

# RELIEF OF YEAST INFECTION SYMPTOMS

Information for **Health Care Professionals**



## MINOR VAGINAL ITCHING • BURNING • DISCHARGE

Vaginal yeast infection (also called vaginal candidiasis) affects as many as three out of four women at some point in their lifetimes. Most women experience at least two episodes.

Medications and health conditions like antibiotics, hormonal contraceptives, and pregnancy can increase the risk of developing an infection. There are also several lifestyle factors, such as douching, using scented feminine hygiene products, and wearing tight or wet undergarments for long periods, that contribute to an overgrowth of yeast.

**YeastCalm™** is a homeopathic formula designed to target specific symptoms associated with vaginal yeast infection: burning, vaginal discharge, and general discomfort. It's made with plant-based and other pure active ingredients, such as Calendula and borax, and is free of parabens and preservatives.

The suppositories are well tolerated, although a mild increase in vaginal burning or irritation may occur when first inserted if the mucous membranes are irritated by the yeast infection.

Included in the packaging is an applicator along with an educational insert that details instructions, warnings, and answers to frequently asked questions. YeastCalm is available over the counter and health care professionals can also purchase direct from Boiron.

  
**World Leader in  
Homeopathic Medicines**  
[BoironUSA.com/hcp](http://BoironUSA.com/hcp)

## MEDICINES

<b>YeastCalm™</b>	Homeopathic symptom-specific topical action on symptoms associated with yeast infection: minor vaginal itching, burning, discharge, and discomfort.	Will not mask symptoms that could lead to the early diagnosis of a more severe problem; offers convenience as a pre-measured dose and overnight treatment.	Mild increase in vaginal burning or irritation may occur when the suppository is inserted if the mucous membranes are irritated.
<b>Imidazoles</b> ( <i>miconazole nitrate, clotrimazole, tioconazole, butoconazole</i> )	Disrupts the metabolism of phospholipids in yeast cell membranes.	Provides fast action as a topical.	Itching, burning, pelvic cramps, and increased urination are possible; interferes with cytochrome P450.
<b>Triazoles</b> ( <i>terconazole</i> )	Disrupts the metabolism of lanosterol in yeast cell membranes.	Provides a large spectrum of action, including fast action as a topical.	Outbreak of rash, itching, burning, or discomfort are possible. Should not be used during the first trimester of pregnancy.
<b>Hydrocortisone</b>	Relieves intense itching.	Provides fast action as a topical.	Can only be used for short periods. May decrease local immune reaction or cause thinning of mucous membranes.

## SUPPLEMENTS

<b>Boric acid suppositories</b>	Reduces vaginal alkalinity that promotes yeast proliferation.	Offers an alternative to antifungal medications.	Should not be used during pregnancy.
<b>Probiotics</b> ( <i>Lactobacillus spp.</i> )	Lactobacillus and other bacteria from the vaginal microbiota limit yeast proliferation.	Possibly provides preventive action when taken orally.	Local application may cause slight itching, especially on irritated mucosa.



**YeastCalm™** is produced by Boiron using pharmaceutical quality standards, recognized as the most stringent level of Good Manufacturing Practices among health products. Its active ingredients are made according to the *Homeopathic Pharmacopoeia of the United States*.<sup>5</sup>

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in purple).<sup>6-7</sup>

**YeastCalm should be used only for its labeled indications.**

<b>Sodium borate</b> <b>Na<sub>2</sub>B<sub>4</sub>O<sub>7</sub>·10H<sub>2</sub>O</b>	<b>Garden marigold</b> <b>(Asteraceae)</b> <b>Calendula officinalis</b>	<b>Candida albicans</b> <b>(Saccharomycetaceae)</b>	<b>Goldenseal</b> <b>(Ranunculaceae)</b> <b>Hydrastis canadensis</b>
Antifungal properties.	Slight antiseptic action. Anti-inflammatory and wound healing.	Main agent of vaginal candidiasis.	<b>Hydrastine:</b> astringent. <b>Berberine:</b> anti-inflammatory and antifungal activity.
<b>Borax 14X</b>	<b>Calendula officinalis 1X</b>	<b>Candida albicans 30X</b>	<b>Hydrastis canadensis 5X</b>
Relieves thick vaginal discharge.	Healing agent for vaginal mucosa.	Relieves symptoms of Candida (yeast) infection.	Reduces vaginal discharge.

## + ADVANTAGES

**As a convenient and reliable first choice for relief of yeast infection symptoms, YeastCalm offers several advantages:**

- Complete homeopathic formula made with Calendula healing agent and borax
- Designed to target multiple symptoms associated with yeast infections
- Provides a seven-night treatment
- Includes an applicator and educational insert
- Will not mask symptoms that could lead to the early diagnosis of a more severe problem
- Offers convenience of being a pre-measured dose
- Contains no preservatives or parabens
- No known interactions with systemic drugs

### References

1. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
2. PDR for Herbal Medicines. 3rd ed. Montvale, NJ: Thomson PDR; 2004.
3. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2022.
4. Berardi R. *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care*. 15th ed. Washington, DC: American Pharmacists Association; 2006.
5. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
6. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
7. Guermonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.





# YeastCalm™

## 7 VAGINAL SUPPOSITORIES

### Drug Facts

#### Active ingredients\* (in each suppository) Purpose\*

Borax.....	Relieves thick vaginal discharge
14X HPUS (0.15 g)	
Calendula officinalis.....	Healing agent for vaginal mucosa
1X HPUS (0.15 g)	
Candida albicans.....	Relieves symptoms of Candida (yeast) infections
30X HPUS (0.15 g)	
Hydrastis canadensis.....	Reduces vaginal discharge
5X HPUS (0.15 g)	

(contains less than 10<sup>-3</sup> hydrastine and berberine alkaloids)  
*The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.*

#### Uses\*

- if this is the first time you have vaginal itching and discomfort, see your doctor to find out if you have a vaginal yeast infection
- temporarily relieves symptoms of vaginal yeast infection (candidiasis) such as:
  - minor vaginal itching
  - burning
  - discomfort
  - discharge
- promotes healing of the vaginal mucosa

#### Warnings

**For vaginal use only. YeastCalm may damage condoms and diaphragms and cause them to fail.**

#### Ask a doctor before use if you

- have one or more of the following: abdominal pain, fever, chills, nausea, vomiting, or foul-smelling discharge
- get vaginal yeast infections often (such as once a month or three in 6 months)
- may have been exposed to the human immunodeficiency virus (HIV) that causes AIDS
- are under 12 years of age.

### Drug Facts (continued)

#### When using this product

- do not use tampons, douches, or spermicides
- do not have vaginal intercourse (sex).

#### Stop use and ask a doctor if

- symptoms do not improve in 3 days
- symptoms remain after 7 days
- you get abdominal pain, fever, chills, nausea, vomiting, foul-smelling discharge, or hives. These may be signs that this product is not working, or you may have a more serious condition, or an allergic reaction.

**If pregnant or breastfeeding,** ask a health professional before use.

**Keep out of reach of children.** If swallowed, get medical help or contact a Poison Control Center right away.

#### Directions

- Before using YeastCalm, read the enclosed educational insert for complete instructions and information.
- Adults and children 12 years of age and older: Insert one YeastCalm suppository high into the vagina every night for 7 consecutive nights. Applicator is included.
- Children under 12 years of age: Ask a doctor.

#### Other information

- do not use if the suppository mold seal is broken
- do not store above 77°F (25°C)

#### Inactive ingredients

gelatin, glycerin, purified water

#### Questions or comments?

BoironUSA.com  
 Info@Boiron.com  
 1-800-BOIRON-1 (1-800-264-7661)

**ALSO AVAILABLE FROM BOIRON**



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