burning pains, and irritation).

Hypoallergenic product.

### **INDICATIONS:**

- Peptic ulcer and duodenal ulcer
- Crohn's disease
- Ulcerative colitis
- Gastritis
- Chronic pancreatitis
- Chronic cholecystitis
- Chronic hepatitis
- Pre-cirrhosis conditions
- Pelvic adhesive disease
- Enterocolitis Constipation

### **METHOD OF USE:**

For rectal use only.

Take the product out of the package with clean hands and insert, pointed end first, into the rectum, while lying on your side. Apply one suppository 2 times a day for one month. Extend your course of treatment up to 90 days, if necessary.

### **SIDE EFFECTS:**

No side effects found.

No product dependence and no rebound syndrome.

### **CONTRAINDICATIONS:**

Do not use during pregnancy. No other contraindications detected.

### **STORAGE CONDITIONS:**

Keep the product in a dark cool place at the temperature between +4°C and +15°C.

### **SHELF LIFE:**

Shelf life is 2 years from the date of production.

Do not use the product after expiration of the date of production, specified on the package.

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