

MyOwnBlend Vaginal Suppositories

Dear Client,

Hereby you receive MyOwnBlend vaginal suppositories, which have been prepared by the pharmacist on prescription from your practitioner. In this leaflet, we provide you with usage and storage advice and additional instructions.

MyOwnBlend Vaginal Suppositories

Composition

The active ingredients in this preparation are:

- *Lactobacillus crispatus* SP28 ($2.5 \cdot 10^9$ cfu/suppository)
- *Lactobacillus crispatus* LCR01 ($2.5 \cdot 10^9$ cfu/suppository)
- *Lactobacillus acidophilus* La02 ($2.5 \cdot 10^9$ cfu/suppository)

These are live bacterial strains that naturally occur in the vagina. The suppository itself is made from natural cocoa butter and coconut oil.

Quality Assurance

The basis for the prescription of your product is the formulation decision of your practitioner. During preparation, only components that have been checked, approved, and processed by the pharmacist under the regime of the European Pharmacopoeia are used.

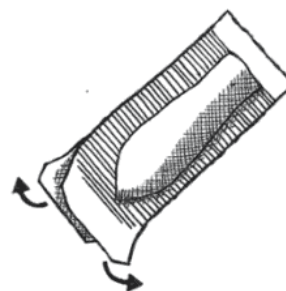
Usage

How much and when to use?

- Use 1 suppository per day, unless otherwise prescribed by your practitioner.
- Unless otherwise prescribed by the practitioner, it is advised to insert the suppository vaginally in the evening just before going to bed. You may experience discharge from the fats the suppositories are made of, so it is advised to insert the suppositories only when you are in bed, wear underwear, and use a panty liner or sanitary pad.
- It is possible to use the ovules during menstruation. However, on days with heavy bleeding, it may be more effective to temporarily interrupt the treatment, as the active ingredients may be excreted too quickly with the menstrual discharge. You can resume the treatment once the bleeding has decreased.

How to use MyOwnBlend vaginal suppositories?

- Take one suppository package out of the refrigerator (see storage advice), let it come to room temperature for fifteen minutes, and use it immediately after. Note: If the suppository is too cold, the fat is brittle, and the suppository may break. If the environment is warm and the suppository is out of the refrigerator for too long, it may start to melt. In both cases, the suppository can still be used but it is more difficult to insert.
- Open the packaging of one suppository by pulling apart the flaps of the plastic packaging at the bottom as shown in the figure. Do not apply force to the suppository itself, otherwise, it may break.
- Insert the suppository with a finger deep into the vagina just before going to bed. Preferably do this in a lying position. Wear underwear and use a panty liner or sanitary pad to catch any discharge.
- For hygienic reasons, we recommend washing your hands before inserting a suppository.



How to store MyOwnBlend vaginal suppositories?

- Make sure to place the packaging in the refrigerator immediately upon receipt. It is not a problem if the ovules have been at room temperature for a few days during transport.
- Store the suppositories in the sealed packaging in the refrigerator. The suppositories contain live bacteria that survive only for a limited time at room temperature. Take a suppository out of the refrigerator only just before use.

Possible Side Effects

No general side effects are known for the components used. Because MyOwnBlend vaginal suppositories contain live bacteria, you may notice that your vaginal environment reacts to the new 'inhabitants' you are introducing during the first few days. This may manifest as some discharge. This usually disappears after the first few days.

Since the suppositories are made from fat, you may experience some oily discharge. Therefore, it is advisable to insert the suppositories only when you are in bed before sleeping and to wear underwear at night and possibly use a panty liner or sanitary pad.

In rare cases, you may be sensitive to one of the ingredients, which may manifest as severe itching or redness of the vagina or labia. In that case, stop the treatment and contact your practitioner or pharmacist.

Questions and contact

If you have further questions about MyOwnBlend or the associated lifestyle adjustments, please check the frequently asked questions at microbiome-center.nl. If you do not find an answer there, you can send an email to klantenservice@microbiome-center.nl or call customer support at phone number +31 (0)85-7603879.

Microbiome Center stands for a personal approach and strives for a high level of service. In this context, Microbiome Center could approach you to personally discuss any questions and feedback that you may have.

