

# HOW TO USE SHE PERIOD MENSTRUAL DISC?



Eco-friendly  
& Peta  
approved



FDA approved,  
BPA &  
Phthalate free



Medical  
Grade  
Silicone



Great value  
For money

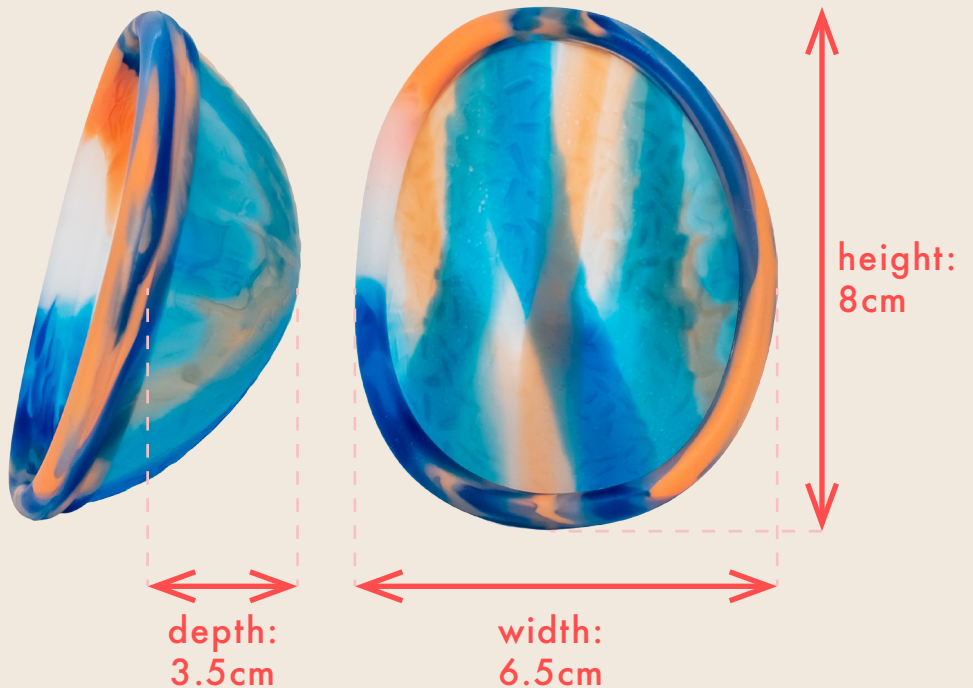
12h

Up to 12h  
of protection



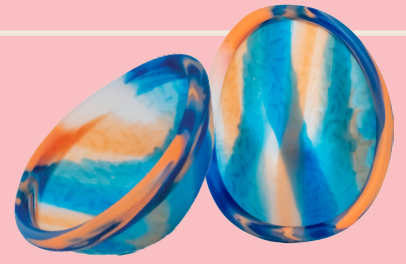
Mess-free  
period sex

## DIMENSIONS CHART



## Guidelines

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## STEP-BY-STEP

1. Wash your hands.
2. Wash your SHE Period Menstrual Disc with warm water and Foaming cleanser.

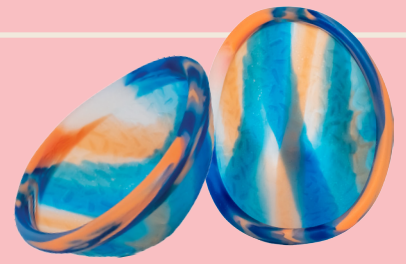


3. Find a comfortable position

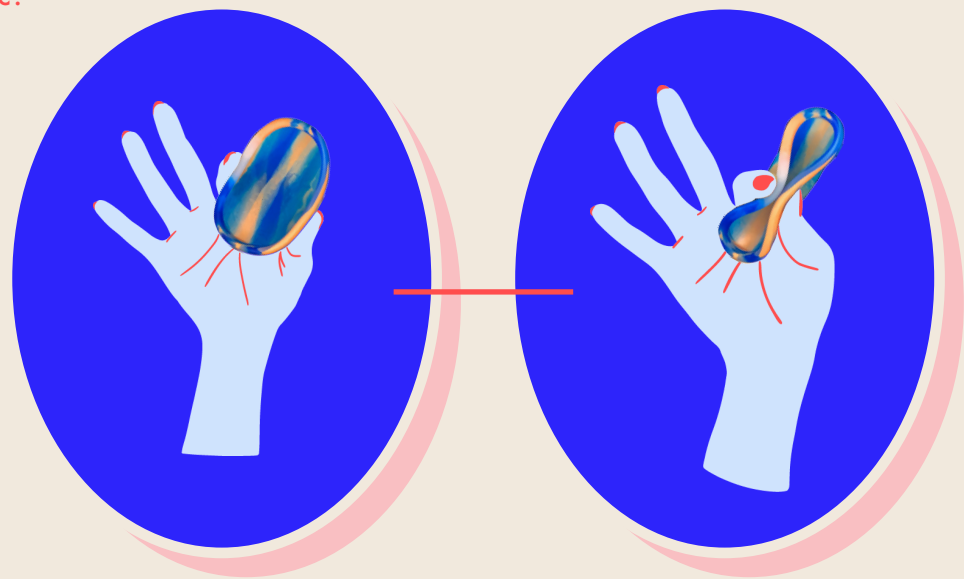


## Guidelines

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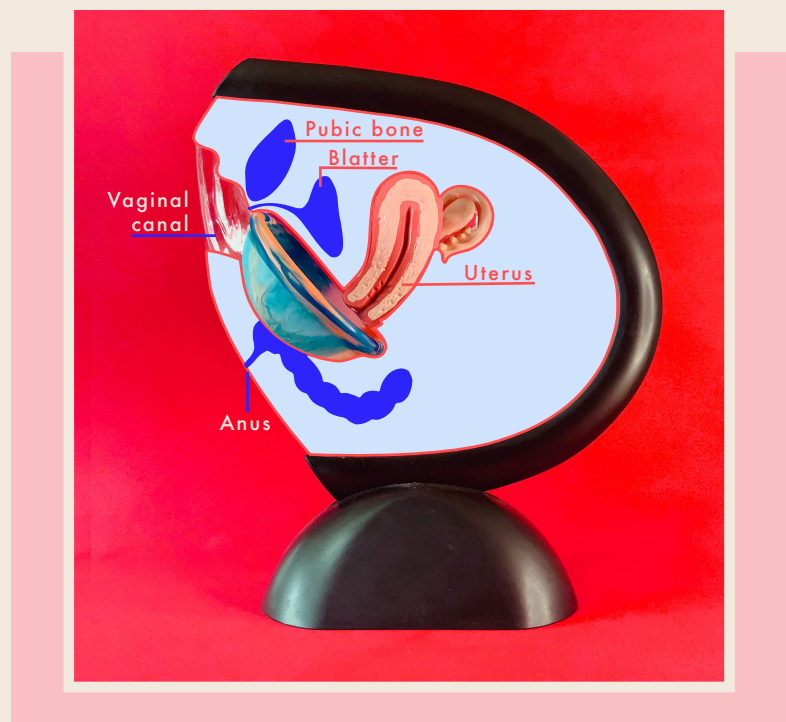


4. Pinch it before inserting the disc.  
Like this:

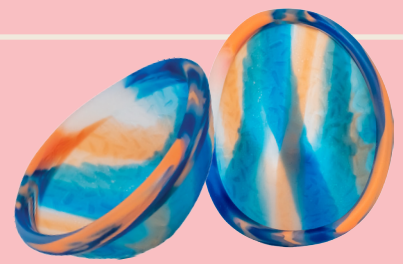


5. Check out on our homepage a video on how to insert and remove your menstrual disc.

\*\*This is how your Menstrual disc will stay inside:

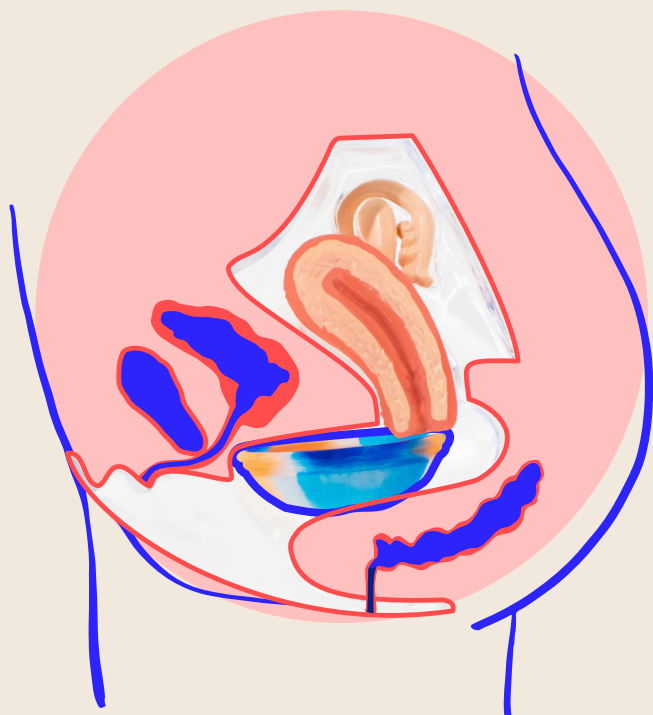


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## SHE PERIOD MENSTRUAL

The disc stays  
in by resting on  
the pubic bone

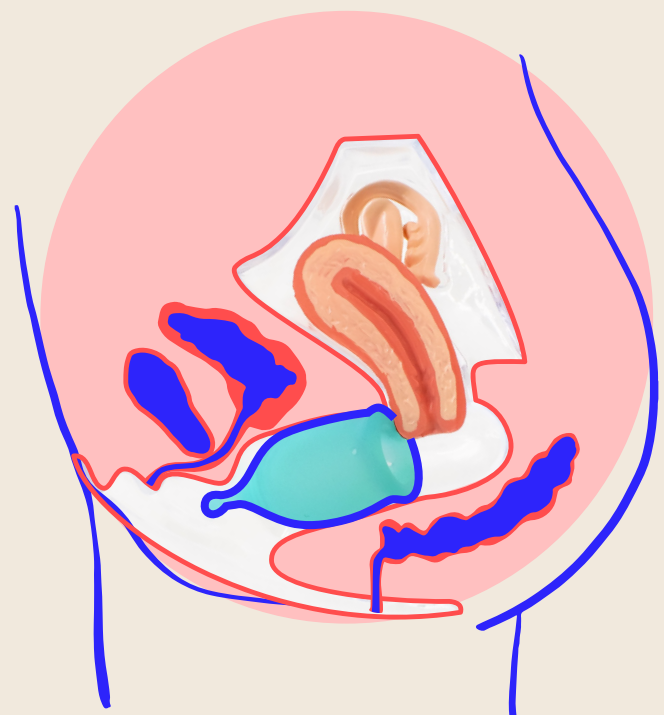


To insert you push  
the disc into the vaginal  
canal and then  
\*tuck it up to your  
pubic bone\*



## MENSTRUAL CUPS

The cup stays  
in by a vacuum  
effect



To insert you  
push the cup into  
the vaginal canal