

- ✓ The OneCUP menstrual cup is a reusable personal care product during your period. Made from medical grade silicone. The menstrual cup replaces 2,5 large tampons and gives you a sense of freedom on critical days.
- ✓ OneCUP helps you care for nature by reducing pollution. Designed for sports, swimming, dancing. It helps to save money and pays off in a few months.
- ✓ Please read the instructions carefully before using your OneCUP menstrual cup. The instruction is not a substitute for consulting a doctor. If in doubt about the use of OneCUP, consult a specialist.

### INTRODUCTION AND EXTRACTION

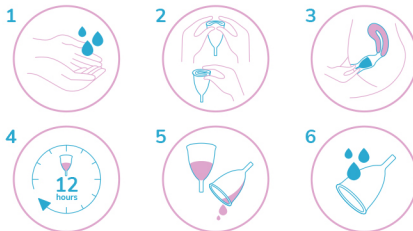
Before each use, the cup must be disinfected by boiling in water (3 to 5 minutes) or using disinfectants (purchased separately). Wash your hands thoroughly before using the cup.

When inserting the cup (especially when you first get acquainted with this product), we recommend using a water-based lubricant gel or simply moisten the cup with clean water.

Press the rim of the cup towards the bottom to fold it. When injecting, it is necessary to relax, body position: sitting or standing.

When inserting the cup, try to place the cup in the vagina at a depth that is comfortable for you. Then rotate it slightly (just a little) on the axis to open the bowl.

If, after the introduction, the cup is completely opened, then you did everything right. There may be some leakage after the first insertion of the cup. This is okay – it takes some time to learn how to use the cup.



To remove the cup, gently press down on the bottom of the cup to relieve pressure and gently pull it out by the stem. If you are having difficulty removing the cup, place your finger between the cup and the wall of the vagina so that the tightness is broken and freely remove the cup.

If you have difficulty inserting and removing your OneCUP menstrual cup at first, don't worry, try again after a while. It takes very little time to learn.

The maximum time of use without interruption is 12 hours. We recommend emptying the cup more often, depending on the amount of menstrual flow. A typical emptying cycle is 4 to 8 hours.

If the tail of the cup gives you discomfort during use, you can cut it to the required length (without damaging the cup itself).

### PURIFICATION AND STORAGE

- ✓ Boil the cup before first use and after the end of each menstrual cycle for 3 to 5 minutes (or use disinfectants - sold separately).
- ✓ When boiling, the cup must be completely submerged in water, otherwise it may deform.
- ✓ The holes around the perimeter of the cup must be completely cleaned.
- ✓ Store OneCUP in the supplied clean cotton bag in a dry place.

### FEATURES OF OneCUP

The OneCUP menstrual cup fits any position of the cervix - just adjust the length of the tail of the cup during use.

- ✓ **Size S** - for small and normal menstrual flow, diameter 42 mm, cup body length 49 mm, tail length 19 mm, cup volume 24 ml.
- ✓ **Size L** - for heavy menstrual flow, diameter 46 mm, cup body length 56 mm, tail length 19 mm, cup volume 37 ml.

### SAFETY REGULATIONS

- ✓ If you have gynecological problems, consult a specialist before use.
- ✓ Do not use the cup during intercourse.
- ✓ The cup does not protect against sexually transmitted diseases.
- ✓ If you are using an intrauterine device and you have any doubts, consult a specialist before use.
- ✓ If you experience pain when using the cup, remove it immediately and consult a specialist.

Service life: 3 years.

Consult your gynecologist before use.

OneCUP IS THE NEW GENERATION  
OF PERSONAL CARE PRODUCTS!

