



**The Keeper** — for a modern, sensible approach to menstrual hygiene

Menstruation (a natural part of your life) is an internal process, — **The Keeper** is designed for internal use.

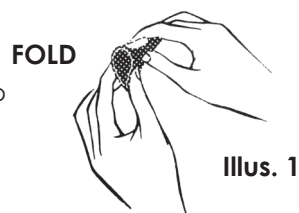
Unlike absorbent products, **The Keeper** is a receptacle for menstrual fluid— holding one full ounce at a time.

A few moments spent learning to use **The Keeper** properly will reward you with the most economical and carefree method of menstrual hygiene.

Learn to use **The Keeper** by practicing inserting and removing it during the last two days of your menstrual period. Then you will be ready to use **The Keeper** for your entire menstrual flow.

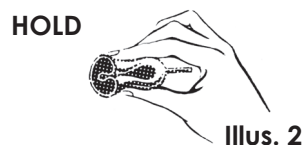
## how to fold...

Simply press the sides of the lightweight flexible cup together. Now fold the cup in half again. (Illus. 1)



## how to hold...

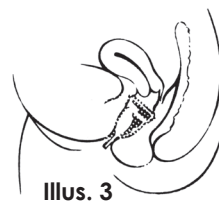
Hold the folded cup as shown (Illus. 2) between the thumb and index finger.



## easy insertion...

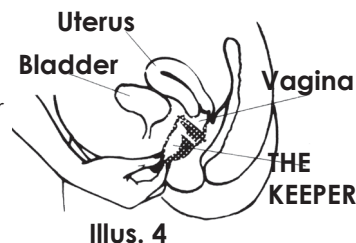
First, wash your cup and your hands in warm soapy water. While sitting on the toilet or in some equally relaxed position simply insert the folded cup completely into the vagina. (If necessary, lightly moisten the rim only with water.) Release the fingers from the cup so it will unfold. The stem is now located between the vaginal lips (vulva). Now, gently pull the stem slightly forward and downward until you feel the cup firmly in place. (Illus. 3). Sound easy? That's all there is to it.

**The Keeper** is now in the correct position. The little cup follows the natural slant of the vagina. **The Keeper** does not touch the cervix, but rests comfortably below it. Be sure the stem is at the entrance to the vagina, outside the body.



## easy removal...

While sitting on the toilet, grasp the stem firmly so the tips of the fingers pinch the base of the cup. This action will allow air to enter around the cup, releasing the suction and making it easy to remove. Ease the cup gently forward and downward supporting the bottom of the cup with your fingertips to prevent spilling. **DO NOT LET YOUR FINGERNAILS CUT INTO THE CUP OR THE STEM.** Empty, rinse or wipe the cup (you can use toilet tissue), then simply reinsert. Suggestion: When using a public restroom, wet a paper towel and take it with you into the toilet stall so you can wipe your fingertips if needed.



## how to clean...

At the end of your period, wash your cup in warm soapy water. Rinse in clean drinkable water. If you wish you may rinse it in a mild solution of bleach or vinegar and water (one part vinegar or bleach to ten parts water). **DO NOT BOIL.**

Put your cup in the cloth bag for protection.

With proper care (example: no harsh chemicals) your cup should last for many years.

## important...

The tiny holes just below the rim of the cup are for the purpose of releasing the suction and should be kept open.

The cup's stem may be too long for your personal needs—simply trim it to the length you desire, but cut off no more than half its length, it really helps in removing the cup.

Your cup, made of natural rubber (latex), may change color in time. That does not mean its use is impaired. Feel free to continue to use it.

## how often should you empty...

Your cup holds one full ounce. Since most women flow 2 to 4 ounces during their menstrual period, emptying the cup a few times a day is usually adequate. In a month or two you'll become familiar with your own menstrual flow pattern.

## seepage should not occur...

If any seepage does occur, it may be due to one of the following conditions: the cup was not placed in its proper position (see Illus. 3), or pressure against the vaginal wall—due to constipation or a full bladder—could have forced the keeper out of its proper position.

## an additional hint

Hold on to the bottom of the cup once it's inside, push up slightly and give it a full turn (twist), then gently pull the stem down until it stops. Stem will be outside the body. This will help establish a good seal around the top of the rim.

There are no ridges on the stem of **The Keeper** to irritate delicate skin.

Do not share your **Keeper**.

When first using the cup you may be slightly aware of its presence. After you use it for two or three periods you will find, as thousands of other women have, that you "wouldn't know how to live without it."

The life expectancy of **The Keeper** could be 10 years or more with proper care.

If you should need professional help, please consult a physician.

If you want additional information about **The Keeper** visit our website at [www.Keeper.com](http://www.Keeper.com), or call 1-800-500-0077

DESIGNED BY A WOMAN  
MANUFACTURED BY WOMEN  
MARKETED BY WOMEN  
FOR WOMEN



**The Moon Cup** — for a modern, sensible approach to menstrual hygiene

Menstruation (a natural part of your life) is an internal process—**The Moon Cup** is designed for internal use.

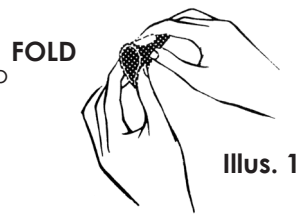
Unlike absorbent products, **The Moon Cup** is a receptacle for menstrual fluid—holding one full ounce at a time.

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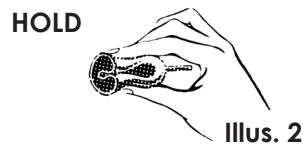
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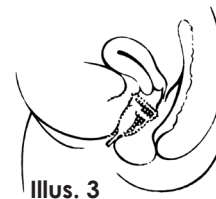
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## easy insertion...

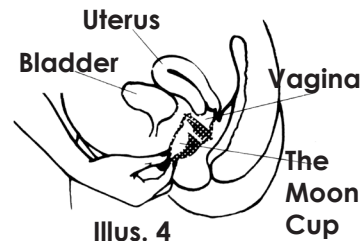
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Your cup, made of medical grade silicone (non-latex), may change color in time. That does not mean its use is impaired. Feel free to continue to use it.

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