



## *FemCap, Incorporated*

### **Re: The FemmyCycle®, an FDA approved menstrual fluid collection cup**

Thank you for your interest in the FemmyCycle®. To achieve the best results with the FemmyCycle®, please follow the enclosed instructions for use—taking into consideration your own unique menstrual cycle and anatomy. Body types vary from woman to woman and even in the same woman depending on her age, pregnancy history, and even her emotional state.

**For the following reasons, the FemmyCycle® learning phase usually spans about three menstrual cycles for the average woman. We therefore recommend that you use a thin pad or panty liner during the learning phase or until you are completely comfortable inserting the product and are able to estimate how frequently you need to change it.**

Young women who have never had intercourse or used tampons will initially have difficulty using the FemmyCycle®. Women who have anatomical abnormalities such as prolapse or **low cervix will not be able to use this product. For easier insertion visit [www.femmycycle.com](http://www.femmycycle.com) and go on FAQ, and empty your bladder before insertion.**

Menstrual cycle duration and volume also vary from woman to woman. Cycles can be regular or irregular, as short as 22 days or as long as 35 days. Flow can be very heavy (particularly in the first 2 days) or very light. These variations will affect the way you use the FemmyCycle®, so we recommend that you familiarize yourself with your own unique cycle.

**The FemmyCycle is designed NOT to open up completely, to help it to open more, insert it, with the opening of the fold towards the back (the rectum)**

Women using hormonal birth control methods may experience unpredictable bleeding.

**The FemmyCycle® is so comfortable, once it is inserted properly, it cannot be felt at all.** If you have any questions that were not answered above, please feel free to contact our company. You may also find the information you need at [www.femmycycle.com](http://www.femmycycle.com).

Sincerely,

*Alfred*

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Medical Director

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