



In the name of Allah the Most beneficent and Most merciful

**Halal Nutritional Center (HNC)®**

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## Oak Gall for Vaginal Tightening and Rejuvenation



Oak Gall (*Quercus Infectoria*) is a plant or shrub containing certain phytochemical content that beneficial for female genital organ and general health as well. The extract of this shrub, particularly to its fruit and leaves are very rich in Tannin and phytoestrogens (human-like estrogen derived from plant) content in addition to other phytochemical substances with various health benefits (anti-fungi, anti-bacterial, anti-viral, anti-inflammatory, anti-diabetics, and local anesthetic), such as gallic acids,

ellagic acid, piperonylic acid ester, antioxidants, calcium, fiber, vitamin A and C, iron, carbohydrates, and some other proteins.

Effect of Tannins in the tissue has been well documented in pharmacology for constricting the tissue in the very short of time or known as astringent properties and rejuvenating properties while increasing blood flow to the targeted area. That's why for centuries this fruit have been used among postpartum women in Mid-Eastern and Asian countries to restore the "performance" of their genital organ after childbirth, as well as vaginal health. You can see the literature of Oak gall **as an original and abundant source of tannin and its kind of phytoestrogens that makes this plant becomes a reference of tightening and rejuvenating properties** on **our homepage**.

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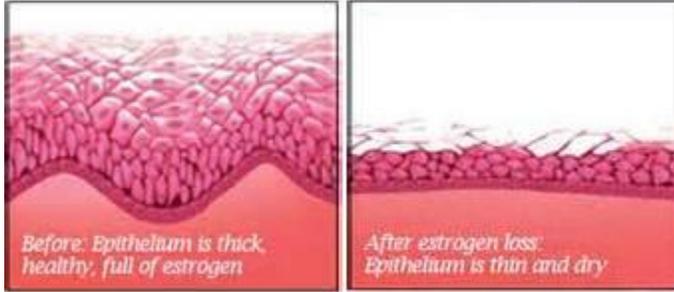
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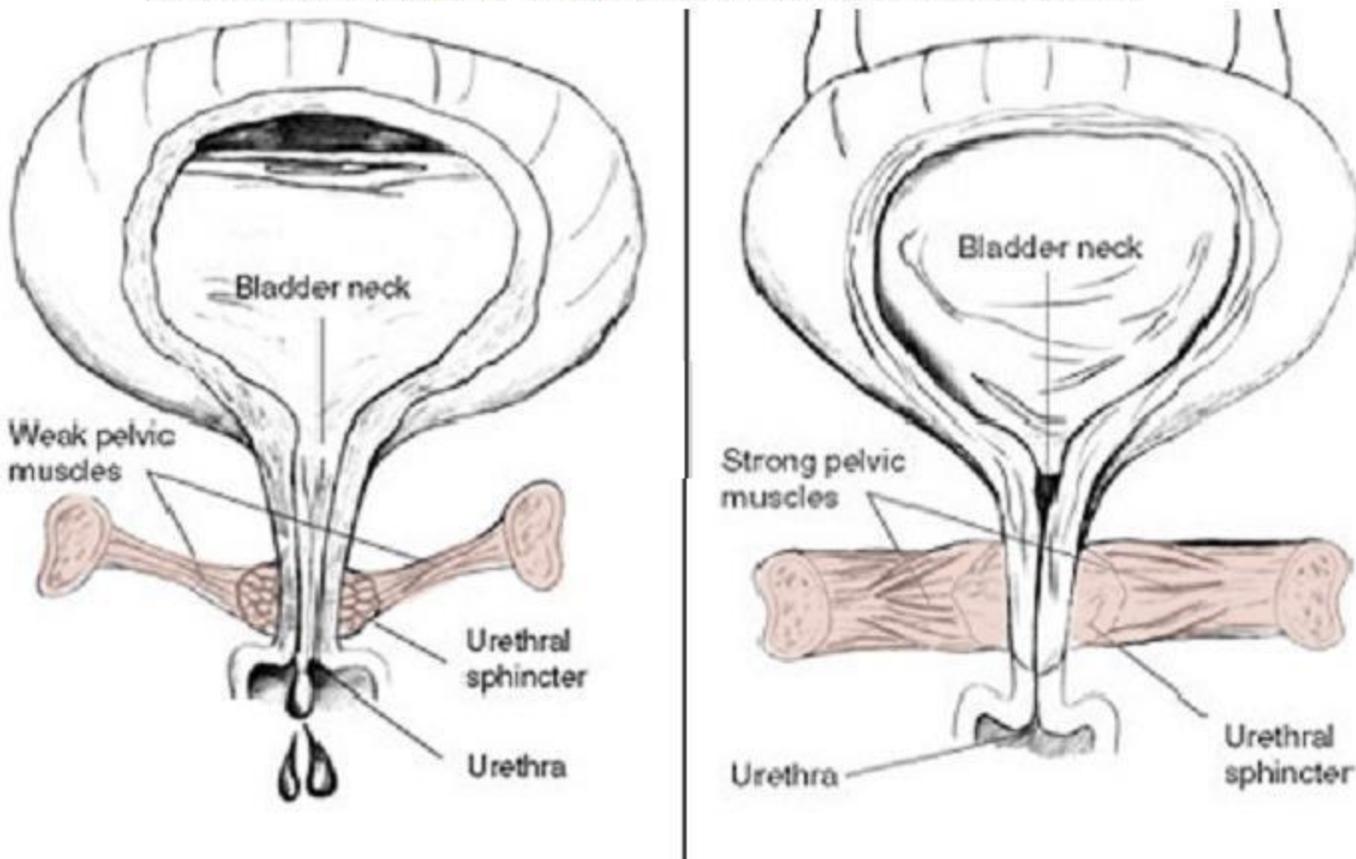
Historically, the words of Tannin derived from the Celtic word for Oak tree, which is given due to containing certain agents that can constrict the tissue and able to render skin collagen impervious to degradation.

In other words, over time, age, frequent of sex, diseases, hormonal factors, etc., the vaginal wall becomes thin due to decreased collagen and elastin expression in the vaginal tissues, making the vagina has less elasticity and tightness. Imagine when the collagen in your skin decreased... what will it be? wrinkle, loose, dry, and some other structure degradations.

Estrogen plays a key role for regenerating skin cells making it more youthful, strength and elastic, and maintain the fiber of vaginal muscle mass. Unfortunately, this level will be decreased due to above factors or even stop production at all, especially among menopausal women. This is nature of human being.

Due to Oak gall effects in tightening and rejuvenating properties, extract of this plant (fruit) becomes the most active-ingredient in the cosmetic industries, particularly related to the female genital organ treatment (traditionally or topically) as it has both short- and long-term outcomes for tightening and rejuvenating properties, such as tighten up the vagina immediately, and rejuvenates both vaginal wall and muscle for more thick, elastic and more solid of vaginal muscle.

### Weak and Strong of Vaginal Muscle or Pelvic Muscle



Source: <http://kidney.niddk.nih.gov/KUDiseases/pubs/uiwomen/index.aspx>

As estrogenic activities play a key role for making the vaginal muscle more solid of fiber and fat. The strength will completely different when the muscle was thin. Unfortunately, many descriptions appeared to public about vaginal rejuvenation is a symmetrical form of vaginal lips like teen and narrowing vaginal hole which eventually suggesting to women for surgery like *Vaginoplasty* and *Labiaplasty*. Narrowing vaginal hole also can be obtained in natural way by increasing collagen production to the vaginal wall for more thick, elastic and tight, and constrict the vaginal tissues. **This is what we called natural vaginal rejuvenation.**



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This is completely different from surgical procedure which cuts the vaginal wall and vaginal muscle in order to narrow the hole and strengthen the muscle. As many surgeon associations said, this process also cutting lot of nerves in the vagina which is eventually making the women experience with numbness or loss of sensitivity while it will be stretched back due to frequent of sex, aging, childbirth, etc.. In fact, this negative effect can be permanent while other women reported need years to feel the sensation again where they suspected 'the nerves have been reconnected'. Therefore, women who want to tighten up and rejuvenate their vagina naturally and safe, Oak gall is one of the best answer.

In addition, as explained before, Oak gall also have antimicrobial properties which is beneficial for vaginal health.

At least 2 studies have shown these properties. One study from Department of Biomedical Science, University Kebangsaan Malaysia published in the Indian Journal of Pharmacology 2005;37:26-9, said *"Our findings were also supported by other researchers who reported that the crude powder of the galls of Q. infectoria was found to be active against S. auerus and B. subtilis while both the methanol and aqueous extracts were active against S. epidermis."*

Other studies from Department of Pathology, Faculty of Medicine, Prince of Songkla University, Thailand, published in the journal of electron microscopy (Tokyo): 2009 Oct;(58(5):315-20.