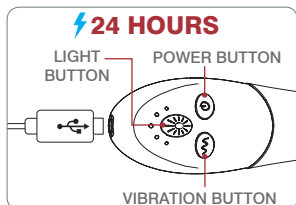
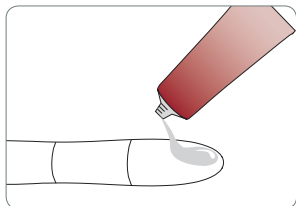


vfit[®]Gold

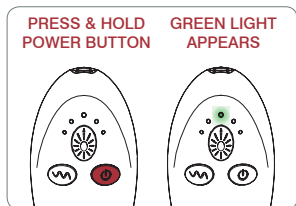
How to Use vFit Gold



Charge 24 hours prior to first use. The charging cable is located inside the cardboard box.



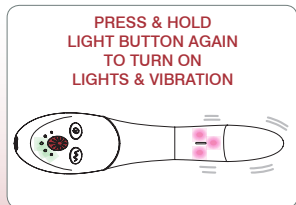
Apply desired amount of **Photonic Gel** externally to the genital area or to the tip of the device prior to vaginal insertion.



Press and hold the **power button** until the center green light appears.



Press and release the **light button** to select your session time of 6, 8, or 10 minutes (or 12 minutes with vFit Gold PLUS).



Press and hold the **light button** *again* until the red lights and vibration turn on.

Insert device, lie back and relax knowing you are improving your vaginal health. The device will automatically turn off when the session is complete.

Clean the device thoroughly with our Joylux Photonic Wipes for proper cleansing of unwanted bacteria, or alternatively use warm water and antibacterial soap. Charge your device between uses.



Recommended Protocol

We recommend a gradual introduction of vFit Gold by increasing the session time over two weeks. This allows you to become familiar and comfortable with vFit Gold and its modes and settings. We suggest using vFit Gold for 45-60 days to achieve full results.

Beginning Plan - 10 weeks

WEEKS 1-2: Use for 6 minutes every other day.

M	T	W	T	F	S	S
	● 6m		● 6m		● 6m	

WEEK 3-6: Use for 8 minutes every other day.

M	T	W	T	F	S	S
	● 8m		● 8m		● 8m	

WEEKS 7-10: Use for 10 minutes (or 12 minutes for Gold PLUS) every other day.

M	T	W	T	F	S	S
● 10-12m		● 10-12m		● 10-12m		● 10-12m

Maintenance Plan

After you have completed your primary sessions, we recommend using your vFit Gold once per week for 10 minutes (or 12 minutes with vFit Gold PLUS) to maintain your results.

M	T	W	T	F	S	S
				● 10-12m		

For suggested Intermediate and Advanced protocols, refer to your vFit Gold User Guide.

For more information, visit joylux.com/getting-started.