

Vaginal pH: A balancing act.

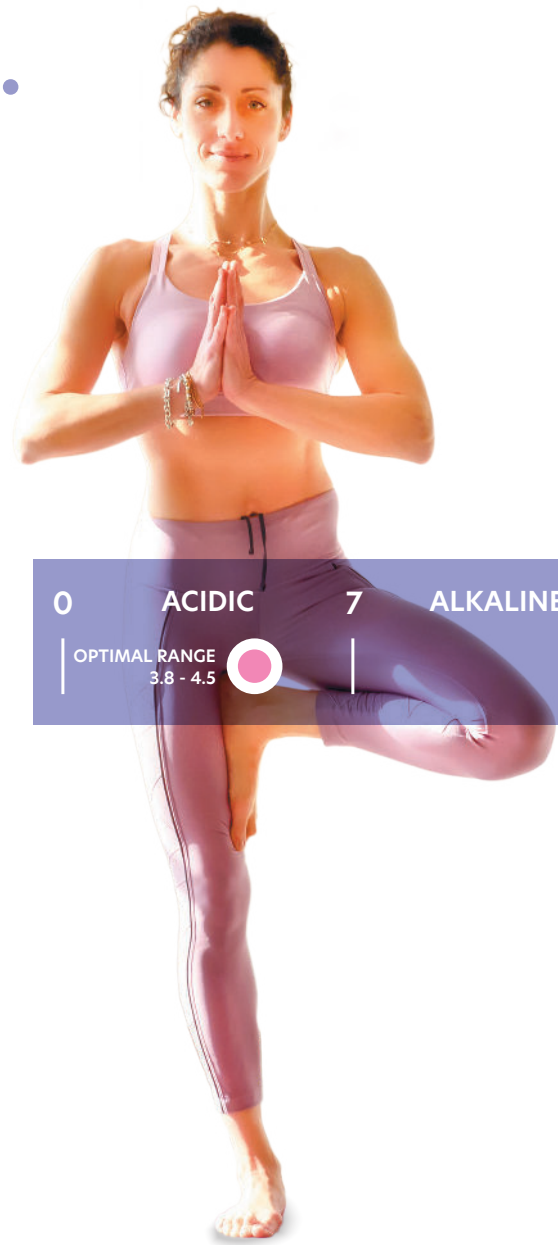
Aci-Jel.
BALANCE

The pH level of the female vagina plays an important part in determining whether it's healthy.

pH measures how alkaline or acidic something is on a scale of 0 to 14. The number seven is the median and anything below is acidic and anything above is alkaline.

A normal pH for the vagina is between 3.8 to 4.5 which is moderately acidic. This is ideal for beneficial bacteria to thrive and creates a hostile environment for bad bacteria that can cause unpleasant odour and abnormal discharge.

Hormonal fluctuations may alter the vagina's natural acidity and disrupt the vaginal eco flora.



What changes vaginal pH?

Changes in vaginal pH can occur as a result of a range of common life-stage and lifestyle 'pH triggers' including:



Menstruation



Pregnancy



Menopause



Sexual Intercourse

Signs & Symptoms of a Disrupted Vaginal pH

Sign/Symptom	Unbalanced pH
Vaginal irritation	✓
Vaginal itching and burning	✓
Vaginal redness or swelling	
Thick, white vaginal discharge	
Thin, watery, grey vaginal discharge	✓
Unpleasant vaginal colour (fishy odour)	✓
Discomfort during intercourse	

For further information contact
Care Pharmaceuticals:

FRECALL Australia 1800 788 870
www.carepharmaceuticals.com.au

Always read the label, use only as directed. If symptoms persist see your health professional.

Maintaining a healthy pH

- **Daily intimate hygiene** to keep the genital area clean
- **Using a hypoallergenic**, mild liquid wash (pH 4.2 to 5.6); avoiding abrasive bar soaps or more alkaline bath products and irritants
- **Not using fragranced vaginal douches**
- **Wearing loose-fitting cotton underwear**; changing underwear frequently; minimising the wearing of tight clothes
- **Not using talcum powder** and only the sparing use of perfumes and deodorants
- **Changing tampons and other sanitary items frequently**
- **Gently cleansing the vulva (from front to back) before and after intercourse**

Use of therapeutic vaginal gels— such as Aci-Jel Balance — can help correct an acidic imbalance of the vagina and aid in the maintenance of a healthy pH.

Why Aci-Jel Balance?

Aci-Jel Balance is a vaginal jelly buffered at pH4 which helps to restore and maintain the natural pH of the vagina.



Aci-Jel Balance

- ✓ Over-the-counter vaginal jelly that helps restore and maintain vaginal pH
- ✓ Fragrance free
- ✓ Simple and easy to use (comes with an applicator to help apply the correct amount into the vagina)
- ✓ Can be used every day (usually morning and evening)

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