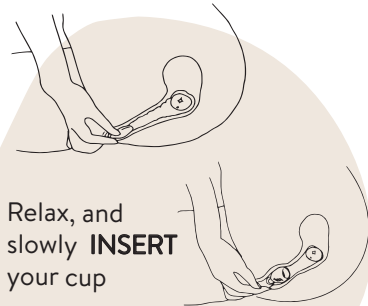


STEP 1



Get Comfortable,
then **FOLD** your Femmy
as shown.

STEP 2



Relax, and
slowly **INSERT**
your cup

STEP 3



Reach for the easy removal
ring, and **REMOVE** your cup
as shown.

STEP 4



Empty and **CLEAN**
your Femmy with our
Femmycycle® Cleanser
or any mild soap and water.

Curious to know more?
Scan me.



www.femmycycle.com

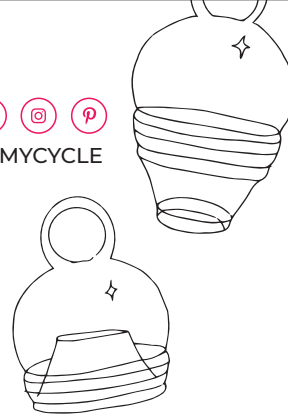
**WHAT CAN YOU DO
WHILE YOU FEMMY?**

RUN. SWIM. DANCE. EAT.
EXERCISE. GET A MASSAGE.
DO YOGA. WATCH A MOVIE.
GO ON A DATE.
WRESTLE AN ALLIGATOR.
ROLLERSKATE. SKYDIVE.
PLAY VOLLEYBALL. VOTE.
GET THE POINT?

BE LIMITLESS.



@FEMMYCYCLE



HOW TO FEMMY