



BeppyCUP™

MEDICAL SILICONE MENSTRUATION CUP

USER MANUAL



Join THE REVOLUTION



Hello,
WELCOME TO Beppy.

Thank you for choosing the Beppy Cup™. Please take a moment to read this user manual prior to using your cup or for a full overview of this product, visit www.BEPPY.com



Beppy Cup™ is a reusable, menstrual cup made of tulip-thin, smooth medical grade silicone that offers you the ultimate comfort and fresh feeling during your period.

The information and advice contained in this manual is not meant to be offered as medical advice. If you have any gynecological or medical concerns, we advise you to consult your medical practitioner prior to using Beppy Cup™.

Why is it AWESOME?

INNER FLAP

Prevents leakage while having sexual intercourse.

Remove the cup without spillings and clean yourself easily.

REMOVAL LOOP

Efficiency is our last name, with this loop you can remove your cup with only one finger! Only in a few seconds and even when it's slippery inside!



AIR RELEASE HOLES

Prevents suction inside the vagina. Allows airflow when having sexual intercourse.

Facilitates extraction by releasing the vacuum effect.

SEX WITH THE CUP?

The Beppy Cup™ is the first cup in Europe to allow sexual intercourse, thanks to its EXTRA SOFT material, removal loop and its inner flap.

But that's not all...



SUPER-SOFT MATERIAL

Beppy Cup™ is produced with high quality Medical Grade Silicone Soft Touch. Which means the Beppy Cup™ is 20% softer than traditional menstrual cups.

INNOVATIVE DESIGN

Designed by Sarah Cadavid, under quality methods ISO 14040: 2006 (environmental management and life cycle assessment), ISO 9001: 2015 (quality management) and ISO: 13485: 2016 (medical device).

And the best... **CRUELTY FREE**

4 DIFFERENT COLORS

Beppy Cup™ is available in 4 different colors; purple, pink, turquoise and transparent. Each cup comes with a 'Carry on Baggie' of the same color.

Look at this packaging!



EASY TWIST

Twist the upper part of the packaging while holding the lower area of the cylinder. Then twist it and ENJOY IT!

ECOLOGICAL

WOW, WHAT?! How is it possible to have a transparent packaging and at the same time ecological? This packaging is made of 50% post-consumer plastic waste.

The Beppy Cup™ is recycling plastic and giving it a second life with this beautiful packaging.

CARRY ON BAGGIE!

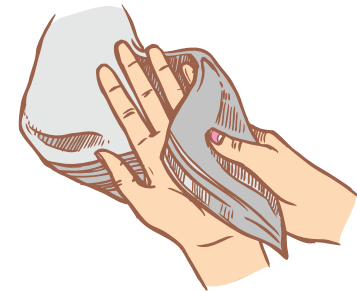
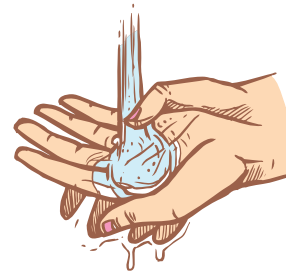
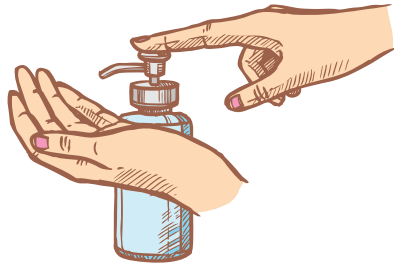
Made out of Organic Cotton, each cup color has its own bag color. You can perfectly fit 2 cups inside!



NOW, lets start!

Learning to use your Beppy Cup™ will take some practice at first, but with repeated use, it will become easier and more comfortable. It is important to thoroughly clean your Beppy Cup™ before and after each use.

We recommend to use our Beppy Steam+Sterilizer™.



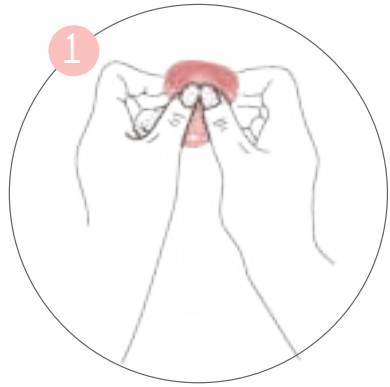
As Beppy Cup™ fits perfectly below the cervix to collect flow, we recommend that you first find your cervix by inserting a clean finger into your vagina. Your cervix should feel similar to touching the tip of your nose.

Thoroughly wash your hands with soap and water before using your Beppy Cup™.

Before first use, fully submerge your Beppy Cup™ in boiling water for 2 to 4 minutes. Or use our Beppy Steam+Sterilizer™ available in our online store www.BEPPY.com.

If you are in a rush, or in a public toilet, don't forget to take wet tissues with you! Tissues are very useful to clean your hands and the cup when you don't have any water! But we advise you to clean your cup roughly as soon as you can.

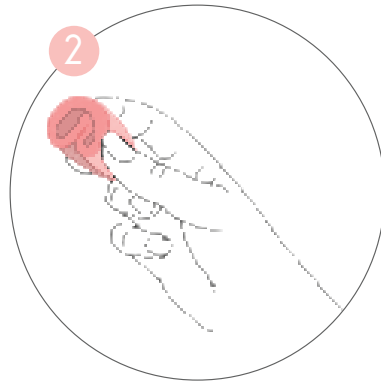
How do you insert it?



HOLD

Squeeze and hold the Beppy Cup™ in the middle with two hands.

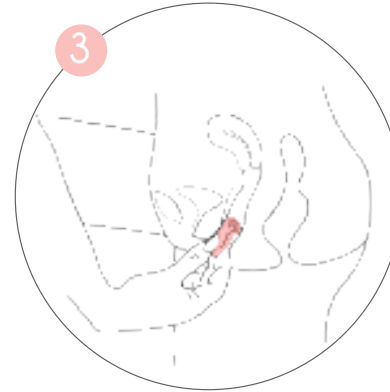
This is called the 'C' or 'U' fold.



FOLD

Keep squeezing with one hand, and try to insert it in the vagina and relax your muscles.

Take care, fold the cup from the top part, so it won't pop open before it reaches the cervix.



INSERT

Insert the cup, and keep holding until you reach the cervix.

The Beppy Cup™ is softer than normal cups

In the beginning it could take some practice to insert the cup and to find the right spot.



PUSH

The cup will open automatically when you reach the upper part of the vagina.

The lower surface of the cup must be flat.

Remember, leave up to Max 8 hours.

Registration Nr: 006576674-0001

Patent Nr: 202030029377.6

Important Information!

It is important to make sure that the Beppy Cup™ is positioned far up inside the vagina, just below your cervix. Once the cup is placed properly, you will not be able to feel it at all.

To check if the cup is in place, slide one finger along the bottom part of the cup to feel if the surface is completely flat.



As Beppy Cup™ doesn't block the vaginal canal, it can be worn during sexual intercourse, without being felt. Remember, Beppy Cup™ is not a contraceptive and will not protect you from STDs or pregnancy.

WHAT IF THE CUP DOESN'T OPEN?

First, it is extremely important to make sure that the top of your cup completely opens once you have inserted it.

Second, if the cup is not opening gently squeeze the base of the cup, or twist it by the loop to open it inside your body.

In order to avoid spotting, be sure to form a seal between your body and your Beppy Cup™.

ENSURE THE SEAL IS CORRECT:

- Rotate the cup slightly left and right by the loop. Wiggle the cup up and down.
- Run your finger around the cup to confirm it's open, the bottom must be flat. If it's not flat, the cup did not open.
- Lightly pull down on the cup. If it doesn't move, it's sealed.

TWO Preventing TSS!

Following proper cleaning procedures is important. Remove your cup every 8 hours and wash well.

*To decrease the risk of TSS (Toxic Shock Syndrome) or other infections you can boil your cup before or after each bleeding period for sterilization purposes. You can also use our **Beppy Steam+Sterilizer™** or boil the cup in water.*

Though many manufacturers recommend doing so. Wearing a cup in the vagina for more than 8 hours is NOT advised but it's something that has happened accidentally to many users who have reported nothing catastrophic happening other than a very smelly cup of blood upon removal.

In Beppy we are compromised with cleanness, please change your cup as often as possible and before inserting the cup, make sure it is sterilized.

Always remove your cup when your period is over.



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Who are we?

CORA MAN

SARAH CADAVID

LYDIA JIANG

WE ARE ECONOMIC, SUSTAINABLE AND REVOLUTIONARY.

We know that periods can be painful and we want to be here for you. We have our heads in the sky and our feet on the ground. We are Beppy: with more than 25 years of experience on the hygienic products market. Our goal is to innovate, and change the dynamics of the current menstruation products. That is why we developed our Beppy Cup™, just for you!



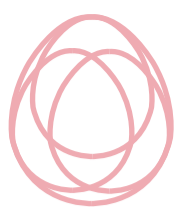
Cora is an Industrial Designer from TU-DELFT in Delft-The Netherlands. She has been Product Manager in Beppy for 5 years. Cora was in charge of the marketing optimization of the Beppy Cup™. She has a Master Degree in Integrated Product Design and has been working for more than 6 years developing Female Care products.



Sarah is an Industrial Designer and Illustrator from the Pontificia Universidad Javeriana in Bogota-Colombia. Sarah was in charge of developing and designing the Beppy Cup™, from the product itself to its packaging. She has a Master Degree in 3D Modeling, general Product Development and Animal Ethics; assuring all Beppy products are Cruelty Free.



Lydia is a trading expert. She was in charge of organizing all supplier contact, optimizing the marketing and sales of the Beppy Cup™. Lydia has a master in International Service Management. She ensures the excellent quality of Beppy products, taking into account competitive prices.



*Hola Chicas,
ESTO SE PUSO BUENO*

*¿Quieren saber quién
está detrás de Beppy?*

*ESTE LUNES 6 DE JULIO
A LAS 8:30 a.m.*

Haremos un

LIVE

con: