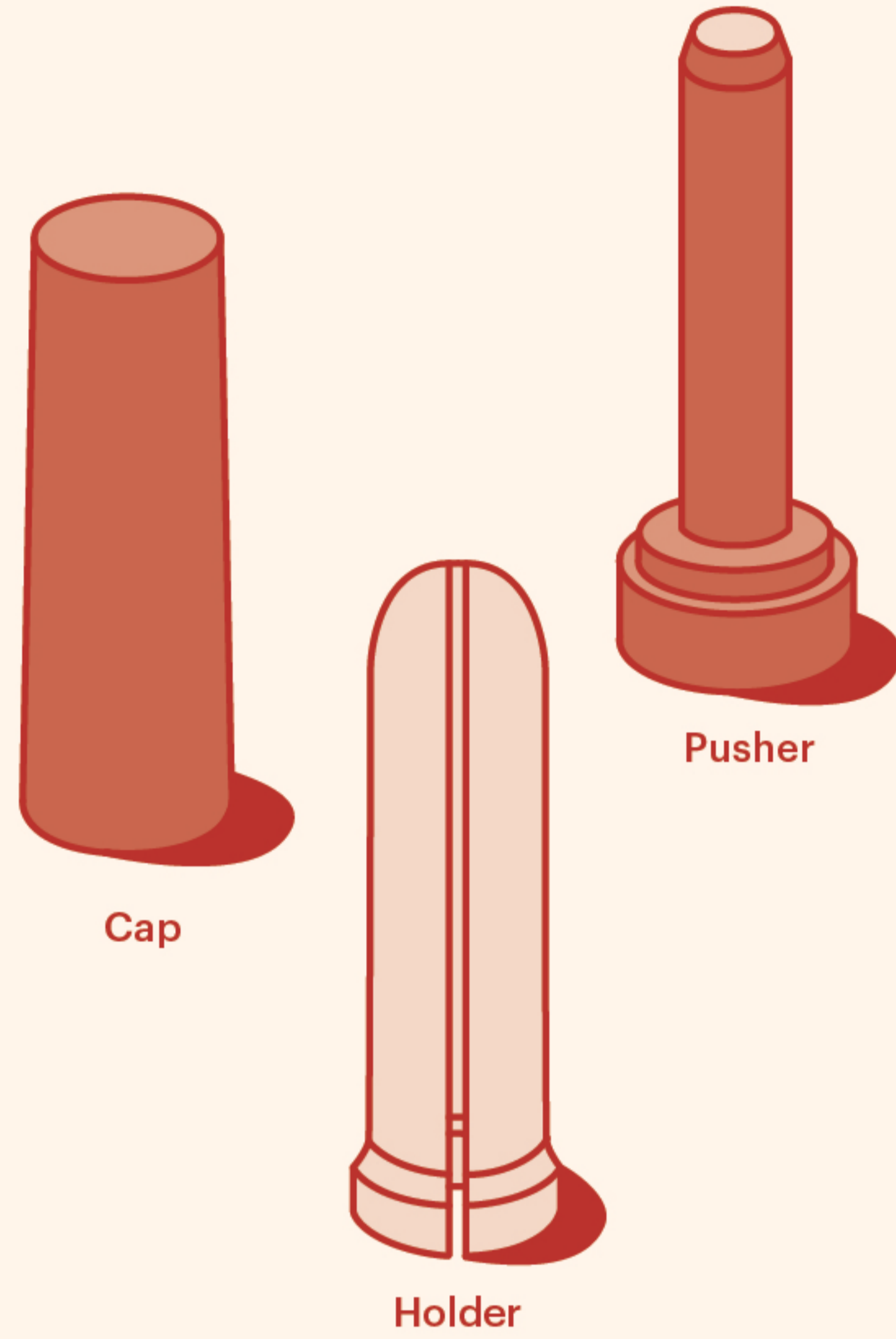


meet re.t.a

The first FDA-cleared reusable tampon applicator.

- Safe
- Sustainable
- Not made with natural rubber latex
- Not made with BPA



made to go with your flow

re.t.a gives you the experience of smooth insertion without adding plastic waste to the environment with every use. A sleek, functional design with two moving parts, stored in a seamless cap.

- Pusher: Made of recyclable, durable ABS materials
- Holder: Made of medical-grade silicone with a contoured tip

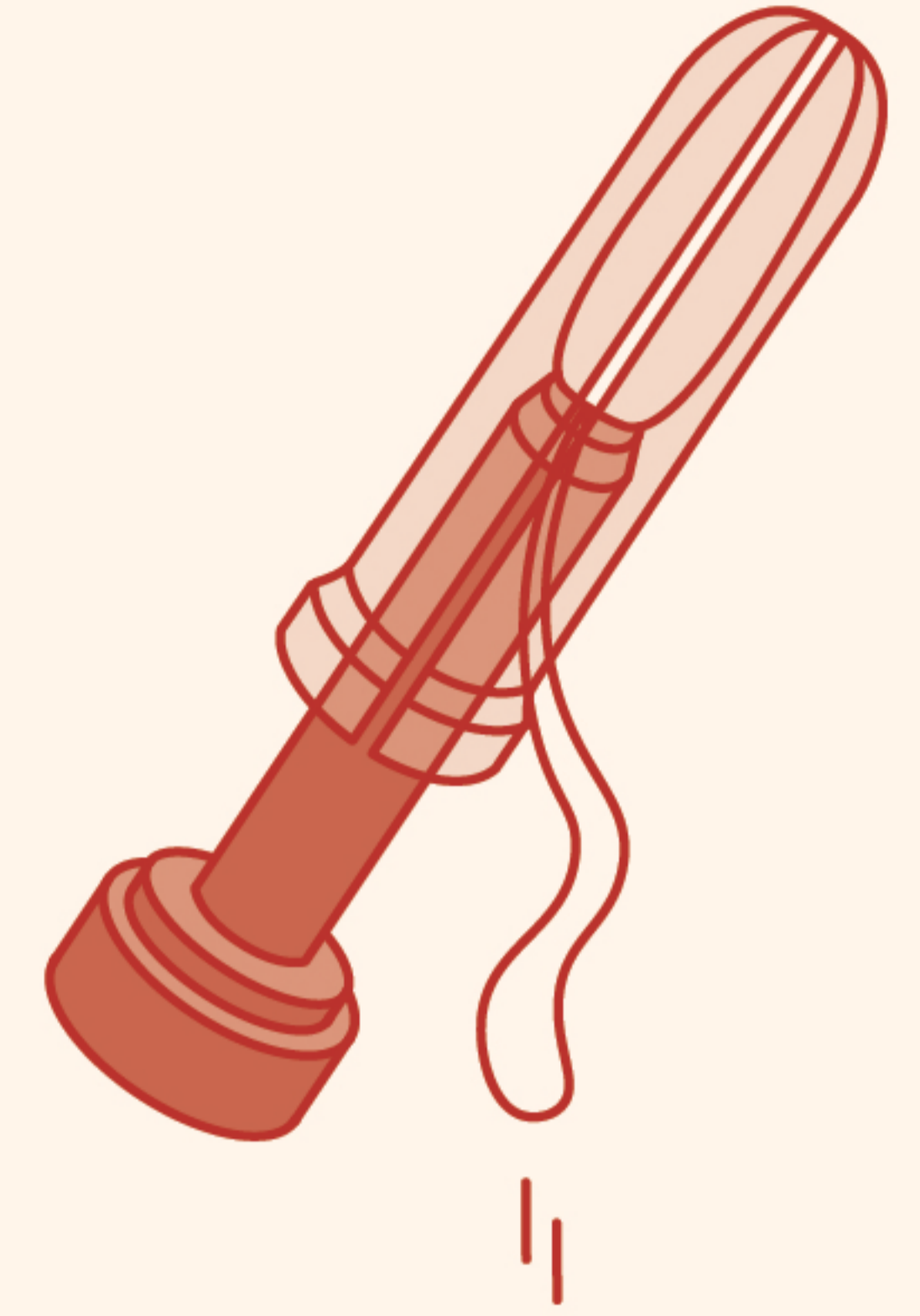
re.t.a is small enough to take on-the-go (perfect for purses, pockets, and makeup bags) and works with most applicator-free tampons.

Indication for use: re.t.a reusable tampon applicator is intended to be used to insert a digital menstrual tampon into the vagina.

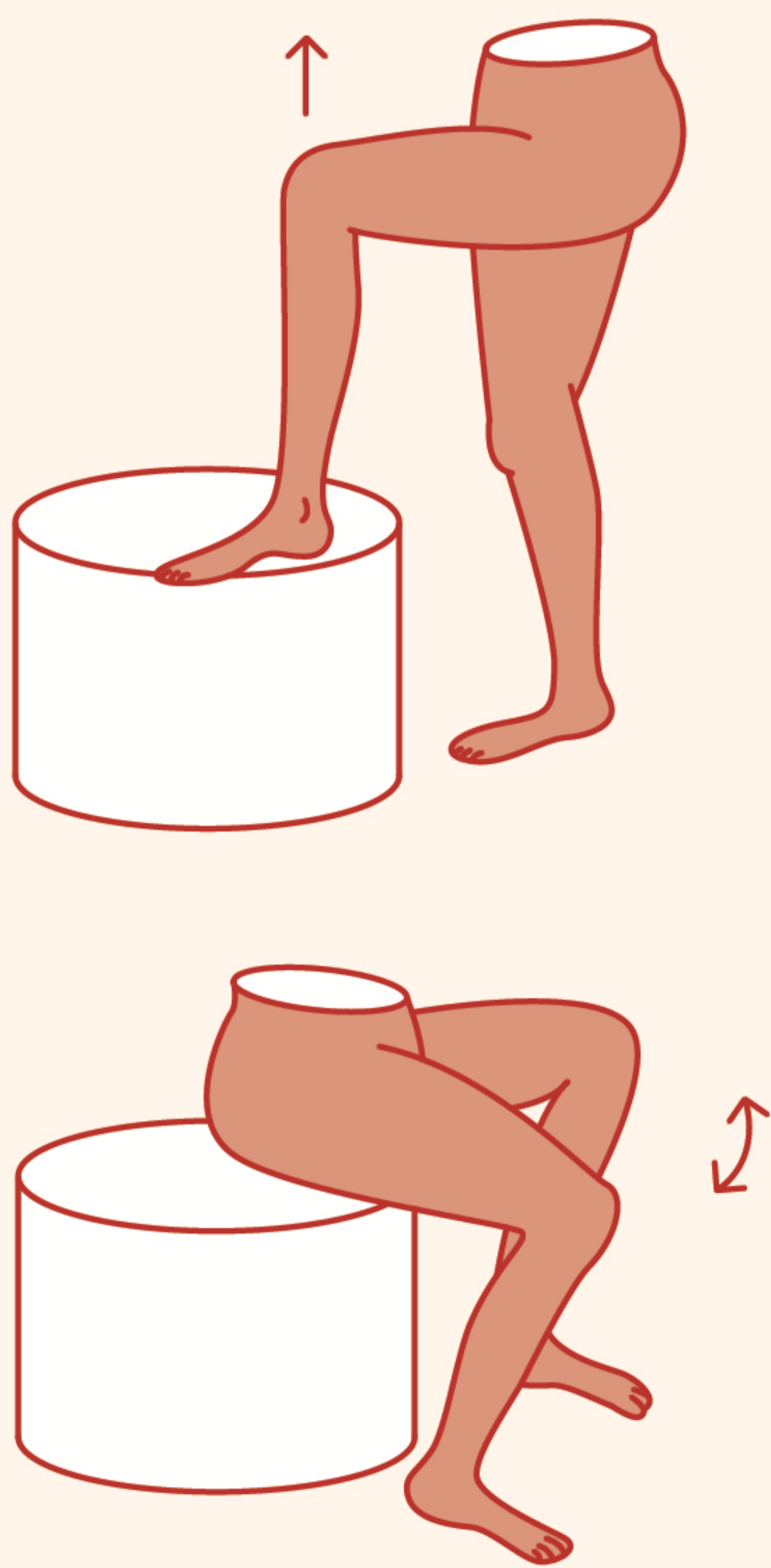
how to use

Before using re.t.a for the first time, follow the disinfection instructions.

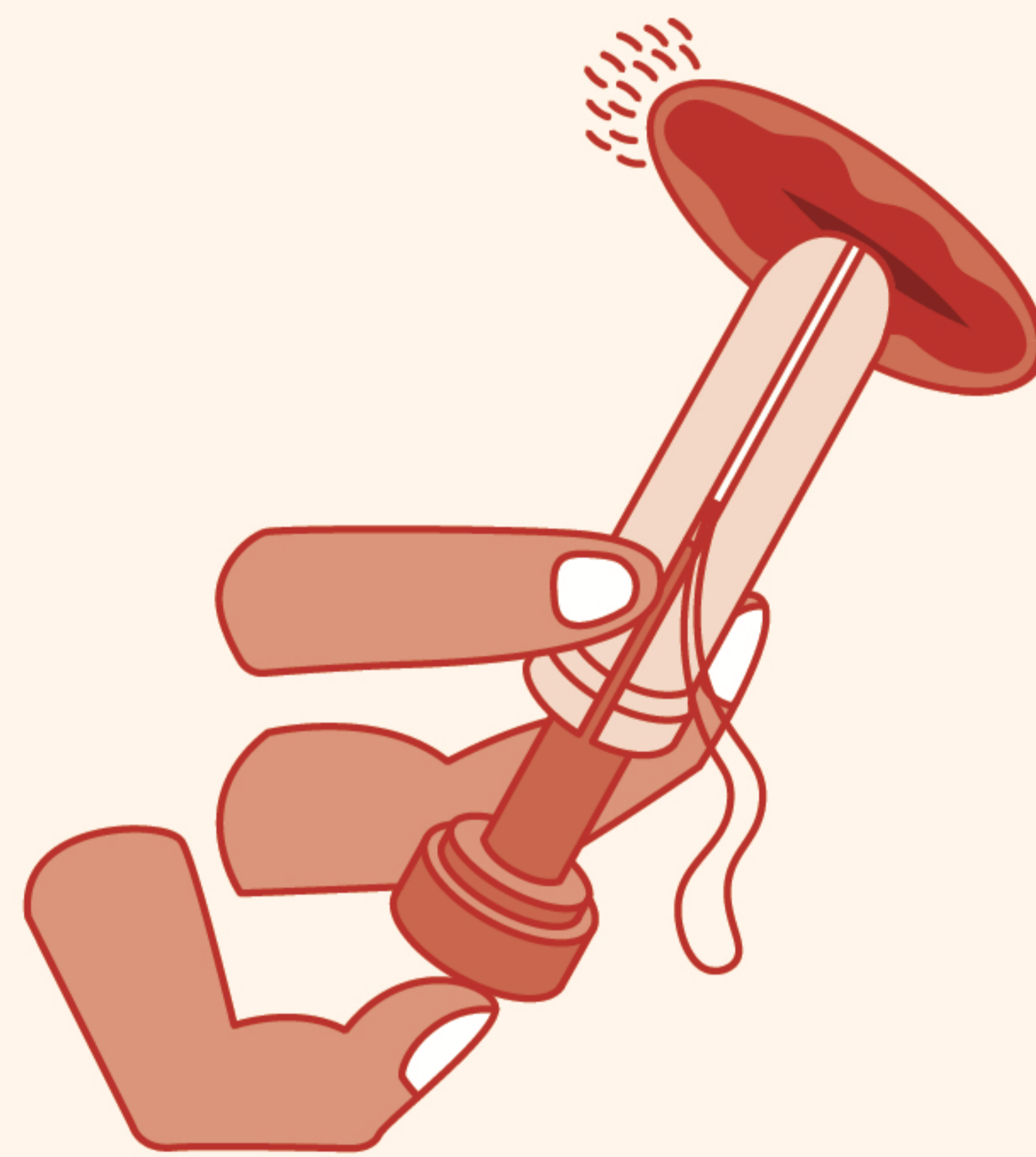
1. Wash your hands.
2. Remove the cap and separate the moving parts (pusher, holder).
3. Load a tampon into the holder and let the string hang down. Be sure to read all safety instructions and warnings provided with the tampon.
4. Insert the pusher.



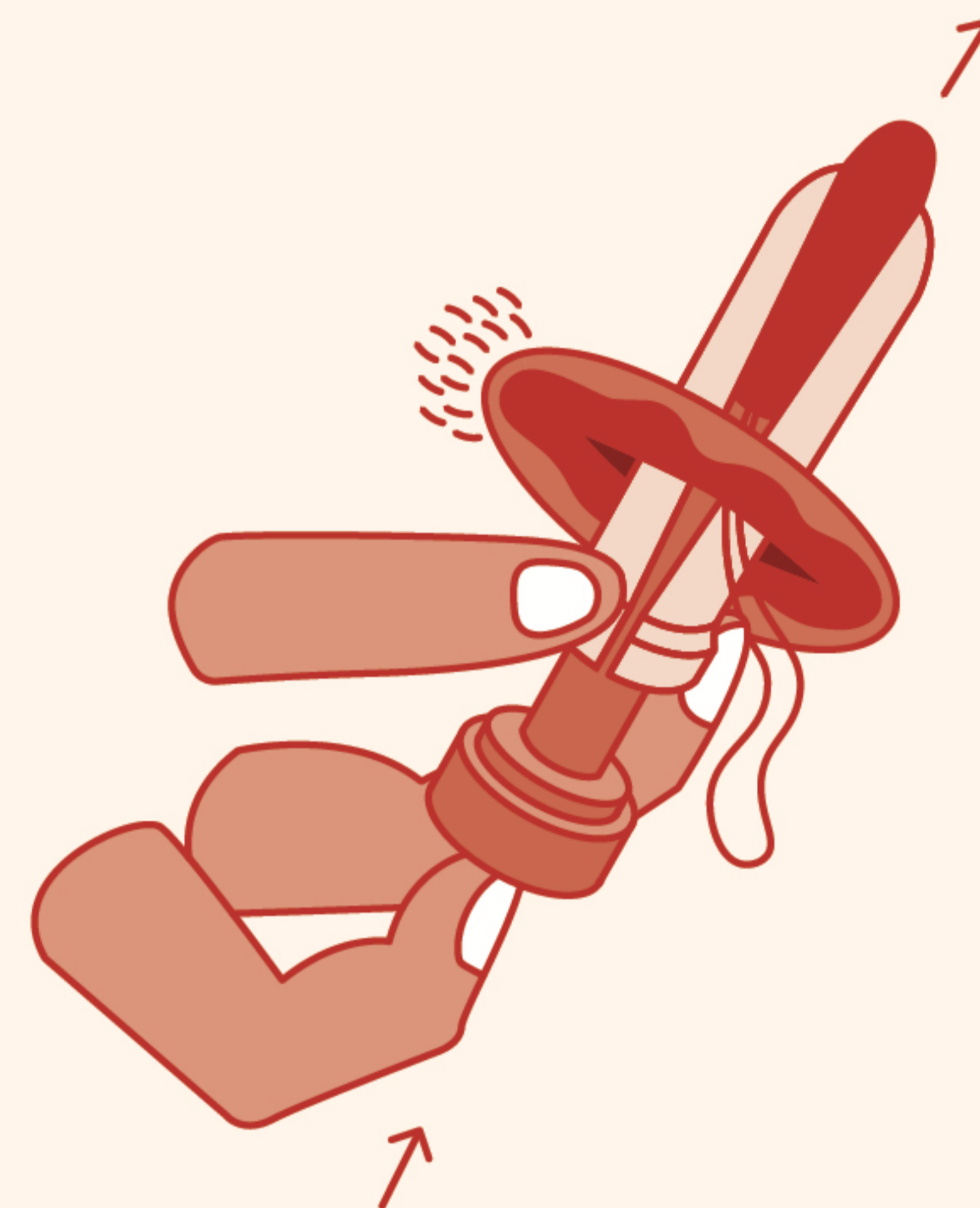
5. Get comfortable and place the loaded holder at the opening to your vagina.



6. Insert the holder into your vagina.



7. Press on the pusher until the tampon is fully inserted, then remove the holder and pusher by pulling back on both.



8. The tampon should feel comfortable. If you feel any discomfort, the tampon may not be placed properly — remove it and insert a new one.

9. Wash your hands and both pieces with warm water.

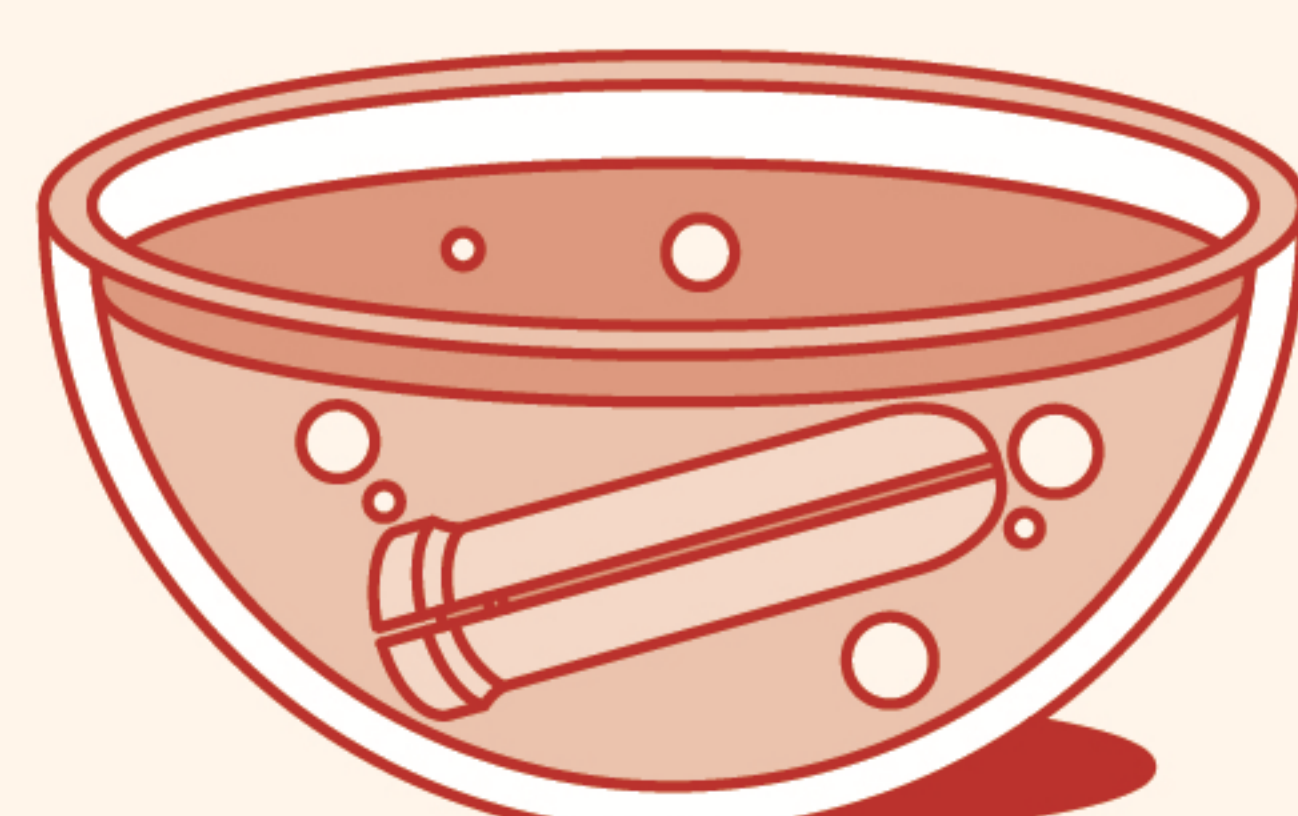
You've got this!



disinfection

Between monthly period cycles, re.t.a must be cleaned and then disinfected before storing.

1. Follow cleaning & care steps 1 - 3.
2. Fully submerge the silicone holder in a pot of water, and boil at a roiling boil for 10 minutes with the lid on the pot.
3. Carefully remove and dry.
4. Place the cap and pusher in a glass and pour 70% Isopropyl alcohol ("rubbing alcohol") in and over them until they are fully submerged. Confirm the end of the cap is facing up, and gets filled.
5. Weight the parts down (try a fork) and ensure that they stay submerged. Make sure all surfaces, inside and out, are in contact with the alcohol.
6. Let soak for 10 minutes, then remove and air dry.



cleaning & care

When in use, clean re.t.a daily according to these cleaning instructions.

1. Disassemble re.t.a before cleaning (separate all the parts).
2. Rinse components well with running water until any visible soil is removed.
3. Wash inside and outside of all parts thoroughly with unscented soap, then rinse well.
4. Dry all parts thoroughly before putting away (air dry or dry with a lint-free towel).
5. Reassemble and store for next use.



cleaners to avoid

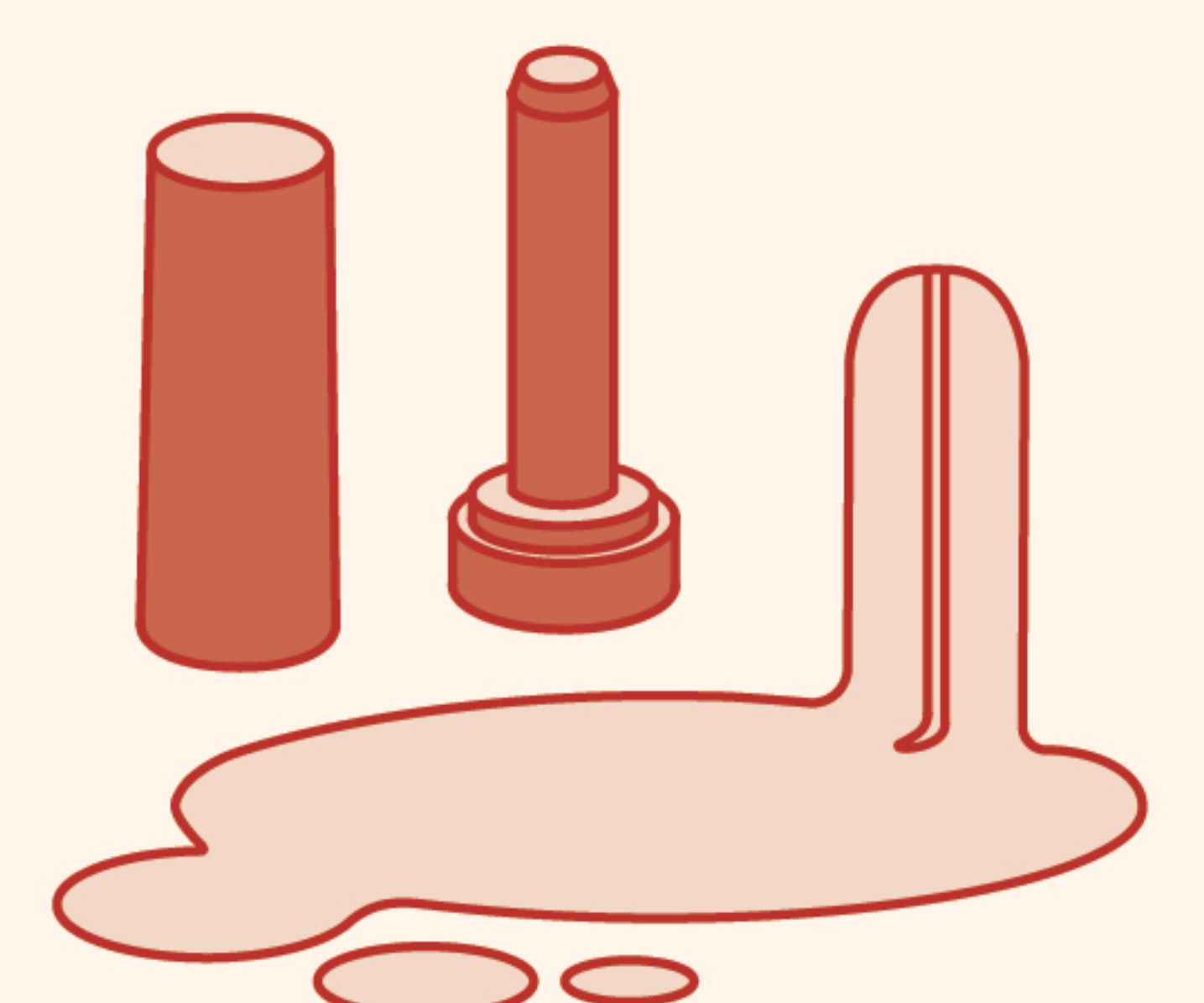
When caring for your re.t.a, don't use:

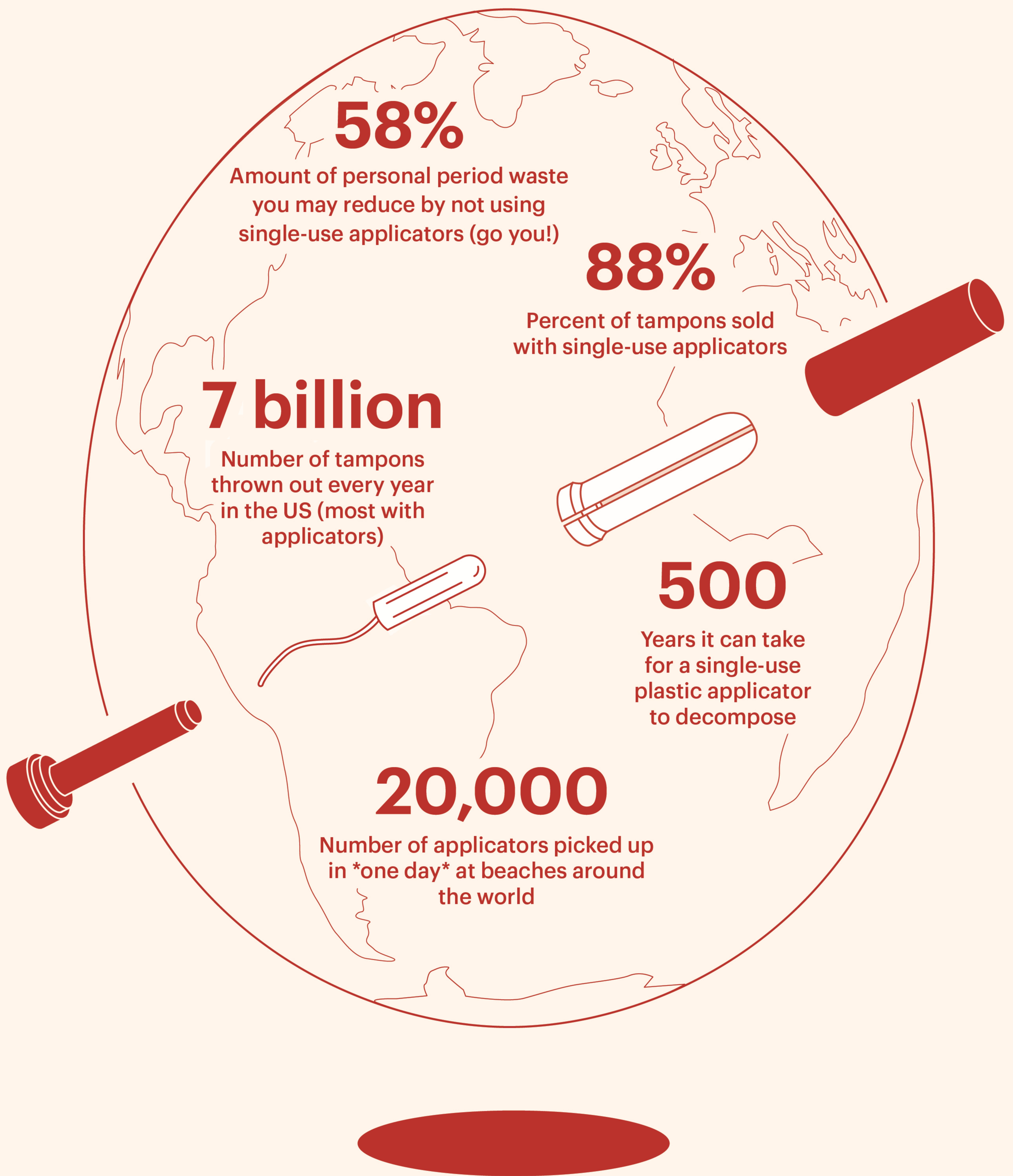
- Vinegar
- Bleach
- Harsh cleaners (like Soft Scrub)
- Tea tree oil
- Petroleum-based substances

Stick to a mild, unscented soap and your re.t.a will be good to go!

Always read the instructions that come with your tampons.

With proper care, re.t.a will last for two years.





**better period,
better planet**

If you use tampons (and, obvi, you do), re.t.a helps you ditch disposable applicators and make a more sustainable choice.