

## IN THE CLINIC

### MYKOGEN™ LINE TREATMENT PROCEDURE FOR ONYCHOMYCOSIS

---

#### IMPORTANT:

PODOPHARM® products used at individual stages of the treatment procedure in the clinic (PT16, PT08, PT09/PT11, PP44) and for continued home care (PT08, PT16, PT15, PT03/PT04) **work in synergy**, maintain **the appropriate pH**, and directly **influence therapy results**. If the effectiveness of your work is important to you – **do not skip** any of them and **do not replace** them with other products, both during therapy in the clinic and home continuation. The use of **urea-containing** products to soften the skin and nails **is not recommended** during this procedure.

The MYKOGEN™ line is also **recommended for diabetic** and **individuals with nail psoriasis**.

**For confirmed fungal or mixed infections, apply the following treatment procedure:**

- **STEP 1/** acidic pH = 3,5

#### MYKOGEN™ pH REBALANCING CLEANSER (PT16)

A gentle, herbal soap based on a mild, **coconut-derived cleansing base** (free from SLS/SLES), with caring properties. It restores the skin's physiological, slightly **acidic pH**, supports the natural protective barrier, and helps maintain the proper balance of the skin microbiota, nails, and their nail beds. Mild **AHA** and **PHA** acids gently micro-exfoliate, hydrate, and improve the condition of the epidermis, supporting its natural renewal process. Centella asiatica (**CICA**) has a soothing effect, while **lavender essential oil** and **calendula flower extract** help regenerate micro-damage. **Rosemary essential oil** and **leaf extract**, as well as **sage**, soothe irritation and inflammation, inhibit the growth of pathogenic microorganisms, and leave a pleasant, fresh herbal aroma on the skin. **Evening primrose oil** supports lipid synthesis in the epidermis and helps maintain skin elasticity and firmness.

**Usage:** Wash the skin and nails with soap and water. Leave the foam on for 1 minute, then rinse with water and dry with a disposable towel. Proceed to clean the nails using podiatric tools. For effective therapy, it is crucial to remove all fragments of the nail with a changed appearance.

- **STEP 2/** acidic pH ≈ 5/ **FIRST VISIT ONLY**

#### MYKOBOOSTER® SPRAY (PT08)

Sanitizing spray for skin, nails, footwear, socks, and clothing. **Eliminates fungi** (including their **spores**), **bacteria**, and **viruses**. Provides **long-lasting protection** against the growth of microorganisms. **Alcohol-free**. Neutralizes unpleasant odors in footwear. The aXophenone® technology used in MYKOBOOSTER® SPRAY was developed in collaboration with the Institute of Microbiology – Department of Bacterial Genetics at the University of Warsaw and commercialized by PODOPHARM®.

**Usage:** Spray the feet and nails. Leave on until dry.

- **STEP 3/** acidic pH ≈ 4,5

#### PODOFLEX® SKIN AND NAILS SOFTENING PREBIOTIC SPRAY (PT09/ refill 750 ml – PT11)

Gently but effectively softens nails, the nail bed, and skin. A **derivative of undecylenic acid** inhibits the multiplication of pathogens, creating an environment hostile to microorganisms. **Biolin P** – a plant-based prebiotic – rebuilds the microbiome, which forms the skin's natural protective barrier. **Organic aloe juice** provides intensive hydration. Product does not contain urea.

**Usage:** Apply the spray to the skin and nail bed; leave on for approximately 1 minute. Gently remove hyperkeratotic residues from the nail bed using podiatric tools and a sterile compress. Do not rinse off the product.

- **STEP 4 /** acidic pH ≈ 3

## MYKOGEN™ PRO CAPS (PP44)

This acidic pH ampoule contains a composition of mild, safe, **encapsulated slow-release acids** that work **in synergy** with **other active ingredients**. It eliminates pathogens responsible for fungal, bacterial, and mixed infections of the nail plate and nail bed. It reduces both **vegetative and spore forms of fungi**, minimizing the risk of recurrence. The composition of selected acids **encapsulated salicylic acid, lamellar azelaic acid, lactic acid, pyruvic acid, and rosmarinic acid** – provides keratolytic, moisturizing, anti-inflammatory, and antifungal effects, while facilitating the penetration of active ingredients deep into the structures of the nail apparatus. An **undecylenic acid derivative** and **rosemary leaf extract** inhibit the growth of pathogenic microorganisms while supporting microbiota balance. **Bioactive gold water** supports repair processes and acts as an antioxidant, while **bioactive silver water** creates an environment conducive to tissue regeneration. The product is **alcohol-free** (which prevents excessive drying and damage to the microbiota) and **does not cause irritation**. MYKOGEN™ PRO CAPS **breaks down fungal biofilm** and provides a **prolonged effect** over time. **It does not require neutralization**.

The product is very efficient – only a small amount is needed, forming a glossy occlusive layer. **One ampoule** (5 ml) is sufficient for up to **150 nails**.

**Usage:** Using a disposable micro-applicator, apply a small amount of the product to the cleaned nail and nail bed, spreading it evenly. Secure the nail area with a gauze pad for 12h-24 h). Visits at a clinic for professional cleaning and MYKOGEN™ PRO CAPS application are recommended **once every 4 weeks**.

---

## IMPORTANT:

### IN CASE OF FUNGAL INFECTIONS OF THE SKIN AND NAILS, BOTH THERAPIES SHOULD BE CARRIED OUT SIMULTANEOUSLY

INTERDIGITAL FUNGAL INFECTIONS: **VERRU IMMUNO® SKIN CARE PASTE** (PT05)

**Usage:** Apply a thin layer of the product to the skin twice daily and gently massage it in.

### ELIMINATING COEXISTING HYPERHIDROSIS (EXCESSIVE SWEATING) IS IMPORTANT FOR THE EFFECTIVENESS OF THE TREATMENT

- **STEP 1 /** acidic pH ≈ 4,5

## PODOFLEX® ANTIFUNGAL FOOT SPRAY (PM07)

**Usage:** Spray feet and interdigital spaces (between the toes) **in the morning**.

- **STEP 2 /** acidic pH = 4,5

## PODOFLEX® FOOT CREAM WITH SILVER IONS (PM11)

**Usage:** Apply the cream to the feet **at night**; massage in.

## AT HOME

### CONTINUATION OF ONYCHOMYCOSIS TREATMENT

---

#### IMPORTANT:

PODOPHARM® products recommended for home use work **synergistically** and have **an appropriate pH**, which supports the effectiveness of the therapy. If you want the treatment to be effective, **do not skip** any of them or **replace** them with other products. Follow all the specialist's recommendations.

- **STEP 1/** acidic pH = 3,5

#### MYKOGEN™ pH REBALANCING CLEANSER (PT16) /DURING TREATMENT ONLY

A gentle, herbal soap based on a mild, **coconut-derived cleansing base** (free from SLS/SLES), with caring properties. It restores the skin's physiological, slightly **acidic pH**, supports the natural protective barrier, and helps maintain the proper balance of the skin microbiota, nails, and their nail beds. Mild **AHA** and **PHA** acids gently micro-exfoliate, hydrate, and improve the condition of the epidermis, supporting its natural renewal process. Centella asiatica (**CICA**) has a soothing effect, while **lavender essential oil** and **calendula flower extract** help regenerate micro-damage. **Rosemary essential oil** and **leaf extract**, as well as **sage**, soothe irritation and inflammation, inhibit the growth of pathogenic microorganisms, and leave a pleasant, fresh herbal aroma on the skin. **Evening primrose oil** supports lipid synthesis in the epidermis and helps maintain skin elasticity and firmness.

**Usage:** Wash the skin and nails with soap and water. Leave the foam created on for 1 minute, then rinse with water and dry with a disposable towel.

- **STEP 2/** acidic pH = 3,5

#### MYKOGEN™ GOLD – BIO-ENZYMATIC EXFOLIATING BUTTER (PT15)

The innovative butter formula, containing **lamellar azelaic acid**, **encapsulated salicylic acid**, and mild **AHA** and **PHA** acids, gently and safely exfoliates the nail bed. It loosens and softens keratinized structures, facilitating the penetration of other active ingredients. The acid blend also provides anti-inflammatory, antifungal, and moisturizing effects. It helps maintain an **acidic pH**, which inhibits the multiplication of pathogenic microorganisms. MYKOGEN™ GOLD breaks down the fungal biofilm. Centella asiatica (**CICA**) and **ectoine** provide powerful soothing and antioxidant properties, while supporting intensive regeneration and reconstruction processes. Emollients (**castor oil**, **shea butter**, **coconut oil**, **sesame oil**, and **cholesterol** – which mimics the natural lipids found in the stratum corneum) moisturize, lubricate, and soften the skin, creating a protective layer that shields the nail bed and prevents water loss. **Bioactive gold water** supports the regeneration of micro-damage.

**Usage:** Apply a thin layer of the product to the nail bed and the nail plate **at night**; massage in.

**Depending on the type of fungus, a specialist should recommend the appropriate product (PT03 or PT04)**

- **STEP 3 – DERMATOPHYTES**

#### MYKOBOOSTER® NAIL OIL (PT03)

**Usage:** Apply a thin layer of the product to the nail bed and the nail plate **for the day**; massage in.

- **STEP 3 – MOLDS/YEAST/PSEUDOMONAS AERUGINOSA**

#### PODOFLEX® MYCOSTATIC TINCTURE FOR NAILS (PT04)

**Usage:** Apply a thin layer of the product to the nail bed and the nail plate **for the day**; massage in.

- **STEP 4/** acidic pH ≈ 5

## **MYKOBOOSTER® SPRAY** (PT08)

For regular footwear hygiene. **Eliminates fungi, bacteria, and viruses**, providing long-term protection against the growth of microorganisms. Acidic pH; alcohol-free.

**Usage:** Spray the inside of the shoes and leave to dry for 6 hours. Repeat this process once a week.