



Instructions  
for Use Personal Prophylactic Hygiene Care  
Female Liquid Vaginal Suppositories  
**SCHALI® Care-FM**  
Menstrual Disorders

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SCHALI® Care-FM Liquid Vaginal Suppositories are a highly-effective photoactive product intended for better production of female sex hormones in scope of complex treatment and prevention of menstrual disorders.

**PRODUCT FORM:**

Prophylactic hydrogel in 3 ml disposable single-dose container.

**INGREDIENTS:**

Aqua, Hydroxypropyl Cyclodextrin, Glycerin, Propylene Glycol, Glycereth-18 Ethylhexanoate, Glycereth-18, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Titanium Dioxide, Triethanolamine, Diazolidinyl Urea, Methylparaben, Propylparaben, Phosphoric Acid.

**MECHANISM OF ACTION:**

Soft hydrogel formulation of the suppositories dissolves slowly in the vagina, where it is absorbed by vaginal mucosa. The product acts locally by inducing regeneration, strengthening vascular walls and improving microcirculation in capillaries. Regular use of the product is generally beneficial to immune system function, contributes to better cellular energy exchange, lifeline and regeneration, and prevents anaemia conditions and oxidative stress.

Mineral bio-constituent of the hydrogel formulation includes fragments of a certain class of metalloid semiconductors with unsaturated bonds - titanium dioxide crystalline lattice - known for its high catalytic activity. Photoactive particles of QD SCHALI® titanium dioxide trigger generation of active oxygen forms (singlet oxygen). Mechanism of action is based on the principle of energetic neutralization of free chemical bonds on the surface of toxic compounds by saturating them with complementary oxygen atoms, generated in the result of the catalytic reaction. Active oxygen forms may successfully treat most of all currently known exogenous and endogenous intoxications.

Besides, active oxygen forms (singlet oxygen) trigger mechanism of activation in serotonin receptors, leading to better regulation of serotonin reuptake inhibition by selectively blocking serotonin absorption in presynaptic membrane. Re-balanced serotonin level helps in restoring homeostasis and ceasing thanatogenesis, promotes female health and production of sex hormones, improves cellular metabolism and condition of blood vessels, and finally contributes to better function of both female immune and reproductive systems.

Titanium dioxide induces vaginal epithelium cells to resist multiple infection and inflammation agents and in this way may prevent recurrent infection. 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.

Regular use of the product supports immune defence, contributes to less fatigability and higher physical efficiency, and helps in better psychoemotional control during menstrual cycle. Menstrual bleeding becomes regular, less painful, less intensive, and in this way the product may lower risks of iron deficiency anaemia. Besides, regular use of the suppositories results in easier tolerable periods of psychoemotional symptoms of PMS, better mood and less pain sensation.

The product is intended for personal care purposes, has preventive action and may be used as complex therapy and photodynamic therapy agents in treatment of a wide range of menstrual disorders in gynaecology.

Hypoallergenic product.

### **INDICATIONS:**

- Menstrual disorders
- PMS
- Hypomenorrhea
- Algomenorrhea
- Amenorrhea
- Anovulatory cycle disorders

### **METHOD OF USE:**

For vaginal use only.

Take one single-dose container out of the package with clean hands, insert into the vagina and press out its content. 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 below 25°C.

### **SHELF LIFE:**

Shelf life is 3 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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