



## Instructions

Most women will occasionally experience unwanted feminine odor, often associated with changes in vaginal pH and imbalance in the vaginal ecosystem.

Many common activities can disrupt vaginal balance, including: monthly periods, exercise, making love, aging, and weight gain. These activities can cause changes in vaginal balance, leading to unwanted feminine odor and a desire to feel more fresh.

Clinical studies have shown a benefit of freshening gels for supporting optimal vaginal balance.\* IsoFresh Balancing Vaginal Gel, however, *is both isotonic and paraben-free* – providing the gentlest odor-control support possible.

### Directions

- To open the tube, peel away the silver safety seal.
- Twist a clean applicator completely onto the tube and squeeze the IsoFresh tube to expel 2 grams of product (fill lines are marked on the applicator). The amount of product used for your optimal freshness can be varied between 1 to 2 gms of product based on your individual needs.
- Hold the applicator upright until the product has been deposited inside the vagina.
- To deposit IsoFresh inside the vagina, gently insert the applicator deep into the vaginal canal and depress the plunger. If the applicator feels difficult to advance into the vagina, remove the applicator and reinsert it in a more backwards direction.
- The reusable applicator should be washed in warm soap and water, followed by a vigorous warm water rinse. Place the applicator on a clean washcloth to dry, and store in a clean, dry place.
- IsoFresh can be used every three days or on occasion as needed for feminine freshening.

### Warnings

IsoFresh is not intended to prevent or treat vaginal infections. Contact your healthcare provider if you have an abnormal vaginal odor that won't go away or that is associated with vaginal itching, burning, irritation or discharge.

IsoFresh is not a contraceptive and does not contain a spermicide.

If pregnant or breastfeeding consult your physician about use.

If vaginal irritation occurs, discontinue use.

Do not use if safety seal on tube is broken; instead return contents to place of purchase.

Use or discard within 90 days of opening. Do not use after expiration date.



## What Makes IsoFresh Unique

- IsoFresh is isotonic, meaning the salt concentration is balanced to your natural body fluids. Other freshening gels are hypertonic with salt levels as much as 10 times higher than healthy levels in our bodies. Hypertonic vaginal products have been associated with vaginal cell irritation and toxicity.
- IsoFresh does not contain paraben preservatives. Parabens can cause cell irritation and toxicity.
- IsoFresh is oil free. Oils placed in the vagina have been linked to increased vaginal infection rates. Many doctors do not recommend placing oil-based products in the vagina.
- IsoFresh is glycerol free. Products containing glycerol have been linked to vaginal irritation and cell toxicity. Many doctors do not recommend using glycerol-containing products in the vagina, especially for women who are sensitive to irritation.
- IsoFresh contains lactic acid. Lactic acid is nature's own vaginal balancing ingredient.
- IsoFresh provides 12 doses in one carton. Other products provide 4 doses per carton. IsoFresh is the economical choice for freshening and odor control!
- IsoFresh includes ingredients from raspberry and clary sage to support natural vaginal balance and self-cleaning.
- IsoFresh has been shown to preserve friendly vaginal lactobacillus bacteria.

## IsoFresh vs. Other Freshening Gels

	IsoFresh	Other Freshening Gels**
<b>Isotonic</b>	yes	no
<b>Paraben free</b>	yes	no
<b>Oil free</b>	yes	no
<b>Glycerol free</b>	yes	no
<b>12 doses per carton</b>	yes	no
<b>Irritation potential*</b>	none	moderate to severe
<b>Clinically shown to not harm healthy vaginal bacteria*</b>	yes	unreported

**You can trust the gentle ingredients in IsoFresh to restore vaginal freshness and balance. To learn more about vaginal balance, visit [fairhavenhealth.com](http://fairhavenhealth.com).**

