

### Should I wear a panty liner when using the Vitamin C Vaginal Tablets?

Some women may notice a discharge while using the vaginal tablets and therefore choose to wear a panty liner. If associated with the product, the discharge will subside within a few days of completing the treatment. If any abnormal discharge continues more than a few days after completing treatment, however, you should consult a doctor.

### Can I use vH essentials® treatment during my period?

For best results it is recommended that you do not use the vaginal tablets while menstruating. For women who are prone to vaginal odor after their monthly cycle, vH essentials® Vitamin C Vaginal Tablets may be used each month after your period to prevent odor from occurring.

### What if I get my period in the middle of the 6-day treatment?

In this situation it is recommended that you interrupt use and then resume treatment near the end of your period when your flow has become very light and has almost stopped.

### I often develop odor after sex, can vH essentials® help with that?

Sexual intercourse can temporarily alter your vaginal pH balance and for some women this can lead to unwanted odor. vH essentials® Vitamin C Vaginal Tablets may be used after sexual activity to support balance and a healthy pH. In this way, vH essentials can help prevent odor that may occur after sex.

### What should I do if I think I'm having a reaction to the product?

Stop use and ask a doctor if you experience any discomfort or symptoms that you suspect may be related to the product. Please see the Warnings in this Product Information Brochure and on the product package for more detailed information.

### If you have additional questions

Questions of a medical nature should be taken up with your doctor. If you have any other questions, or need more information on this product, visit [www.vhessentials.com](http://www.vhessentials.com) or call our Toll Free Number 1-800-635-3696 between the hours of 8:00 am and 4:30 pm US Central Time Zone.

Manufactured for:

**LAKE CONSUMER PRODUCTS, INC.**

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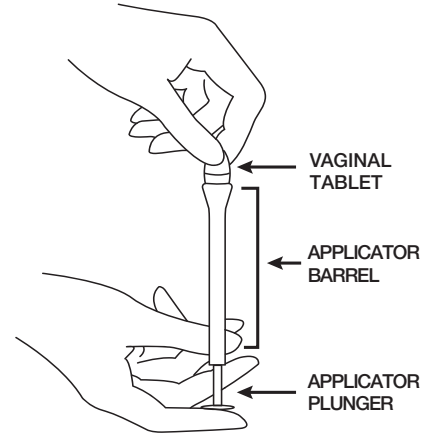


## Vitamin C Vaginal Tablet

Each vH essentials® Vitamin C Vaginal Tablet contains 250mg of coated, sustained release **Ascorbic Acid.**

### CONTENTS

- 6 vH essentials® Vitamin C tablets
- 1 reusable applicator



### DIRECTIONS FOR USE

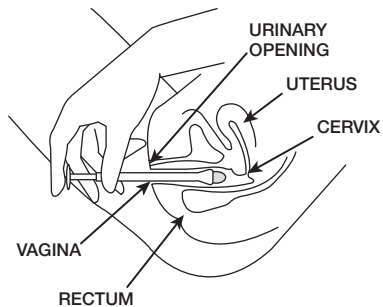
For best results, use one vaginal tablet at bedtime for 6 days in a row.

### FIRST TIME USERS REFER TO ADDITIONAL INSTRUCTIONS INSIDE.

Read the full directions before using.

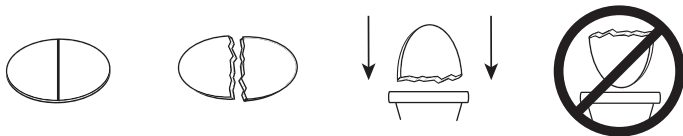
1. Remove a vaginal tablet from the blister packaging.
2. Place the vaginal tablet in the wider end of the reusable applicator. (See illustration above)

- Hold the barrel as shown in the picture. Gently insert the applicator into the vagina as far back as it will go comfortably.
- While holding the barrel, push the plunger in as far as it will go. Remove the applicator from the vagina and wash thoroughly with soap and water. Store in carton for future applications.
- You may wish to wear a panty liner in case of discharge.



#### INSTRUCTIONS FOR FIRST TIME USERS

To ensure tolerability of all ingredients and to avoid any potential unpleasant reaction (for example, itching or burning), insert only ½ vaginal tablet for the first two applications only. To do this, break the tablet in half at the score, and place the broken edge into the applicator so that the smooth, rounded edge is in contact with your vagina (as pictured below). If you experience no adverse reactions following application of the first two ½-tablets, repeat the next five applications using a whole tablet as instructed in numbers 1–5.



#### WARNINGS Use only as directed. For vaginal use only.

**Do not use this product if** you have a known hypersensitivity to any ingredient in the product. Remove tablet and discontinue use if burning or discomfort occurs upon insertion of vaginal tablet that lasts more than a few minutes.

**Ask a doctor before use if you have:** vaginal itching; burning or abnormal discharge; lower abdominal, back, or shoulder pain; fever; chills; nausea; or vomiting; been exposed to the human immunodeficiency virus (HIV) that causes AIDS; an STD (sexually transmitted disease) or PID (pelvic inflammatory disease); frequent and painful urination.

**Stop use and ask a doctor if:** odor worsens; odor clears up and occurs again within a few days; you develop vaginal itching, burning, or abnormal discharge; you get rash or hives, abdominal pain, fever, chills, nausea, or vomiting; you suspect you are having an adverse reaction to the product.

If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

#### FREQUENTLY ASKED QUESTIONS

##### Do I swallow the Vitamin C Vaginal Tablets or insert them vaginally?

vH essentials® Vitamin C Vaginal Tablets are to be inserted vaginally with your finger or with the reusable applicator provided. While it's true that vitamin C taken orally has numerous health benefits, several clinical studies have demonstrated that when applied vaginally, vH essentials® unique Ascorbic Acid formula promotes balance, supports a healthy pH and eliminates unnatural odor.

##### What is the difference between a Vitamin C nutritional supplement that I swallow and vH essentials® Vitamin C Vaginal Tablet?

vH essentials® formula is unique and has been shown to safely promote vaginal health in many clinical studies. This is very different from a dietary supplement vitamin C pill intended for swallowing.

The unique formula featured in vH essentials® Vitamin C Vaginal Tablets was developed and tested by a gynecologist. vH essentials® Vitamin C vaginal tablets contain 250mg of coated Ascorbic Acid. The silicone coating slows down the release of Ascorbic Acid to prolong its pH normalizing benefits. Furthermore, the coating helps protect the sensitive vaginal tissue from irritation.