



Intimate care

"Many factors can disturb the health and comfort of the female genitalia. Menstruation, regular soap, anti-biotics, hormonal fluctuations, pregnancy, even tight clothing and sweat can disturb the pH balance and cause discomfort, irritation, bad odour as well as more serious conditions such as candida, bacterial vaginosis and vulvodynia. Taking care of your most intimate area is of utmost importance and I recommend Femagene to keep you confident." *Sexual Health Physician.*

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The vagina produces lactic acid naturally. It helps control the pH balance and thus provides a natural defence against irritations, itching, soreness and infection. Lactic Acid is very important in keeping the vagina safe from infection. It works to maintain the perfect balance of pathogenic bacteria and beneficial bacteria in the vagina.

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*Efficacy of support may vary between users.

A Woman's Life Stages	Female Hormone	Lactobacilli in Vagina	Vaginal pH
 Birth	0	0	7
 Menarche & Puberty	Unstable	Appearing	Approaching 3.8 to 4.2
 Menstruation	Changing	Unstable	Unstable
 Pregnancy	Changing	Unstable	Unstable
 Menopause	Slowly diminishing	Slowly diminishing	Approaching 7

If your vaginal pH is above normal, you are probably experiencing some of the following symptoms:

- itching
- excess discharge, and
- painful urination

There are a surprising number of triggers that can upset the vaginal ecosystem:

- **Menstruation:** Blood has a pH of 7.4, so during your period, vaginal pH becomes elevated.
- **Tampons:** Since they retain the fluids that cause the pH to increase, tampons can contribute to the problem.
- **Intercourse:** The pH of semen is 7.2 to 8.
- **Douching and cleansers:** Any vaginal infusion of water or other fluids can affect vaginal pH.
- **Normal soap** has a pH of 9 or more. The pH of water is 7, and fragrances and perfumes can also irritate the vagina.
- **Menopause and pregnancy:** These are times where hormones fluctuate, which is associated with elevated pH.
- **Stress, tight clothing, lingerie and lack of sleep.**
- Other risk factors include a new sexual partner or multiple partners, use of antibiotics among others.

Practicing some of these prevention techniques may help or reduce your risk:

- Always wear **cotton underwear**; avoid nylon and Lycra as much as possible, as they trap air creating a breeding ground for yeast; never wear pantyhose without wearing cotton panties underneath.
- Always use **water-based lubricants** when vaginal dryness is an issue, during sexual intercourse.
- Always **wipe from front to back** to prevent the yeast which normally inhabits the intestinal tract from being transferred to the vaginal area.
- **Don't use perfumed bath products** or powders in the vaginal area, these can cause irritations which can lead to infection.
- **Don't use douches!** Douches wash away the natural protective mucous of the vagina leaving the vagina more susceptible to yeast and other vaginal infections.
- **Use a pH balanced feminine wash** for your genital area on a daily basis.



Intimate
Care
Range

- pH balanced
- Gentle
- Convenient

soothing
and refreshing
feminine confidence