

# LibertyCup

## Coupe Menstruelle

LibertyCup is a reusable menstrual cup. Easy to use.. Once inserted, it adheres perfectly to the vaginal walls collecting the menstrual flow rather than absorbing it, avoiding leakage problems and respecting the natural equilibrium of the vaginal area. LibertyCup is safe, convenient, practical and comfortable.

LibertyCup can be used day and night and allows you to do all sports. Natù needs to be emptied, rinsed and reinserted every 8 hrs (in case the flow is not intense). Disposable sanitary absorbents and tampons are no longer a compulsory choice: LibertyCup is an innovative and ecological alternative.

### WE RECOMMEND YOU READ THESE INSTRUCTIONS BEFORE USE.

#### WHICH LIBERTYCUP IS RIGHT FOR YOU?

LibertyCup is available in 2 sizes to adapt to all women, according to age and natural child birthing history.

**SIZE 1** - For women under 30 yrs of age who have not had children naturally.

**SIZE 2** - For women over 30 yrs or who have given birth naturally.

### HOW TO USE IT

You may need a little practice to find the best position to insert and remove your LibertyCup correctly; but once learned, you'll be surprised to discover how easy and effective it is.

We suggest you practice during the last 2 days of your cycle. Sterilize your LibertyCup in boiling water for at least 3-4 mins. The cup needs to be sterilized at the beginning of every cycle.

#### INSERTING

LibertyCup is positioned lower than absorbent tampons. After you have thoroughly washed your hands, fold your LibertyCup into the form of a "U" and keep it still, between your thumb and index finger (diagram 1). Insert the cup inside the vagina so that it is positioned about 2cm from the opening of the vagina. Remove your fingers and the cup will open and position itself automatically (diagram 2). For your comfort you can make that when you take a shower.

#### REMOVING YOUR CUP

LibertyCup needs to be emptied, rinsed and reinserted every 8hrs (4-6 hrs in case the flow is intense). It's important that you are relaxed to easily remove your LibertyCup, therefore don't rush. If you can't reach it with your fingers, use your vaginal muscles to encourage it to move down. Always wash your hands thoroughly before. To facilitate extraction you may sit on the toilet or crouch down. A crouched position assists with the insertion and removal of the cup. To remove the cup put your index finger and thumb into the vagina, lightly push the base of the cup or insert a long finger on the outside wall (diagram 3). For your comfort you can make that when you take a shower. The design of the stem was conceived to help make extraction easier. You can cut the stem off if it is necessary (diagram 4).

#### CLEANING

It's very important that your cup is always clean. Sterilize it by boiling it in boiling water for 3-4mins.

With time it's possible that the color of your LibertyCup may fade, but this does not compromise its effectiveness. If you notice any cuts or changes to the consistency of the surface we recommend that you replace it. Keep your LibertyCup in the cotton bag provided. Do not store it in plastic bags or airtight containers.



Diagram 1

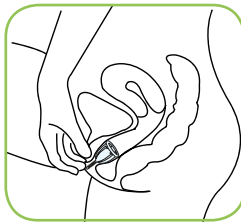


Diagram 2

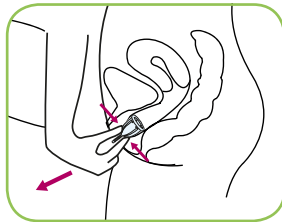


Diagram 3

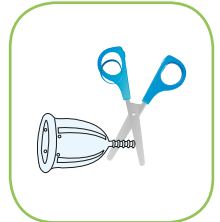


Diagram 4

### ATTENTION

It is possible to use LibertyCup with a contraceptive IUD and a contraceptive ring, however we advise you consult your gynecologist first. The menstrual cup is not a contraceptive method and does not protect you from sexually transmitted diseases. It's essential to remove it before sexual intercourse. Keep out of children's reach.