

It is absolutely necessary to follow the directions (times and methods of the applications), to obtain the desired results. Always remind to use an abundant quantity of product. Use *Shivax*® steadily until the Restitutio ad Integrum

Shivax® creams contain absolutely natural substances.

| Product | Composition nomenclature INCI |
|----------------------|---|
| <i>Shivax</i> ® Plus | petrolatum, lanolin, triticum vulgare germ oil, oenothera biennis oil |
| <i>Shivax</i> ® FT | petrolatum, lanolin, oenothera biennis oil, triticum vulgare germ oil |
| <i>Shivax</i> ® U | petrolatum, lanolin, oenothera biennis oil, triticum vulgare germ oil |
| <i>Shivax</i> ® G | petrolatum, lanolin, oenothera biennis oil, triticum vulgare germ oil |

The complete formulas of *Shivax*® products have been communicated to the Italian Ministry of Health in compliance with the Italian, European and American (USA) legislation in force. We recommend to use these creams alone, without matching them with products that are not *Shivax*®

Thank to their composition rich in minerals, vitamins, fatty acids, totally natural, *Shivax*® creams have an antioxidant and anti-inflammatory function.

DIRECTIONS:

Shivax® are coadjuvant in the therapy of: psoriasis, eczemas, scurf, acne, dermatitis in general, napkin dermatitis, contact dermatitis, atopic dermatitis, phlogosis of the female genital system, specific and aspecific vulvovaginitis, dryness and burning, even in post-menopause, cystitis, phlogosis of male genital system, specific and aspecific balanopostitis, itching and anal or penis burnings, phimosis, dyspareunia, herpes, lichen, phlogosis by haemorrhoids, scalds, stings, arthritis and/or general pains, traumatic (or not) pains, synovitis, muscular pain, neuritis, lombalgia, brachialgia.

USE:

1. SCALP

| 1st day | 2nd day | 3rd day | 4th day | 5th day | 6th day | 7° day |
|-----------------------------|-----------------------------|-----------------------------|--|-----------------------------|-----------------------------|--|
| Use <i>Shivax</i> ® Plus | Use <i>Shivax</i> ® Plus | Use <i>Shivax</i> ® Plus | Shampoo then use <i>Shivax</i> ® Plus | Use <i>Shivax</i> ® Plus | Use <i>Shivax</i> ® Plus | Shampoo then use <i>Shivax</i> ® Plus |

In the morning put *Shivax*® Plus massaging vigorously; don't worry to dirty your hair (it's a little price one have to pay, but the results are very quick). You will look like a person who uses "grease". Keep attention: this area must not be covered with a transparent plastic sheet even if you are bald. The scalp absorbs more than skin does. Go on following the table, until the recovery. Do the application, initially, every day and after the

recovery, less frequently. It is possible to do the first shampoo after three days (it would be better if it does not eliminate totally *Shivax*® Plus). Then, do a shampoo each three days. It is possible to use this method even for the Crusta Lactea in children, with very good results.

2. BODY (EVERY KIND OF PSORIASIS EVEN WITH ITCHING AND/OR BURNING, ECZEMAS, HERPES, MICOSIS, SCURF)

Evening Technique

| | | | | | | |
|---|--|---|--|--|---|---|
| In the evening, use <i>Shivax</i> ® Plus | In the morning <i>Shivax</i> ® FT | In the evening, use <i>Shivax</i> ® Plus | In the morning <i>Shivax</i> ® FT | In the evening, use <i>Shivax</i> ® Plus | In the morning <i>Shivax</i> ® FT | In the evening, use <i>Shivax</i> ® Plus |
| 5th day In the morning <i>Shivax</i> ® FT | 5th day In the evening, use <i>Shivax</i> ® Plus | 6th day In the morning <i>Shivax</i> ® FT | 6th day In the evening, use <i>Shivax</i> ® Plus | 7° day In the morning <i>Shivax</i> ® FT | 7° day In the evening, use <i>Shivax</i> ® Plus | 8th day In the morning <i>Shivax</i> ® FT |

In case of psoriasis or dermatitis in elbows, arms, ankles, thorax, back, abdomen, knees, thighs, tibia, wrists, navel, gluteus and legs, in the evening, apply *Shivax*® Plus and immediately cover with a transparent nylon sheet, all night. If the transparent nylon sheet moves, it is possible to use an anallergic plaster, to keep it there (you can find it in every pharmacy or supermarket).

In the morning, wash the area softly and after apply *Shivax*® FT, many times during the day, even without covering. It is important that always remains some *Shivax*® FT on the affected area.

In the evening, repeat with *Shivax*® Plus and then cover with the transparent nylon sheet. Go on following the scheme in the table (Evening Technique), until the recovery. Those who work on night, can invert the applications:
(Morning technique)

3. FACE (PSORIASIS, ACNE EVEN WITH ITCHING AND/OR BURNING E/O BRUCIORE, SEBORRHOIC DERMATITIS, HERPES LABIALIS)

In the evening apply *Shivax*® Plus and cover with the plastic transparent sheet, all night. If the transparent plastic sheet moves, it is possible to use an anallergic plaster, to keep it there. The next morning, after a delicate washing, apply *Shivax*® FT many times during the day, without covering. The same evening, repeat with *Shivax*® Plus. Continue, until the recovery. For the Herpes Labialis, apply many times a day, only *Shivax*® FT

4. HANDS AND FEET NAILS (MICOSIS, PSORIASIS, INGROWN NAILS)

In case of troubles in the nails apply a right quantity of *Shivax*® U. Repeat many times during the day, at least at the beginning. These applications can be executed, the day or the night, without covering with the plastic transparent sheet, neither with gloves. You will obtain good results, but to obtain the complete reconstruction of the nail it is necessary to wait for some months. That is due to the common physiological growth of nails that is quite slow. The pain will disappear after the first applications

5. HANDS (PSORIASIS, CONTACT DERMATITIS OR ATOPIC DERMATITIS, MICOSIS EVEN WITH ITCHING AND/OR BURNING)

In the evening, before going to bed, firstly apply *Shivax*® Plus, secondly wear some light plastic gloves and thirdly wear cotton gloves. In the morning it is possible to wash the hands and immediately after apply *Shivax*® FT without covering. During the day, if it is necessary to do domestic works, it would be better to cover the hands, firstly with light transparent plastic gloves and secondly with latex gloves. Never use latex gloves directly in contact with the skin.

6. FEET (MICOSIS, PSORIASIS)

In the evening, before going to bed apply *Shivax*® Plus. and then cover the area firstly with the transparent nylon sheet, secondly with short socks. In the morning it is possible to wash the feet and immediately after apply *Shivax*® FT without covering. In the evening repeat with *Shivax*® Plus

7. GROIN AND GENITAL REGION (MICOSIS, LICHEN, HERPES, ASPECIFIC DERMATITIS WITH ITCHING AND/OR BURNING)

In case of DERMATITIS IN THE GROIN AND GENITAL REGION, MALE AND FEMALE, apply *Shivax® Plus* in the evening, before going to bed, without covering. In the morning after washing the area, put *Shivax® FT* many times during the day, even without covering. In the evening repeat with *Shivax® Plus*.

8. GENITAL MUCOUS (MICOSIS EVEN WITH ITCHING AND/OR BURNING, HPV, HERPES, VAGINITIS, LICHEN, ATROFY, VULVAR BURNING, BALANITIS, BALANOPOSTITIS, FIMOSIS, CYSTITIS EVEN RELAPSING, URETHRITIS)

For DERMATITIS AND/OR INFLAMMATIONS OF THE GENITAL MUCOUS MALE AND FEMALE apply only *Shivax® G*, twice a day, for the first ten days and then once a day, until the recovery. In women, *Shivax® G* can be used externally (small labia) and internally in the vagina. Men can use *Shivax® G* on the penis and on the gland.

9. DYSpareunia (PAINFUL SEXUAL INTERCOURSES)

In case of DYSpareunia (painful sexual intercourse) *Shivax® G* can be used immediately before a sexual intercourse, by one or both partners. It does not interfere with the sensibility and it helps the same sexual intercourse.

10. HAEMORROIDS AN ANAL RHAGADES

Apply *Shivax® G*, twice or more a day, for the first ten days, and then once a day, until the recovery.

11. RHAGADES OF THE BREAST

In case of RHAGADES IN THE BREAST, frequent during the BREAST FEEDING, apply *Shivax® G* due apply *Shivax® G*, twice or more a day, for the first ten days, and then once a day, until the recovery.

12. NAPKIN DERMATITIS (EVEN FOR ADULTS)

In case of NAPKIN DERMATITIS, in the baby (but even for adults) apply *Shivax® G* twice or more a day, and then once a day, until the recovery.

13. SCALDS FOR CHEMICAL OR PHYSIC CAUSE (SUN IRRADIATION, BY CONTACT)

Apply *Shivax® G* twice or more a day, and then once a day, until the recovery.

14. STINGS (MOSQUITOS, WASPS), IRRITATIONS CAUSED BY THE CONTACT WITH URTICANTING (JELLY-FISHES)

Immediately apply *Shivax® FT* at least three times or more a day, in great quantity, for two or more days, until the recovery.

15. ARTHRITIS AND/OR PAINS IN THE JOINTS (OF EVERY KIND, EVEN TRAUMATIC, LOMBOSCIATALGY, CERVICOBRACHIALGY, NEURITIS IN GENERAL, SYNOVITIS, INFLAMMATORY PROCESS IN MUSCLE/TENDON)

Apply *Shivax® FT* twice or more a day, for the first ten days, and then once a day, until the recovery.

The "Restitutio ad integrum" of psoriasis skin lesions, will occur gradually:

- After the first applications, the scales that covered the skin lesions will fall down
- Eliminated the scales, the lesions will appear dark red
- In the following days, it is necessary to continue doing daily applications: the colour will become lighter and lighter. From dark red colour to pink colour
- At this moment the skin is recovery; you will see only a pink colour. So it will be possible to do the applications less frequently (one day Yes and one day No). Anyway it would be important to check that everything is all right during the day without applications
- Then, it will be possible to do the applications after three days, then after four and at the end it will be possible to forget them

We finally get the "Restitutio ad integrum". So the skin will be completely recovered.

It is important to respect the times indicated in these directions concerning days and nights. Every change in the times (by yourself), could modify the times necessary for the "Restitutio ad integrum". We recommend to use always a great quantity of product. Make sure that the transparent plastic sheet is new, and do not keep it in the kitchen, where there are oily vapours.

ADVICES ABOUT *Shivax®*

For covering the lesions, use a plastic transparent sheet, usually used for food in kitchen. It is important it is NEW and do not keep it in the kitchen. The gloves in contact with the skin, must be in polyethylene, (they are usually used at the greengrocers' and in the supermarkets). They can be bought in the pharmacies. Never use latex gloves directly in contact with skin. On the polyethylene gloves, it would be better to wear cotton gloves. They can be bought in the pharmacies. It is very important to continue the applications on the affected areas, even after the skin recovery, in order to maintain lasting results.

In case of burning and/or itch persistent, increase both the quantity and the frequency of the applications of *Shivax®*

Shivax® products, are only for external use. Keep out of reach of children. Keep in a fresh and dry place, far from light. *Shivax®* products do not contain any preserving substances. For this reason, their validity and maturity, as reported in the pot, are referred to the product preserved integral. The lot e the maturity date are reported in the label. Once opening the pot, the maturity is of six months. The components are reported in this sheet enclosed to the products. Up to now, with a right use of *Shivax®*, no collateral effects occur. *Shivax®* can be used even in pregnancy and breast feeding.

For any doubt or question about *Shivax®* please, contact us, by e-mail (info@shivax.com) o or by phone (+39.0761.5273.06 – +39.0761.5277.05, from Monday to Friday 9.00 a.m.-1.00 p.m. and 2 p.m.-6.00 p.m.).

More information are available on our website: www.shivax.com

All *Shivax®* are produced, manufactured and by distributed by Shivax s.r.l., in the head-office of Nepi (VT) in via Cassia km 36,400, Zona Industriale Settevene, ITALY