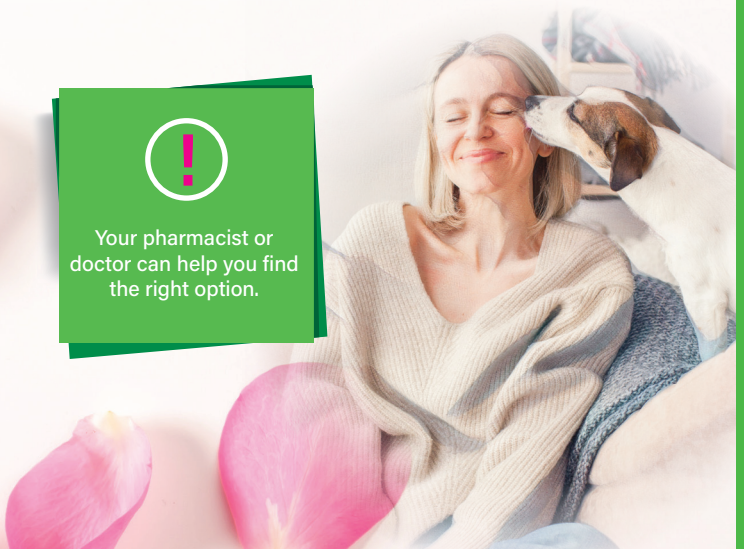
Restoring Vaginal Health

You don't have to live with discomfort!

Treatment Options

Type	What it does	How it works
Topical estrogen	Rebuilds the vaginal lining[4,7]	Reduces vaginal discomfort and improves painful intimacy[4]
Topical estrogen and probiotic *(lactobacilli)* combination	Along with the effect of estrogen, *lactobacilli* restores beneficial bacteria, creating a healthy vaginal ecosystem[7]	*Lactobacilli* help maintain pH in the normal range and prevents infections[7] Improves signs and symptoms of vaginal dryness[2]
Moisturisers/ Lubricants	Improves lubrication, offers temporary relief[3]	Non-hormonal, symptom focused.[3] May be used with estrogen therapy[8]



Your pharmacist or doctor can help you find the right option.

Two is Better than One

Estrogen + *Lactobacilli* (Probiotic)

A unique dual-action formula with low-dose estrogen and *Lactobacillus acidophilus* helps restore and support your vaginal environment.[7,9]

This combination works by:

- Rebuilding the vaginal lining[7]
- Restoring the vaginal ecosystem[7]
- Lowering vaginal pH[7]
- Relieving symptoms[3,7]
- Reducing harmful microbes[7]

Typical schedule for use of vaginal tablets:

- Insert once a day before bedtime, for 12 days[7]
- Twice or three times a week to maintain benefits[7]
- Improvement is often felt within 6 - 12 days[7]
- Best results come with continuous use[7,10]

Let's End the Silence

Up to 40 % of postmenopausal women experience vaginal dryness, yet many suffer in silence.[1,3] Effective treatment is available and it can change your life.[6]
Talk to your pharmacist or healthcare provider.

Resources for support:

www.menopause.co.za/for-women/
www.imsociety.org/for-women
www.menopause.org/patient-education

References: 1. International Menopause Society. Vaginal atrophy – a change with the menopause. 2. Kim HK, Kang SY, Chung YJ, *et al.* The Recent Review of the Genitourinary Syndrome of Menopause. *J Menopausal Med.* 2015;21(2):65-71. 3. Mueck AO, Ruan X, Prasauskas V, *et al.* Treatment of vaginal atrophy with estriol and lactobacilli combination: a clinical review. *Climacteric.* 2018;21(2):140-147. 4. Reiter S. Barriers to effective treatment of vaginal atrophy with local estrogen therapy. *Int J Gen Med.* 2013;6:153-158. 5. Muhleisen AL, Herbst-Kralovetz MM. Menopause and the vaginal microbiome. *Maturitas.* 2016;91:42-50. 6. Carlson K, Nguyen H. Genitourinary Syndrome of Menopause. [Updated 2024 Oct 5]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK559297/. 7. Data on file. 8. Crockett C, Phipps C, Wright A, *et al.* British Society for Sexual Medicine. Position Statement for Management of Genitourinary Syndrome of the Menopause (GSM). Updated January 2024. Available from: https://balance-menopause.com/uploads/2023/01/Position-statement-for-management-of-genitourinary-syndrome-of-the-menopause-GSM.pdf. Accessed 24 March 2025. 9. Adcock Ingram Limited. Data on file, March 2024.10. Sturdee DW, Panay N. Recommendations for the management of postmenopausal vaginal atrophy. *Climacteric* 2010;1-14.

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VAGINAL DRYNESS AND DISCOMFORT?

You're not alone.

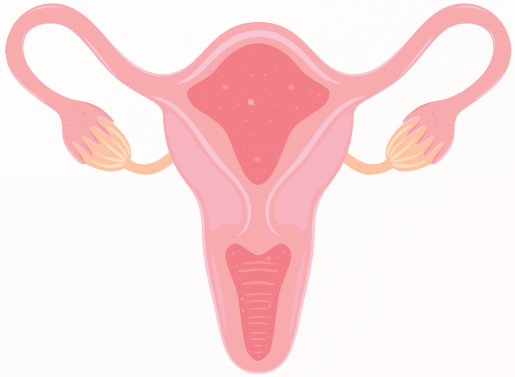
Understanding Vaginal Dryness (Atrophy)

What causes vaginal dryness?

As estrogen levels drop (especially after menopause), the vaginal lining becomes thinner, drier and less elastic. This leads to discomfort, burning, itching and painful intimacy.[1,2]

But that's not all

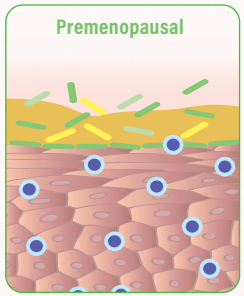
The balance of vaginal bacteria also shifts. Beneficial *lactobacilli* (a natural probiotic) decrease, allowing harmful bacteria to grow. Your vaginal pH increases, further disturbing the natural environment.[3-5]



How the vaginal environment changes[5]

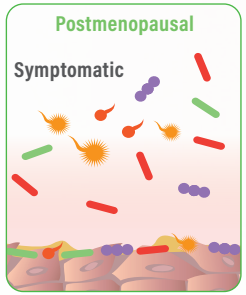
Before menopause

- High estrogen levels[5]
- Vaginal walls are thick and elastic[1]
- High levels of beneficial bacteria *(Lactobacillus spp.)* keep vaginal pH low (3,5 - 4,5)[4,5]
- Natural protection against infections[4,5]



After menopause

- Estrogen levels drop[5]
- Vaginal lining becomes thinner and drier[1,5]
- Fewer good bacteria, higher vaginal pH[4,5]
- Increased risk of dryness and infections[4,5]



Vaginal epithelium · *Lactobacilli* · Opportunistic pathogens/ bacteria · Glycogen

Adapted from reference 5.[5]

Signs You May Have Vaginal Dryness

Is this you? Take the quick check![2]

If you ticked one or more, it's time to talk to your doctor or pharmacist.

- [ ] Dryness or irritation in the vaginal area
- [ ] Burning or itching sensation
- [ ] Pain or discomfort during intimacy
- [ ] Bleeding after intercourse
- [ ] Decreased lubrication during intimacy
- [ ] Increased need to urinate
- [ ] Recurrent urinary tract infections

Symptoms may appear gradually and worsen over time without treatment.[6]

Why Treatment Matters

Vaginal dryness can affect your quality of life, emotionally and physically.[6]

If untreated, symptoms can:[6]

- Get worse over time
- Lead to more frequent infections
- Impact sexual intimacy

The good news?

There are effective treatments that don't just relieve symptoms, they help restore your natural vaginal balance.[4,6,7]