



**Natu** is a reusable menstrual cup. The menstrual cup is easy to use and composed of medical platinum silicone, which is 100% hypoallergenic. The silicone material forms perfectly along the vaginal wall and collects the menstrual fluid, instead of absorbing it. Thus, leakage is prevented, the environment is not impacted and the natural equilibrium of the vaginal area is maintained. **Natu** is safe to use, practical and comfortable to wear. This menstrual cup can be worn day and night, and while practising any sporting activities, including water sports. Waste caused by sanitary towels and tampons are alleviated - **Natu** offers an innovative and ecological solution that meets the needs of women, while conserving the environment!

## BEFORE USE, PLEASE REFER TO THE INSTRUCTIONS!

### Which size is ideal for me?

**Natu** is available in two sizes, in order to offer each woman the most comfort possible. Size 1 is suitable for women below 30 years of age, that have not given birth naturally. Size 2 is suitable for women above 30 years of age i.e. women who have given birth naturally.

## DIRECTIONS FOR USE

Using the **Natu** menstrual cup requires practice, until the best technique and optimal position for the menstrual cup is found. When the ideal and most comfortable technique has been found, you will be surprised how effective and easy using the **Natu** menstrual cup is! For first time users, it is best to start using the cup during the last two days of the menstrual cycle when menstruation is not as heavy. Take your time, relax and become familiar with this innovative product.

### BEFORE USE

Ensure that the four holes at the top of the menstrual cup are open. Sterilize the menstrual cup by placing it in boiling water for 3-5 minutes. The menstrual cup should be covered with water to ensure the material is not damaged. Repeat the sterilization process between menstrual cycles.

### INSERTING THE NATU CUP

Thoroughly wash your hands using a mild soap before using the **Natu** menstrual cup. Fold the cup into a "u" shape and hold securely between thumb and index finger (Fig. 1). Use your free hand to gently separate the labia and slowly insert the u-shaped menstrual cup, until the bottom of the cup is 2-3 cm past the entrance of the vagina (Fig. 2). To ensure that the cup unfolds, twist the end slightly.

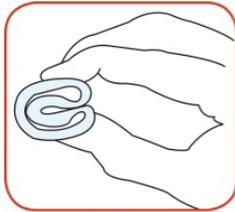


Fig. 1



Fig. 2

### REMOVING THE NATU CUP

**Natu** should be emptied, cleaned and inserted every 4-8 hours. It is important to remain relaxed for easy removal. If you are experiencing trouble removing the cup with your fingers, use your pelvic floor muscles to help push the cup outward. Ensure that your hands are thoroughly clean before removing the menstrual cup. Sit on the toilet or get into a crouching position in the shower. This facilitates the removal of the menstrual cup.

Guide your thumb and index finger into the vagina and hold the **Natu** menstrual cup at its base. Gently slide **Natu** out of the vagina (Fig. 3).

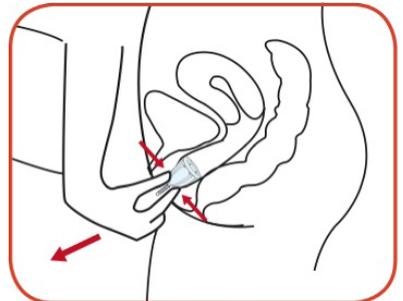


Fig. 3

Hold the **Natù** menstrual cup in a vertical position as far as possible, to avoid spillage. Empty the contents into the toilet (Fig. 4), rinse the cup using clean water (Fig. 5) and insert again.

### MAINTENANCE AND CLEANING

It is of exceptional importance that the **Natù** menstrual cup be kept clean. Sterilize the cup between menstrual cycles using boiling water or alternatively with the help of a steam sterilizer. During the menstrual cycle and after the last application, it is sufficient to clean the menstrual cup using water and soap. Ensure that no soap residue is left on the material to avoid any irritations. The small holes on the rim of the menstrual cup can be cleaned using a gentle brush or cotton bud. It is important that the holes remain free from any residues that could interfere with the suction power of the menstrual cup.

The colour of the **Natù** menstrual cup may change over time, however this does not have any influence on the effectiveness of the product. In the event that cracks or changes in the surface texture do occur, it is advisable to replace the menstrual cup. The **Natù** menstrual cup is delivered in a cotton pouch within a small box. Store it in the cotton pouch and box for the duration of use. Do not use and plastic bags or airtight containers for storage purposes.



Fig. 4



Fig. 5

### POSSIBLE PROBLEMS AND SOLUTIONS

#### NATÙ SLIPS OUT DURING USE

Usually this only occurs when the cup is not positioned properly. To avoid this, slightly twist the cup to activate the suction power during insertion (Fig. 6). If this problem occurs when using the cup size 1 and **Natù** has been inserted correctly, it is recommended to use cup size 2. Exercising your pelvic muscles could also aid in resolving the problem.

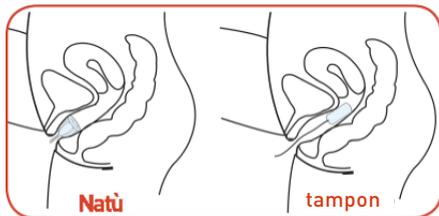


Fig. 6

#### THE HANDLE HAS DISAPPEARED

The handle facilitates in easy removal of the cup and should not protrude from the vagina. It has been created in such a way that, if needed, the handle can be shortened (Fig. 7).

#### ADVISE

The use of **Natù** has no influence on the vaginal mucous membrane and may be inserted one day before the menstrual cycle begins. For additional assurance, wear a panty liner during the first few applications. This is not necessary, however some women feel more assured in doing so. **Natù** can be used in combination with a contraceptive coil or vaginal ring, however it is advised to consult a doctor beforehand. Additional information can be found at [www.natulovesyou.com](http://www.natulovesyou.com).

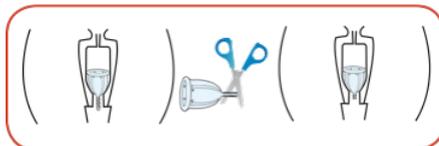


Fig. 7

### SAFETY INSTRUCTIONS

**Natù** is not a contraceptive and does not protect against sexually transmitted diseases. Discontinue use and consult a doctor when signs of pain in the vaginal region, burning, irritation, inflammation or pain while urinating occurs. **Natù** does not need to be removed when urinating. Remove the **Natù** menstrual cup during sexual intercourse. Do not hand down the menstrual cup or use a cup that does not belong to you. Keep out of reach of children.

**Natù** is produced with medical platinum silicone, a durable, high-quality and organic material. The material used complies with the USP Class VI, FDA 21 CFR 177.2600 standard and is 100% hypoallergenic.