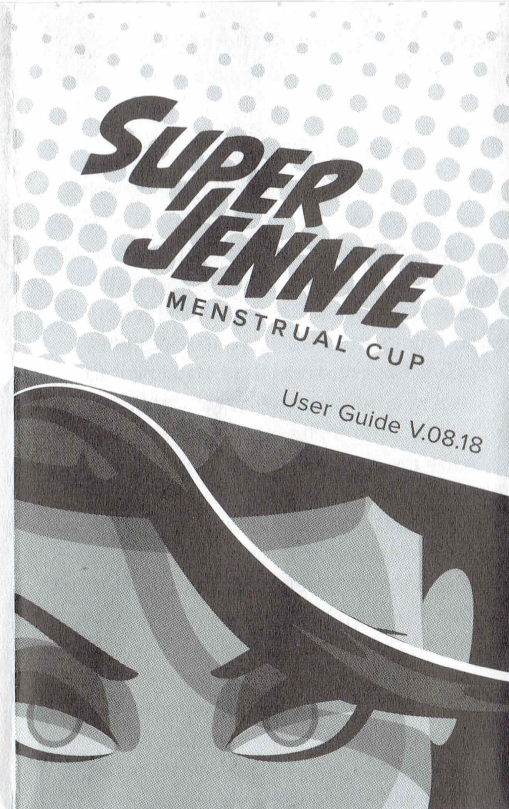


Tips

- If the stem of the cup at the opening of your vagina causes discomfort, trim it carefully until you find the desired length.
- If you are leaking, insert a finger to ensure the cup has completely opened and that your cervix is within or above the cup.
- If you are unable to reach your cup during removal, attempt to dislodge or loosen it through other physical means (ex: squatting multiple times).
- If you are using a public restroom and are unable to wash the Super Jennie® after removal, wash your hands before entering the stall and removing your cup. Empty the contents into the toilet and use a dry or damp tissue to clean the cup. Clean as instructed at the next convenient opportunity.
- It is not necessary to remove the cup before urinating or a bowel movement. However, in the event that you have trouble urinating, or are worried that the cup will be dislodged, you can remove the cup first and reinsert after you have finished urinating / having a bowel movement. Always wash your hands before reinserting your cup.
- If your cup slides down, you may need to use a larger cup or strengthen your pelvic floor muscles through Kegel exercises.
- Always wash your cup using potable water.
- Avoid exposing your cup to direct sources of sunlight. Store your cup in a cotton pouch instead of a plastic bag or airtight container.
- Remember, like all things, using a menstrual cup takes patience, practice, and time. If it isn't working for you after several attempts, take a break and try again later.



Visit www.SuperJennie.com for more information. If you have any further questions or concerns, please email us at AskJennie@SuperJennie.com

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IMPORTANT: Do not attempt to use the Super Jennie® until you have thoroughly read and understood the following instructions. Retain the user guide for future reference. This user guide is purely informational in nature and is not offered as medical advice, nor does it substitute for consultation with your physician. If you have any medical concerns and/or conditions, please consult your physician before using the Super Jennie®.

Welcome to the Super Jennie® family!



The Super Jennie® menstrual cup comes in two sizes. Although we have included our own suggestions, you may feel more comfortable using either size depending on your body and your own personal needs.

Size 1

Best for users with low to medium cervixes and/or light flows.

Size 2

Best for users with medium to high cervixes and/or heavy flows.

Note

- The Super Jennie® is not meant to be used as contraceptive. It will not protect against STDs. Remove the Super Jennie® prior to intercourse.
- Do not use a menstrual cup during post-partum bleeding. Consult your physician before using after birth.
- If you have any internal birth control devices, such as an IUD or a NuvaRing®, consult with your physician prior to using any kind of internal feminine hygiene product, including menstrual cups.
- Only use the Super Jennie® during menstruation.
- Do not attempt to flush the cup down the toilet. Dispose of it in the trash.
- Keep the Super Jennie® away from children and animals.
- If you experience any adverse effects after use, such as pain, burning, irritation, or inflammation of the vaginal area, discontinue use immediately and consult with your physician.
- Do not use the Super Jennie® if you have ever had Toxic Shock Syndrome (TSS).
- The Super Jennie® was created to fit comfortably with either a low or high cervix. You are not limited to using one size if you have a low cervix, as the wide rim and bell shape allows your cervix to sit comfortably inside of the cup without compromising the capacity. With a high cervix, the cup sits lower in the vaginal canal, making it easier to reach.

Five Steps to Using the Super Jennie® Menstrual Cup

1 Sterilizing

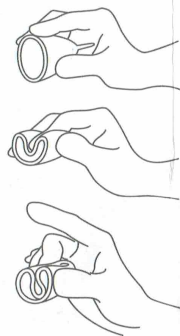
To sterilize your new cup, we recommend placing it in a large pan/pot of boiling water for five to ten minutes. To ensure that the cup is not damaged by sitting directly on the bottom, do not leave the boiling pot unattended.

2 Folding

Wash your hands and your Super Jennie® with mild, unscented soap before handling or inserting your cup.

While the following folds may be the common methods, you can check out our website for other methods and/or diagrams. You may need to take time and experiment with different folds in order to determine the best method for your own personal needs.

The C-Fold: Start with an open cup and press opposite ends of the rim together. Fold it in half to form a C-shape and pinch the cup closed.



C-Fold

The Labia-Fold: Pinch one side of the rim. Bringing the pinched area to the other side of the rim, drop the pinched area into the cup and push it down. Take your pointer finger and your thumb from the other side of the cup and push the rest of the rim together, and then release the rim that was pinched in the first place.

The 7-Fold

Push the rim of the cup together. Fold half of the rim over to create a seven-shape with the cup.

The Push Down Fold

Place your pointer finger on top of the rim and push it straight down to the bottom of the cup. Grip the top area of the cup to maintain the fold and release your finger.

3 Inserting

Check that the air holes below the rim of your new Super Jennie® are completely opened prior to insertion.

The cup is inserted with the stem pointing down. Position yourself in a comfortable manner in a private environment and spread your legs (standing up, sitting on the toilet, squatting, etc.).

You may need to moisten the rim of your cup with water to help with insertion. Holding your cup in its folded position with one hand, relax your vaginal muscles and gently separate your labia with the other. Make sure you maintain the fold by firmly gripping it with your thumb and forefinger as you gently insert it into the vagina. Direct your cup towards your tailbone, away from the cervix. Release your Super Jennie® and allow it to open fully even as you continue to direct it until the stem no longer protrudes from the vaginal opening.

Troubleshooting

One of the most common causes of a leaking menstrual cup happens when you don't realize that your menstrual cup hasn't opened all the way. Cups will work best if they open fully after insertion, forming a suction that will keep the menstrual fluids inside from leaking. If you are leaking, you can try gently rotating your Super Jennie® back and forth or experiment with different folds and positions. Another method is to try allowing the cup to open when it is inserted only halfway in. You may need to insert or remove the cup multiple times to find the correct position. You can also insert a finger to ensure the cup has completely opened and that your cervix is within or above the cup. Check out our website for more in depth explanations and solutions.

4 Removing

Wash your hands with mild, unscented soap before removing your Super Jennie®. Position yourself in a comfortable manner in a private environment and spread your legs (standing up, sitting on the toilet, squatting, etc.). Using your abdominal/pelvic floor muscles to push (similar to having a bowel movement), gently reach for the stem of the cup and gradually ease the stem out. It may help to gently rotate/wiggle the cup in a slightly downward motion. Continue using your abdominal/pelvic floor muscles to push until you can reach for the base of the cup. Place pressure lightly on the base of the cup to break the seal.

NOTE: We do not suggest using the stem to remove the cup fully, as it may potentially cause pain or break the stem. To avoid causing any damage to the cup, do not pinch the stem with your fingernails.

Slowly pull out your Super Jennie® and empty the contents into the lavatory. Wash the cup thoroughly with a mild unscented soap and warm water before reinsertion, or store it in a cotton pouch. Do not store your cup in an air tight bag or container. Don't panic if you cannot reach the cup's stem and are unable to remove it. Menstrual cups can be worn for up to 12 hours, and the cup will naturally slip down on its own as it fills up. In the rare case that you are unable to remove the Super Jennie® after 10 to 12 hours, seek medical advice from a physician.

5 Emptying and Cleaning

The Super Jennie® is a high capacity cup and can be worn for up to a maximum of 12 consecutive hours before removal and reinsertion, depending on your personal needs. We recommend you empty and clean the cup approximately two to three times per day, either with mild unscented soap and warm water or a thorough rinsing. The holes located beneath the rim of the cup must be kept clear at all times. Check for and remove any forms of debris that may have been caught and are blocking the holes. Do not use rubbing alcohol, vinegar, scented soap, lemon juice, oil-based soaps, peppermint soap, hand sanitizer, pre-moistened wipes, bleach, or any other harsh chemicals as these may cause damage to the silicone material of the cup and cause irritation.

Replacing Super Jennie®

The lifespan of your Super Jennie® may vary depending on your own personal needs. Inspect your cup regularly. Replace your menstrual cup at any sign of deterioration, such as severe discoloration, odor, and/or if you experience any irritation. Note that the Super Jennie® will naturally and slightly discolor over time due to prolonged usage. This does not impair its functionality. It may be boiled following the boiling instructions above as needed. In the event that you accidentally burn your cup in the pot, it may be ruined and should be replaced.



Do not use the Super Jennie® if your vaginal area has any cuts or injuries in case of infection. It is recommended that your nails are kept short to prevent any accidental scraping.