

The Yin-care Gynecological Applicator



Understanding The Applicator

For vaginal use, an easy-to-use Yin-care applicator. It holds 100 ml, and has a built-in measuring system with each section equaling 10% of the total volume.

(see DIAGRAM 1 and *note below)

Vaginal Use

HOW TO USE

Dilute just prior to each use to preserve product integrity.

Test a small amount of formula on the inside of the elbow to determine the possibility of allergic reactions or sensitivities.

DILUTION

Yin-care is a concentrated liquid and will need to be diluted before each use.

INTERNAL USE

1. Fill reservoir with Yin-care and water dilution (see diagram 1).
2. Screw on applicator tip (see diagram 2).
3. Recommend a comfortable posture for insertion (stand in the shower or sit on the toilet).
4. Applicator tip inserts into vagina. Slowly squeeze reservoir, allowing solution to thoroughly rinse vagina and flow freely from the body.
5. Patient will continue process until reservoir is empty.
6. Applicator tip and reservoir should be washed thoroughly with soap and warm water after each use.

* To maintain bacterial balance when prescribing for vaginal use, recommend using Yin-care at a 10% dilution twice a day for 4-6 days.

The 3.4 oz. (100ml) bottle used twice daily at a 10% dilution will yield 10 applications for 5 days

DIAGRAM 1
Reservoir with 10% dilution
(10ml formula + 90ml water)

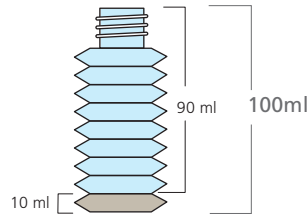
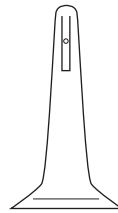


DIAGRAM 2
Applicator tip



Understanding Dilutions

1. Mix herbal wash with appropriate amount of water.
2. Apply by cream, washing, rinsing, rubbing, compress or with a cotton ball, pad, swab or applicator.
3. Apply according to condition.

DILUTIONS TABLE

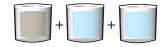
1 unit Yin-care + 9 units water/cream =	10% Yin-care dilution
1 unit Yin-care + 4 units water/cream =	20% Yin-care dilution
2 units Yin-care + 3 units water/cream =	40% Yin-care dilution
3 units Yin-care + 2 units water =	60% Yin-care dilution
4 units Yin-care + 1 unit water =	80% Yin-care dilution

25%



mix 1 cap formula
+ 3 caps water

33%



mix 1 cap formula
+ 2 caps water

50%



mix 1 cap formula
+ 1 cap water

100%



Apply formula directly with
cotton ball, pad, or swab.

Other Applications

Yin-care may be applied externally using one, or all of the following methods:

CREAM

1. Use a compounding creme like Vanicream™ or Glaxal Base.
2. Mix Yin-care to base cream for prescribed dilutions.

SITZ BATH

1. Mix Yin-care and water solution in a portable wash basin.
2. Apply solution to exterior of body for 15 minutes, twice a day.
3. Allow solution to dry.

SPRAY

1. Obtain small spray bottle and fill with prescribed dilution.
2. Spray on affected area, letting solution absorb and dry.
3. Repeat as needed.

COMPRESS

1. Apply prescribed dilution to cotton cosmetic pad.
Affix pad as needed or overnight. Tissue or paper towel can be used to cling to larger areas.
2. For best results, pad must be damp when in contact with the skin.

BATH ADDITIVE

Add herbal concentrate to your bath water for a gentle 10-20 minute bath.

USE TOPICALLY FOR:

COLD SORES, SHINGLES
cotton or tissue compress

ACNE
spray on, then compress

INSECT BITES
compress

ECZEMA, PSORIASIS
cream or compress

POISON OAK & IVY
tissue compress

FUNGUS, BACTERIA
soak or compress

ATHLETES FOOT
wash/rub or compress

CAUTION: Do not ingest. Use under the direction of your healthcare provider during pregnancy.

Avoid using if menstruating, experiencing dry, cracked and broken skin or open sores.

Unusual odor or discharge may indicate conditions for which a physician should be consulted. It is normal to feel a sensation of temporary warmth upon application. Test a small amount of formula on the inside of elbow to determine the possibility of allergic reactions or sensitivities. Discontinue use immediately if rash, irritation, or discomfort develops and contact your health professional.