

Premeno® duo

Correct vaginal dryness and support healing

Improve natural defence against infections

For more information visit premeno.info



Premeno® duo: to restore vaginal secretions in conditions listed as follows. These conditions will most often be mentioned by your GP or nurse in a more general discussion regarding your health. It is important, that you yourself, as the patient, feel free to talk about vaginal symptoms with your GP or Health Professional.

Premeno® duo – Composition

Sodium hyaluronate, lactic acid, sodium lactate. Other ingredients: Fats, cetareth, beeswax, sorbitan monstearate, macrogols.

Common Vaginal Disturbances – General Information

The moisture content, elasticity and acidity level of the vaginal walls are very finely regulated¹.

In certain situations, such as during or after the menopause, after childbirth, while breast feeding, when taking hormone preparations, during stress, or after cancer treatment (chemotherapy) this regulation process can be disturbed^{2,3}.

As a result, vaginal tissues may become dry, and lactic acid secretion reduced⁴.

Common vaginal symptoms

Include: itching, burning, burning during sexual intercourse and a tendency to inflammation. Intercourse, or other mechanical stimuli, can cause abrasive injuries to the epithelium. Decrease in lactic acid production can increase the chance of developing a vaginal infection⁵, and thus vaginal inflammation (vaginits) and a discharge with a distinct odour⁶.

Premeno® duo – what is it for?

- Treatment of vaginal dryness, caused by e.g. the menopause, stress, breast feeding or antihormonal chemotherapy, with or without local hormone therapy.
- Supports healing processes in damaged vaginal epithelium.
- Improves natural defence against vaginal infections: preventive treatment of vaginitis (vaginal infection) and vaginal mycosis (fungal infection of the vagina).
- May assist with recurrent uncomplicated UTI's, which frequently result from disturbed vaginal environment^{7,8}.

By supporting the healing of the damaged tissue more rapidly, and maintaining optimum vaginal environment, it makes the tissue less susceptible to another infection (Note: An uncomplicated UTI is a UTI with NO underlying serious condition, which your GP will discuss with you).

- Can be used in conjunction with antibiotic treatments.
- Directly after anti-fungal treatment, to help heal and prevent recurrent Candida infections.
- In most cases can be used in combination with hormone replacement therapy (HRT). Consult your GP first.

Premeno® duo – how does it work?

Premeno® Duo helps to address current symptoms and assist in preventing development of certain conditions via its two active ingredients:

Hyaluronic acid: a molecule responsible for the moisture and elasticity of the skin and mucous membranes. It also plays a vital part in tissue repair⁹.

Recent studies show that it inhibits the growth of *Candida albicans* – the most common cause of vaginal mycosis (fungal infection)^{10,11}.

Lack of oestrogen causes levels of hyaluronic acid in the vaginal lining to fall, which reduces moisture, elasticity and the stability of the tissue^{12,13,14,15}.

Lactic acid/sodium lactate combination: restores vaginal-pH to the natural level of 3.8 to 4.2

and thus decreases the risk of infection^{16,17,18,19}.

Numerous factors, including lack of oestrogen or bleeding can have a negative effect on the natural production of lactic acid in the vagina²⁰. This can cause an overgrowth of harmful bacteria and fungi.

Premeno® duo – features

- Contains no hormones.
- Restores moisture levels in the vagina.
- Adheres to the vaginal wall.
- Has excellent lubricating (sliding) properties.

- Helps wounds to heal.
- For maintenance, use only once every 3 days.
- Has the appropriate pH (degree of acidity).
- Improves defence against vaginal infection.
- Is a handy ovule, so no messing around with gels and applicators.

Premeno® duo – simple to use

Simply insert the pessary into the vagina, with a finger as deep as possible, where it melts completely within a few minutes.

- Initial therapy: Insert 1x ovule before bedtime for 10 consecutive days.
- Maintenance therapy: For a lasting effect, after the initial therapy, 1x ovule every third day, for as long as you feel this is desirable.

This regimen has proven to be effective for the treatment and prevention of vaginal dryness.



Premeno® duo – Side Effects and Contraindications

- Since the ovules contain lactic acid, mild skin reactions (mild burning or itching) may occur in rare cases, particularly if the vaginal epithelium is very dry and/or damaged. These usually disappear within a short period.
- Medical supervision is recommended if the ovules are used in acute or severe vaginal infections.
- The product should not be used in known hypersensitivity to individual ingredients.
- Risks for the unborn child are unknown, use during pregnancy have not been determined.
- Since the ovules base contains modified natural fats, condoms or diaphragms made from natural latex should not be used at the same time as Premeno® duo.

Where to obtain Premeno® duo

- Available in pharmacies, over the counter, without prescription.



Seeking further help and advice

- Your first step should be to speak to your GP or health professional. They will be able to provide the right support, advice and treatment options. It is important, that you yourself, as the patient, feel free to talk about vaginal symptoms with your GP or Health Professional.



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