

saalt

cup

Instructions and tips

Cheers to you!

You did it. You chose the best period care on planet Earth. Bravo! And you're not alone. People are making the switch to the Saalt Cup every day to simplify their period care and keep toxins out of their body.

In your possession you have the product of our obsession. It's safe, it's simple, it's sustainable, and most importantly, it works—it's Saalt.

And thanks,

For every purchase, Saalt helps provide improved period care to those in need. Thank you.

How to Saalt: Before first time use

Check the four air holes at the top of your cup to make sure they are open; these help break the seal so you can remove your Saalt Cup later.



Saalt Cups are not supplied in a sterile state. Boil your cup in water for 4-5 min (not more than 7 min) to sanitize it before first use and again between cycles. Use tongs to make sure the cup doesn't touch the bottom of the pot.



Wash your hands with water and mild soap, and rinse thoroughly.



Inserting your cup

1. FOLD

- First, let's do a little origami.
- The Saalt Cup folds before you insert it. Here are three of the most common ways to fold your cup. They all work! Pick the one that you like best.
- C-Fold: Fold the cup into a C-shape by flattening the cup and bending it in the middle to bring the two ends together.
- Punch-Down: Use your index finger to press down on the rim to collapse the cup. Pinch to hold in place.
- 7-Fold: Fold the cup so the rim makes a 7-shape by flattening the cup and then folding the top right corner of the rim across to the opposite side of the body of the cup.

C-FOLD

Flatten



Bring ends together



PUNCH-DOWN FOLD

Press down on rim to collapse cup



Pinch to hold in place



7-FOLD

Squeeze and flatten cup



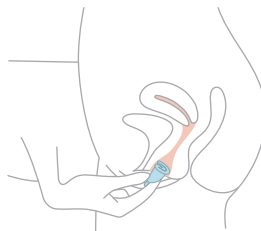
Fold top right corner down, so rim forms the number 7



2. INSERT

- With your cup folded, you are ready to insert.
- Inserting your Saalt Cup is easier when using water as a natural lubricant.
- You can insert your Saalt Cup while sitting, squatting, or standing with one leg raised.
- Hold your folded Saalt Cup firmly below the upper rim. Get comfortable.
- With one hand, gently separate your labia and with the other, insert your cup slowly, rim-first into your vagina.
- Slide it up and back at an angle (towards your tailbone, not straight upward), until the body of cup is completely inside.

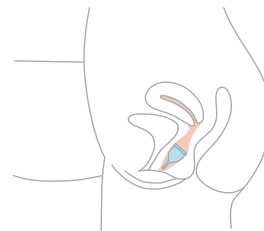
Insert folded cup rim-first into vagina



3. POSITION

- Position your cup lower than a tampon, but feel free to move it up a little if that's more comfortable.
- As you release the cup, it will pop open.
- It's okay for your Saalt Cup to pop open once inside the vaginal opening but before it's completely inserted.
- To make sure it has fully opened, creating a seal against the vaginal wall, rotate your cup by pinching the base (not just the stem) and turning it. When the cup is fully open, it will prevent leaking.
- Your cup is in the right place when the rim is below or around your cervix.

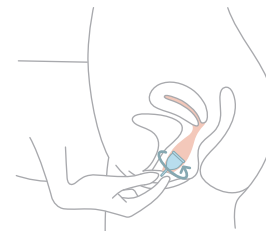
Position and allow cup to open



4. SECURE

- Double check to make sure the cup has opened by running a finger around the body of the cup. If you feel any folds, rotate the cup again until it opens completely, creating a seal.
- No folds? You've successfully inserted your Saalt Cup! Feel free to do a heel click or summersault and go enjoy up to 12 hours* worry free!
- You can check the seal by tugging lightly on the stem. If you feel resistance as you softly pull down, you have a good seal!

Rotate cup to make sure it has fully opened



Removing & reinserting

REMOVE

- Wash your hands thoroughly with warm water and mild soap.
- You can stand, sit, or squat, but removing your cup is much easier if you are relaxed.
- The stem is not a pull tab, do not pull hard on the stem to remove.
- Use the stem as a guide to locate the grip rings and break the seal by pinching the base of the cup with your thumb and index finger. Do not pull on the stem.
- Wiggle the cup side to side as you gently pull it out. Keep it upright to avoid spilling.
- Helpful hint: To keep the cup upright, pull until the grip rings are past the vaginal opening. Then tilt the cup forward to remove the front of the cup first, followed by the rest of the cup.
- Holding your cup firmly, empty it into a toilet or sink.

RINSE AND REINSERT

- Wash your Saalt Cup by rinsing in cold water first to prevent staining, then wash using warm water with mild soap. Rinse thoroughly.
- Your Saalt Cup is ready to reinsert! If you need more insertion coaching, please visit us online at Saaltco.com.

Questions?

We're happy to answer any questions you have about your cup. Contact us or join our user support group, the Saalt Cup Academy on Facebook, to find experienced cup users with great tips and advice. TMI welcome!
saaltco.com/cupacademy
sayhey@saaltco.com
saaltco.com/learn

Love Saalt

For many people, their Saalt Cup is love at first sight, but for others it takes some getting used to. Be patient, and trust us, it is totally worth it. Give Saalt a few cycles, and experiment with different folding techniques and positions. After two cycles, you'll love Saalt too.

Saalt Cup Academy

The Saalt Cup is life-changing, but can have a learning curve. That's why we created the Saalt Cup Academy on Facebook, a private group with live support from hundreds of other cup users who share tips and experiences. And there is no such thing as TMI. Join us to see why so many people are making the switch! saaltco.com/cupacademy

A standing ovation:

Your cup is awesome

BENEFITS

- Reusable: Lasts up to ten years with proper care. Spend less, waste less.
- Reliable: Wear up to 12 hours,* even while sleeping.
- Comfortable: Soft, flexible, and molds to your shape, allowing you to hike, swim or just relax.
- Natural: Naturally non-toxic and odor free. Maintains natural pH.
- Safe: Hypoallergenic and biocompatible.

QUALITIES

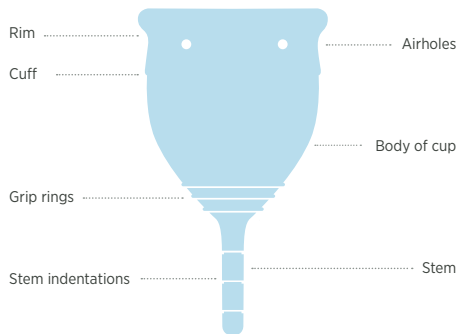
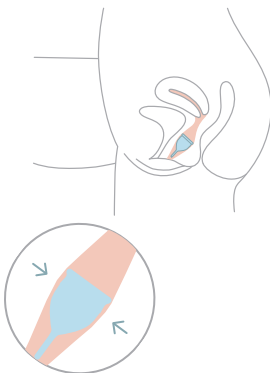
- 100% premium medical-grade silicone
- FDA registered & compliant
- No BPA. No latex.
- Does not release chemicals or irritants
- Made in the USA
- Vegan

The big question:

How does it stay in?

Saalt Cups fit comfortably inside your vaginal canal and stay in place when a seal is formed between the outside of the cup and the walls of your vagina. When inserted properly, your cup will rest naturally; you won't even notice it's there.

Saalt Cup fits comfortably inside your vaginal canal



Cleaning & storing

WASH

- Rinse your Saalt Cup in cold water after use to prevent staining.
- Wash thoroughly using hot water and a mild soap, or Saalt Wash. Avoid strong cleaners or anything that may irritate your skin.
- Use a soft rag to wipe away any build-up.
- Clear the four holes at the top of your Saalt Cup by passing water through the holes. Or, fold your cup at each air hole, and wipe the inside of the hole with a damp cloth. Flip your cup inside out and repeat.

SANITIZE

- You should disinfect your Saalt Cup between cycles by boiling your cup in water for 4-5 min (not more than 7 min) to sanitize it. Use tongs or a wire whisk to ensure the cup doesn't touch the bottom of the pot.
- You may also rinse your Saalt Cup thoroughly with water, allow it to dry, and then wipe it with a soft rag and 70% isopropyl alcohol. Make sure all surfaces are sufficiently wet by the alcohol and allow it to air dry.
- Meanwhile, toss your storage bag in the laundry to thoroughly clean.

STORE

- Dry your Saalt Cup thoroughly and store it in the bag provided (or another breathable container). Never use a plastic bag or airtight container for storage.
- Some discoloration may occur over time. This is normal, and may vary from one person to another.
- If your Saalt Cup is ripped or torn, or the silicone shows signs of deterioration (which can happen after using non-recommended cleaners), it's time to replace the cup.

Tips & troubleshooting

HEALTHY USE

- Empty at least twice a day (every 12 hours*); we recommend before bed and after waking up.
- Don't share the Saalt Cup.
- Replace the Saalt Cup if torn or damaged.
- Always wash your hands and the Saalt Cup thoroughly before and after handling.
- Clean completely and boil your cup after every menstrual cycle.
- The Saalt Cup is not recommended for use during postnatal bleeding.
- You can use the Saalt Cup with an IUD or contraceptive ring, but check with your doctor first.
- Be sure to break the seal before removing to avoid dislodging your IUD.

REMOVAL BLISS

- Your first time using the cup, consider removing your cup in the shower or while sitting on a toilet.
- Always pinch the grip rings at the base of the cup to break the seal (don't pull on the stem alone).
- Wiggle your cup back and forth while holding the grip rings and keep your cup upright as you pull it past your labia to avoid spilling.
- If you can't reach your cup when inserted, don't sweat it! The cup won't get lost inside the vagina. Your cup may move higher, especially after sleeping, but don't stress.

- Wait 30 minutes and try again. Use your pelvic muscles to gently bear down on the cup (like a normal bowel movement), pushing it lower. Squatting in the shower can also help, or sitting on the toilet with your feet on a stool.
- If you are struggling to remove your cup, please email us at sayhey@saaltco.com.

TO TRIM OR NOT TO TRIM?

- The Saalt Cup's stem is designed to be soft and comfortable so you can keep it to help locate the cup. Depending on how you wear your Saalt Cup, you may decide to trim off part or all of the stem. If you do, trim on one of the indentations.
- Never trim the stem while your Saalt Cup is inserted. Make sure you know the desired length before trimming. Take care not to cut or scratch any part of the cup when trimming to avoid unwanted tearing of the cup.

PREVENT SPOTTING

- Wipe or rinse your labia after insertion to prevent spotting. Spotting can also be caused by blood left in the vagina after inserting.
- After inserting your Saalt Cup, swirl your finger around the cup to remove any excess blood, then wash your hands.
- You can supplement your Saalt Cup with a pad or liner while you are learning to use it or on your heaviest days.

SAY NO TO LEAKS OR DISCOMFORT

- When your cup is inserted correctly, you shouldn't experience any discomfort or leaking.
- First, check the position. Your Saalt Cup sits lower in the vagina than a tampon. If it is too high or too close to the cervix, it can leak or cause discomfort and cramping.
- Use your vaginal muscles to bear the cup down to a lower position.


Precautions

- Saalt Cups will not prevent pregnancy.
- Saalt Cups must be removed before intercourse.
- Saalt Cups do not protect against Sexually Transmitted Infections (STIs).
- If you feel symptoms of general pain, burning, irritation, inflammation in the genital area, or discomfort during urination, remove your Saalt Cup and contact a doctor.

- **IMPORTANT:** Menstrual cups have been associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death. Symptoms of Toxic Shock Syndrome (TSS) include fever, abdominal cramps, black vaginal discharge or pus, and muscle pain. Read and keep this information. If you experience these symptoms, contact your doctor right away.

SOCIAL MEDIA

- We love engaging with our customers, which is why you should follow along! We openly talk about periods on social media to break taboos and educate. Join the conversation to bring uteruses out of the dark ages.

 @saaltco

 saaltco.com/facebook

 saaltco.com/youtube

 saaltco.com/twitter

 saaltco.com/pinterest

See additional languages at saaltco.com/instructions



+ more.

CRITICAL CARE

- Keep your Saalt Cup away from children and pets.
- Never use your Saalt Cup for more than 12 hours* at a time without washing properly.
- Never wash your Saalt Cup with anything that may irritate your vagina.
- Avoid harsh cleansers like vinegar or bleach and strongly scented or fragranced cleansers that may cause the silicone to deteriorate.
- Avoid soaking your Saalt Cup in anything other than water. Silicone is a porous material and can absorb oils or cleansers if exposed for longer periods of time; these substances may irritate your vagina or cause the silicone to deteriorate.

*8 hours for our Australian friends.