



The Women's Natural Health Practice

Femprotect - Lactic Acid Contraceptive Gel

Femprotect is a reliable spermicidal gel. It was first developed by NVSH in the Netherlands for use with diaphragms, cervical caps and condoms under the name Contracep Green which was tested in the laboratories of NVSH and strictly to the norms of IPPF (International Planned Parenthood Federation). Because of its natural composition Femprotect doesn't damage latex diaphragms, caps or condoms. Additionally, Femprotect is a good water based lubricant for use during any sexual activity. (note: Never use oil or petroleum based lubricants together with latex diaphragms, caps or condoms). Femprotect is manufactured by the German pharmacy MERKUR-Apotheke, Nürnberg.

Instructions for Use

Diaphragms: Apply 5ml (1tsp) of the gel in the middle of the inside of the dome of the diaphragm. Spread the gel with help of your finger over the whole inside surface and the inside of the rim.

Cervical Caps: Fill the dome of the cap 1/3 full with gel and follow the instruction for use of your cap. **Femprotect** is suitable for all kinds of latex cervical caps, Oves cervical caps and Femcaps.

Condoms: Apply a small amount of Femprotect on the penis inside the condom first then a small additional amount on the tip of the outside of the condom before penetration.

Side effects

Femprotect is very well tolerated. You can use the gel as long and as often as you like it. In rare cases of reactions you should stop using Femprotect and ask your healthcare provider or pharmacist for advice. **Femprotect** is colourless and odourless and doesn't stain.

Composition (100g tube)

Lactic acid	3.5 %	Sorbic acid	0.1 %
Sodium lactate	4.5 %	Tylose h 300	7.5 %
Glycerol	15.0%	Water	69.4%

Storage

If you keep Femprotect in a cool place (below 35 degrees C), it will last for 12 months (from production date). Please observe the expiry date on the package.

Note

No method of contraception is 100% effective therefore decisions made about your contraception should be informed and carefully considered. Natural spermicides have been shown to compare favourably to chemical spermicides in immobilising sperm in laboratory tests and anecdotally with similar efficacy when used with a diaphragm or cap. However because there has been no large scale clinical trials to prove the efficacy of natural spermicides using these as an alternative to chemical spermicides has to be an individual woman's informed choice.

For Further Information Contact

The Women's Natural Health Practice, +44 (0)845 688 5270, Email: enquiries@naturalgynae.com At the Women's Natural Health Practice we specialise in providing comprehensive natural reproductive, gynaecological and general healthcare for females from adolescence to post-menopause.

Appointments: +44 845 688 5270

Fax: + 44 208 940 8533

Email: enquiries@naturalgynae.com

www.naturalgynae.com