


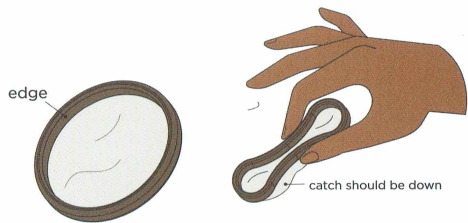
WE BELIEVE IN A WORLD WHERE EVERY WOMAN LOVES HER BODY.

We founded The Flex Company to provide women with better period products and information to help them feel more comfortable and thrive. As a female-founded and led company, we firmly believe every woman should be able to choose what's best for her own body.

Learn more about our mission at flexfits.com

 If you have any questions about using FLEX products, reach out to our FLEXperts any time at hello@flexfits.com or call 1 800 931 0882

HOW TO USE STEP 1



Wash your hands. Sit on the toilet and relax. Pinch FLEX Disc in half.

WHAT IS FLEX™ DISC?

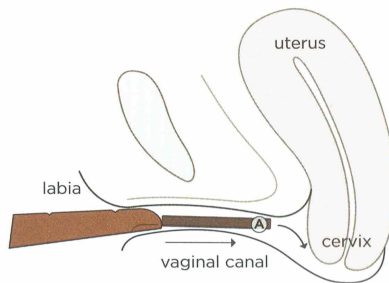
FLEX Disc is a disposable menstrual product designed to give you the most comfortable period of your life.

Wear it safely for up to 12 hours. You can work out, sleep, and enjoy mess-free period sex.

FLEX Disc is hypoallergenic, made without natural rubber latex, BPA or phthalates, and is safe when used as directed.

FLEX Disc sits at the base of your cervix and leaves your vaginal canal clear, unlike a tampon or cup, it catches (rather than absorbs) menstrual fluid.

HOW TO USE STEP 2



Slide FLEX Disc into the vaginal canal. Angle it back and down. Use your middle finger to continue pushing **A** until it is as far back as it will comfortably go (typically the length of your middle finger).

RELAX, YOU'VE GOT THIS

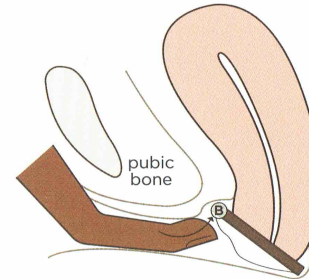
"I felt slightly intimidated at first, like I did when I first learned to use tampons. But like tampons, it was easy after practicing a few times. Now I don't even think about it." —Lindsey, 29, Austin, TX

I LOVE IT. NOW WHAT?

Wear FLEX Disc every day of your period as an alternative to tampons, pads and cups.

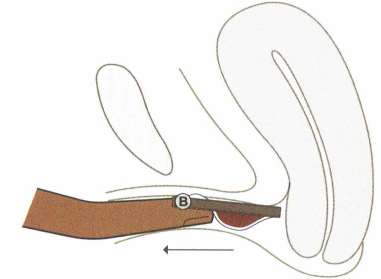
FLEX Disc holds the equivalent of three super tampons, can diminish cramps, and is great for active lifestyles, including swimming.

HOW TO USE STEP 3



Use your finger to tuck **B** upward, so it rests behind your pubic bone. If inserted properly, you shouldn't be able to feel FLEX Disc.

HOW TO REMOVE STEP 4



Hook your finger under **B**. Pull straight out keeping FLEX Disc horizontal to the floor. Empty fluid into toilet. Dispose in wrapper. To make it easier to remove, bear down as if you are trying to poop.

Watch the instructional video at flexfits.com/howto

WARNINGS Consult your doctor if you are using an intrauterine device (IUD). While uncommon, there is a risk of dislodging, displacing, or removing the IUD by pulling on the IUD string when removing FLEX Disc. If you have ever had Toxic Shock Syndrome (TSS), do not use FLEX Disc or any other internally worn product. Immediately following childbirth, gynecological surgery, miscarriage, or termination of pregnancy, consult your physician before using FLEX Disc.

Maximum wear time is twelve (12) hours and FLEX Disc must be changed after twelve (12) hours. FLEX Disc is not a contraceptive and does not provide protection against sexually transmitted infections. If you experience any adverse events with FLEX Disc, discontinue use and consult with your physician.

WHAT YOU NEED TO KNOW ABOUT TOXIC SHOCK SYNDROME (TSS) Laboratory studies show that FLEX Disc does not promote growth of bacterium Staphylococcus Aureus, the bacterium believed to cause TSS.

To date, we have not had any reported cases of TSS. Although TSS can occur in men, children, and women, it is a disease that mostly affects menstruating women who use tampons. Population studies suggest that the risk of TSS is related to tampon absorbency; the higher the tampon absorbency, the higher the risk of contracting TSS; the lower the absorbency, the lower the risk of TSS. Unlike tampons, FLEX Disc is non-absorbent, it holds rather than absorbs menstrual fluid. However, consumer usage of FLEX Disc has not been extensive enough to date to quantify the risk of TSS. If any, while using FLEX Disc. As a precaution, users must change FLEX Disc after 12 hours maximum wear time. TSS is a rare but serious disease that may cause death. The warning signs include a sudden high fever, vomiting, diarrhea, a rash that looks like a sunburn, dizziness, fainting or near fainting, and muscle aches. TSS can progress rapidly from flu-like symptoms to a serious illness that can be fatal. If you have any of these signs and you are using FLEX Disc, remove it and immediately contact your physician.

Designed with ♡ in California // Made in Canada

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