

# MONISTAT®

# Active Lifestyle

“Sun, rain, or yeast infection, I’m going to win that race.”

“I’m kind of an exercise freak, and I’m super-competitive. So when I get a yeast infection, I don’t mess around. I run to the store, grab MONISTAT®1, and leave the yeast infection behind. What can I say? I know what to do to take care of myself, and I do it.”

— Tara, 32

### Being active can lead to many positive results and, sometimes, a few not-so-good results.

Yeast (*Candida*) thrives in warm, moist environments in the vaginal area. And with sweat from strenuous activity, wet swimsuits after swimming laps, and tight spandex or nylon underwear comes those warm, moist environments in which the yeast thrives. The upside is, they’re all things you can do something about.

### If you’re competing against a yeast infection, you can reach for MONISTAT®

MONISTAT® 1 Combination Pack 1-Day OVULE® treatment is proven in a clinical study to stay in place throughout vigorous activity. That means it keeps working while you work out. Unlike prescription pills, which need to be absorbed into your bloodstream and can take longer to achieve symptom relief, MONISTAT® 1 starts relieving your yeast infection symptoms four times faster.\*

\*Based on clinical study comparing onset of symptom relief of MONISTAT® 1 Combination Pack Ovule treatment with the leading Rx. Starts to relieve faster than Diflucan®, Faster for onset of symptom relief (symptoms include itching, irritation and burning).

### MONISTAT® beats out the competition\*:

- MONISTAT® 1 starts to relieve symptoms 4x faster than the leading prescription\*
- Unlike Vagisil®, which cannot cure your yeast infection, MONISTAT® cures candidiasis

Find the MONISTAT® yeast infection treatment that’s right for you with our Product Advisor, and get the treatment most trusted by women among OTC (over-the-counter) products.

### Active Lifestyle & Yeast Infection Questions

Take this list of questions about yeast infections with you the next time you visit your doctor.

- Are there some behaviors associated with working out that may be causing my yeast infections?
- Would you recommend taking a probiotic for women to help maintain my vaginal health?
- Would MONISTAT® 1, 3 or 7 treatment be more appropriate for me and my sensitivity level?
- Will my treatment interact with any OTC or prescription medications I’m taking?
- If I get another yeast infection, is it all right to treat myself with an over-the-counter product such as MONISTAT®?