

# How does INNOVO work?

Our FDA-cleared, non-invasive technology delivers pelvic floor strengthening Kegels with the push of a button.

Research shows that nearly 50% of women cannot do a Kegel correctly. INNOVO delivers accurate, precise Kegels, giving you the freedom to be leak free in 12 weeks.

Order on [www.myinnovo.com](http://www.myinnovo.com) or at 833-891-6369  
No prescription needed

## Kegels Are Hard. We Do Them For You.

**1**  
**Our Multipath™ Technology**  
engages your pelvic floor muscles to deliver 180 precise Kegels per session.

**2**  
**Use from the comfort of your own home —**  
no more office visits.

**3**  
**Our proprietary slip-on short**  
uses non-invasive technology fused with comfortable, breathable fabric.

**4**  
**Set the Innovo controller**  
for 30 minutes to deliver the most robust Kegel exercises possible.



FROM THE DESK OF  
**DR. RUTH MAHER, PT, PhD, DPT** and co-inventor of INNOVO

## Why INNOVO Was Created

"I wanted to find a way to help women strengthen their pelvic floor in an efficient, effective and discreet way, freeing them from the embarrassment and discomfort associated with bladder leaks.

Nearly 50% of women are unable to contract their pelvic floor muscles properly. Because you can't see the muscle, you don't know whether you are doing the exercises (or Kegels) correctly."

INNOVO takes the guesswork out of doing those contractions. It does them for you from the comfort of your own home and eliminates bladder leaks for good. You can say goodbye to pads and liners because INNOVO treats the root cause of bladder leaks.

Order on [www.myinnovo.com](http://www.myinnovo.com) or at **1-833-891-6369**



### THE 411 ON SUI

## Is INNOVO Right For Me?

Do you leak when doing everyday things like working out, coughing or laughing? You might be experiencing Stress Urinary Incontinence, the most common form of leakage among women.

### 1 in 3 Women Experience Bladder Leaks

#### If You:

- Leak when you cough, laugh, sneeze, or exercise
- Leak after having a baby
- Leak after starting menopause

#### You can eliminate leaks with INNOVO.

Stop suffering and masking your leaks with pads, liners and leakproof underwear. Fix it with INNOVO

LEARN MORE at [www.myinnovo.com](http://www.myinnovo.com)



**87% of women were defined as dry or nearly dry after 12 weeks of treatment, using INNOVO.<sup>1</sup>**

Use at home for 30 minutes a day, 5 days a week with results in as little as 4 weeks.

ORDER TODAY AT [www.myinnovo.com](http://www.myinnovo.com)

OR CALL US AT **1-833-891-6369**

NO PRESCRIPTION NEEDED

1. Soeder S, et al. A randomised, controlled, double-blind, clinical study to compare two neuromuscular stimulator devices in female stress urinary incontinence: Effects on symptoms and quality of life. IUGA Conference 2018.

**Run Without Bladder Leaks**

Strengthen your pelvic floor in 12 weeks.

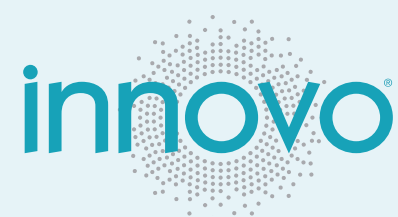
- ✓ FDA-Cleared ✓ Non-Invasive
- ✓ Use from Comfort of Your Own Home
- ✓ No Prescription Needed

Take \$100 Off Your Purchase with the code **RUNLEAKFREE**

In the United States, INNOVO is FDA-cleared for the treatment of female stress urinary incontinence.

**innovo**

“INNOVO is definitely worth it, not only from a physical perspective but also a mental perspective. I am more confident than ever. INNOVO said they would eliminate bladder leaks in 12 weeks, and they did!” — @runningbrina



**Eliminate Bladder Leaks In 12 Weeks**

Introducing INNOVO, A non-invasive, no-prescription-needed, technology that eliminates bladder leaks in 12 weeks, or less.

[www.myinnovo.com](http://www.myinnovo.com)

AS SEEN ON

