



OrganiCup

#NewPeriod

**SIMPLE STEPS FOR A
SUCCESSFUL ORGANICUP
EXPERIENCE**

Half the population on earth have periods for the majority of their lives. Yet no period innovations have happened in over 50 years.

Now consider the amount of waste created each month by disposable period products. Consider the chemicals they contain, and that we put inside our bodies.

Consider the young girls who stay away from school because they are ashamed of their periods.

We're on a journey to change the way periods affect our lives, our bodies and our environment.

We believe no woman should be held back by her body. We believe period products should not contain harmful chemicals nor absorb natural bodily secretions, resulting in infections. Periods should not be the cause of major pollution. And they should never, ever be a source of shame.

Creating this world is what it's about. And you – our users, our OrganiGirls – are driving this change. Together we're breaking down the barriers that menstruation has raised in the lives of dreamers and doers.

Together we're unfolding a New Period. Of periods.

Learn more on
www.organicup.com



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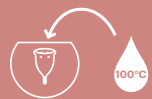
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SIMPLE STEPS FOR A SUCCESSFUL ORGANICUP EXPERIENCE

Remember inserting a tampon for the first time? Or trying your contact lenses the first days? Every beginning can be difficult – including using a menstrual cup for the first time. It may take you a few days or a few periods to get it going. You may want to try different folding and insertion techniques – no worries, you’ll be fine and will hopefully become a dedicated cup convert!

Below we will guide you to a successful start with OrganiCup.

3 STEPS TO GET GOING:



Before using your OrganiCup for the first time you should sterilize the cup in boiling water for 3-5 minutes.

STEP 1: INSERTING ORGANICUP



WASH

Use warm water and mild soap for washing your hands and cup under clean running water.

C-fold



FOLD

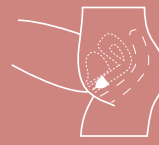
Choose a folding method and fold the cup. Below are shown two methods – The C-Fold and the Punch-Down. Find out which one works best for you. When inserting your cup, you need to hold your cup folded until it is inside of your vagina – maybe you need to practice a few times to succeed.

Punch down



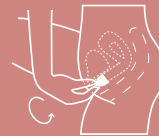
RELAX

Find a position for inserting the cup – you can either lie down on your back, squat down, sit on the toilet or simply stand up. You will find the position that works best for you over time!



INSERT & RELEASE

When the entire cup is inside of you, simply remove your fingers and let it pop open. Sometimes a “pop” or suction sound can be heard which means that the cup has folded out completely. If in doubt, reach up and feel around the base of the cup – It should be round or oval once inserted.



ROTATE

If you feel any dents or folds on the base with your finger, it means that it has not folded out. Gently hold the base of the cup, not the stem, and try to rotate it from side to side to ensure it is sealed. You may want to use water or water-based lubricant to make insertion easier. When in place, try to pull the stem a bit. If you feel some resistance, the vacuum has been created and the cup has been placed successfully!

STEP 2: 12 HOURS LEAK-FREE FREEDOM

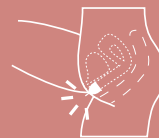


You can now leave OrganiCup in for up to 12 hours, also during night. Depending on your flow you may have to empty it a bit more often. By using OrganiCup you will soon know your flow, and thus know how often you need to empty it.



OrganiCup holds up to 3 big tampons worth of blood. During an average period, you bleed 3-4 table spoons of blood. So, you may be surprised how little you bleed.

Until you get 100% hang of it you may want to wear a pantyliner so you don’t have to worry about leaking.



STEM

All women have differently positioned cervixes and it varies how high or low the menstrual cup is placed in the vagina. If you can feel the stem and find it uncomfortable after a couple of tries, you can cut it shorter. Do NOT cut off stem while it’s inserted!



STEP 3: REMOVING ORGANICUP



WASH

Use warm water and mild soap and wash your hands.

RELAX

Find a position that works for you. Being relaxed is essential for the removal of your cup.



REMOVE

To remove the cup, pull the stem while using your stomach muscles to push OrganiCup downwards until you can reach the base. Gently squeeze the base to release the suction/vacuum and slide the OrganiCup out from side to side.



EMPTY AND WASH

Empty the cup into the toilet, rinse the cup with water (remember the air holes) and re-insert. If you don’t have access to water, you may use an OrganiWipe or toilet paper to clean it, and wash the cup when possible.



RE-INSERT OR STORE

Once empty and clean, re-insert your cup as outlined above. If your period has ended – boil the cup for 3-5 min and store in the original OrganiCup cotton bag

If you’re still experiencing any issues after trying the cup 1-2 period or have any questions, please don’t hesitate to contact us at support@organicup.com.



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