WATER RESISTENT

Poco is water resistant and can be used in the bath and shower.

EXACT AREA STIMULATION

Precisely target Poco's vibrations to stimulate the areas you need - internally and externally.

16 LEVELS OF INTENSITY

Increase your comfort level and build up your tolerance to vibrations by choosing from very soft to strong vibrations.

EASY TO CLEAN

Smooth, non-porous, body-safe silicone is soft to touch and easy to clean.

THE BENEFITS **OF POCO**

Flexible design and targeted vibrations support various sexual health needs.

2 MOTORS

Personalize 2 vibration zones with different patterns for each session to suit your needs.

BENDABLE

what is most

Bend & target Poco

precisely where you

want - internally or

externally based on

comfortable to you.

APP / REMOTE CONTROL

Customize your needs as you progress through your session by controlling the power of the stimulation with the app or Remote.

POCO

COMPACT TARGETED VIBRATOR





BODY ADAPTABLE



SMART APP CONTROL



WATER RESISTANT



2 POWERFUL **MOTORS**



1 HOUR OF **RUN TIME**



USB RECHARGEABLE



CREATE YOUR OWN VIBES



16 INTENSITIES



REMOTE COMPATIBLE



8 PRESET **PATTERNS**

WHAT IS POCO?

Poco is a revolutionary vibrating device that offers intense targeted stimulation needed for arousal, pain relief, pelvic floor restoration, and general help with sexual dysfunction.









UNIVERSAL DESIGN

Adapt to different body shapes & sizes.

BENDABLE

Easily adjust to deliver targeted vibrations precisely where you need it.

2 MOTORS

Experience consistent vibrations from 2 powerful motors.

APP / REMOTE

Control the power or change the patterns using the app or Remote.

HOW DO YOU USE IT?



To turn on/off Poco, press the ⊙ button for 2 sec.

UNBOX POCO

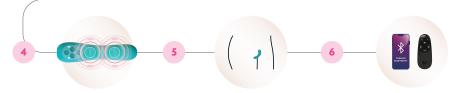
Take Poco out of the box and charge it.

BEND IT

Using your hands, bend Poco into a shape that can reach the area you want to stimulate.

TURNIT ON

Turn on Poco and circle through the various preset vibrations to the one you like most.



SET THE INTENSITY

Set the intensity that you are most comfortable.

TRY IT

Try out different shapes till you find the one that works best for you.

APP / REMOTE

Control the power or change the patterns using the app or Remote.

The vibrations you choose may differ depending on which sexual health needs you are addressing. Take the time to experiment and discover what works best for you. Discuss your needs with your healthcare professional so you can get a better idea what will work best for you.

HOW CAN POCO HELP?

Poco is a preferred non-medicinal solution for a wide range of sexual health issues.

Regular application of a directional vibration can help improve sexual function, make sex enjoyable & more comfortable.

PELVIC HEALTH

Pelvic health problems including urinary & bowel incontinence are common for many women.

PAIN DISORDER

•

Vibratory stimulation is a commonly recommended treatment for vulvodynia, dyspareunia and the vulval pain conditions.

URINARY

Urinary incontinence is common in women, especially for those over the age of 40. Poco can be used both vaginally and on the perineum to strengthen the pelvic floor muscle and reduce urine leakage.



IMPROVED SEXUAL WELLNESS

Leads to better sleep, lower stress, reduced heart diseases, less headaches & improved skin.



ORGASMIC DISORDER

For women experiencing trouble with arousal or orgasm, using Poco on the genitals can help improve vaginal lubrication and genital sensations.

PREMATURE EJACULATION

Premature ejaculation affects a third of the male population worldwide. Regular use of Poco through start-stop exercises can reduce ejaculation symptoms.

ERECTILE DYSFUNCTION

Vibration stimulation to the penis and pelvic floor can improve erectile dysfunction. Use Poco both before and during intercourse for stronger, longer-lasting erections.

SOURCES: 1. Ong T, Khong S, Ng K et al. Using the Vibrance Kegel Device With Pelvic Floor Muscle Exercise for Stress Urinary Incontinence: A Randomized Controlled Pilot Study. Urology. 2015;86(3):487-491. doi:10.1016/j.urology.2015.06.022. 2. Rodrigues MP, Barbosa LJF, Paiva LL, et al. Effect of Intravaginal vibratory versus electric stimulation on the pelvic floor muscles: A Randomized Clinical Trial.Eur J Obstet Gynecol Reprod Biol X. 2019;3:100022. Published 2019 May 12. doi:10.1016/j.eurox.2019.100022. 3. Lauper M, Kuhn A, Gerber R, Luginbühl H, Radlinger L. Pelvic floor stimulation: What are the good vibrations? Neurourol Urodyn. 2009;28(5):405-410. doi:10.1002/nau.20669. 4. Segal R, Tajkarimi K, Burnett A. Viberect penile vibratory stimulation system: evaluation of its erectogenic efficacy. Canadian Journal of Urology. 2013;20(4):6844 - 6847. 5. Fode M, Borre M, Ohl DA, Lichtbach J, Sønksen J. Penile vibratory stimulation in the recovery of urinary continence and erectile function after nerve-sparing radical prostatectomy: a randomized, controlled trial. BJU Int. 2014;114(1):111-117. doi:10.1111/bju.12501. 6. Dhar R, Nunns D. Vulvodynia management. Obstetrics, Gynaecology & Reproductive Medicine. 2009;19(7):175-177. doi:10.1016/j.ogrm.2009.03.008. 7. Rodrigues M, Paiva L, Ramos J, Ferla L. Vibratory perineal stimulation for the treatment of female stress urinary incontinence: a systematic review. Int Urogynecol J. 2017. doi: 10.1007/s00192-017-3444-y. 8. de la Torre S, Miller L. Multimodal vaginal toning for bladder symptoms and quality of life in stress urinary incontinence. Int Urogynecol J. 2016;28(8):1201-1207. doi:10.1007/s00192-016-3248-5. 9. Nelson C, Ahmed A, Valenzuela R, Parker M, Mulhall J. Assessment of Penile Vibratory Stimulation as a Management Strategy in Men with Secondary Retarded Orgasm. Urology. 2007;69(3):552-555. doi:10.1016/j.urology. 2006.02.048. 10. Reece M, Herbenick D, Sanders S, Dodge B, Ghassemi A, Fortenberry J. Prevalence and Characteristics of Vibrator Use by Men in the Uni