



Instructions  
for Use Personal Prophylactic Hygiene Care  
Female Rectal Suppositories  
**SCHALI® Care-FO**  
Orthopedic Disorders

**Instructions for Use**  
**Personal Prophylactic Hygiene Care**  
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SCHALI® Care-FO Rectal Suppositories are a female personal care hygiene product intended to restore and stimulate tissues regeneration in scope of immune rehabilitation, particularly in case of incomplete recovery and complex treatment and prevention of orthopedic disorders, joint pain and musculoskeletal conditions.

**PRODUCT FORM:**

Lubricating prophylactic suppositories, 2 g.

**INGREDIENTS:**

The product contains environmental friendly biocompatible ingredients of plant and mineral origin.

Cocoa butter, Bee glue, Chelidoni herba leaves extract, Camelliae Sinensis non fermentata folia extract, Shilajit, Griffonia simplicifolia seed extract, Titanium dioxide.

**MECHANISM OF ACTION:**

Based on natural plant oils and butters, minerals and phytoextracts, the product dissolves slowly in the rectum, where it is absorbed by rectal mucosa and exerts anti-inflammatory and regenerating effects. The product acts locally by strengthening vascular walls and improving microcirculation in capillaries. Plant and mineral ingredients and their constituents are capable of inducing cellular energy exchange and metabolism, microcirculation and oxygenation in tissues, resulting in a quick and effective relief of pain, swellings, stiffness in joints, and better adaptation after progressive overload.

Calcium and phosphorus constituents of shilajit are crucial to cartilage and bone tissues formation, improve mineral density in bones and promote formation of histologically normal bone tissue structures. Shilajit generally strengthens bone structures and prevents brittle bone conditions, enhances regeneration in tissues, has anti-inflammatory, anti-toxic, immunostimulatory and toning effects. Shilajit is beneficial to regeneration of damaged muscles as well, it accelerates healing processes in muscles and induces proliferation of both myoblasts and fibroblasts. By inducing nucleic acid synthesis and accelerating cellular mitosis, shilajit may significantly improve regeneration in soft tissues.

Chamomile flowers exert strong anti-inflammatory, adaptogenic and regenerating effects. Chamomile constituents protect human cells from damage and reduce the exudative phase of inflammation, inhibit both macrophage and leukocyte infiltration, enhance cellular proliferation.

Celandine is beneficial to female immune system, induces immune response, has spasmolytic, antibacterial, disinfecting, protecting effects, strengthens natural resistance, and increases phagocytosis and efficiency of T- and B- immune cells.

Regular use of the product helps in slowing progression of musculoskeletal degeneration and dystrophy, and contributes to better therapeutic effect and remission.

The product is intended for personal care purposes, has preventive action and may be used as a complex therapy agent in treatment of a wide range of orthopedic disorders for its dual effect to bone tissue regeneration: induced formation of new bone tissues and lower bone resorption, and for generally better bone strength as well.

Hypoallergenic product.

**INDICATIONS:**

- Arthritis conditions
- Osteoarthritis conditions
- Contraction disturbance
- Polyarthritis conditions
- Ankylosing spondylitis
- Bone injury
- Mixed connective tissue disease
- Post-traumatic and post-surgical pain syndrome

**METHOD OF USE:**

For rectal use only.

Take the product out of the package with clean hands and insert, pointed end first, into the rectum, while lying on your side. Apply one suppository 2 times a day for one month. Extend your course of treatment up to 90 days, if necessary.

**SIDE EFFECTS:**

No side effects found.

No product dependence and no rebound syndrome.

**CONTRAINDICATIONS:**

Do not use during pregnancy. No other contraindications detected.

**STORAGE CONDITIONS:**

Keep the product in a dark cool place at the temperature between +4°C and +15°C.

**SHELF LIFE:**

Shelf life is 2 years from the date of production.

Do not use the product after expiration of the date of production, specified on the package.

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