



Welcome to The New Period

Easier, Healthier
Say hello to the menstrual cup.



No leaks, No worries

Menstrual cup holds 3 tampons worth and can be worn for up to 12 hours. Forget about your period during the day and night.

No dryness, No infections

Maanasi cup is made of 100% soft grade silicone that doesn't mess with your body.

Save money, spare our planet

Menstrual cup lasts years, not hours= no constant waste and no monthly purchases.



Why Menstrual cups is better than pads & tampons?

Menstrual cups are eco-friendly, reusable, and durable. The cup allows for more time between emptying, especially on light days. Using a menstrual cup prevents the need to carry extra pads or tampons, which many women find burdensome and even embarrassing. Unlike tampons, the menstrual cup can be inserted around the time of an expected period, to avoid first-day leakage.



Eco-friendly

Less waste much more environment friendly

More Time

Up to 12-hours protection, depending on your menstrual flow

Reusable

The menstrual cup is reusable and, if well maintained, can last for many years

Chemical-free

It's BPA-free, with no added chemicals, plastic, or dyes

Available in 3 sizes



SMALL - 25 ML

Recommended for teens or those who need a smaller size



MEDIUM - 29 ML

Recommended for those who have not birth vaginally



LARGE - 36 ML

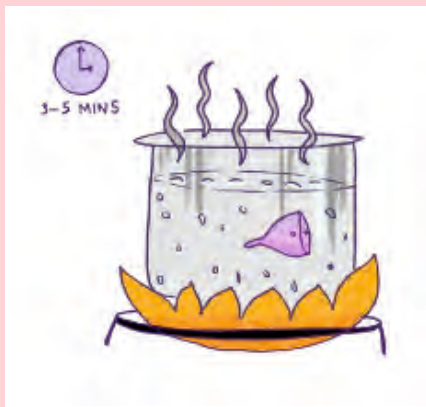
Recommended for those who have birth vaginally



How to use a menstrual cup

Being calm and confident makes it *easier*!

Every new beginning needs practice – including trying a Menstrual cup for the first time. It takes women a couple of cycles to perfectly use the cup.



Before the first use

Before using your Safecup for the first time you should sterilize the cup in boiling water for 3-5 minutes.

INSERTION

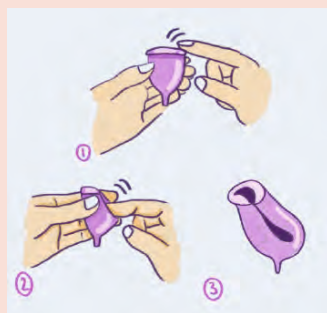
STEP 1



Wash Hands

It is important to keep your hands clean at all times. Also, long nails aren't your best friend when you use the cup.

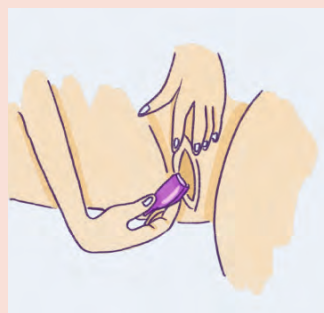
STEP 2



Fold the cup

Insertion is all about correctly folding the cup, and trying standing positions. Two of the most popular are the Punch-Down Fold and the C-Fold. When you're inserting your menstrual cup, you need to keep it folded until it is inside of your vagina.

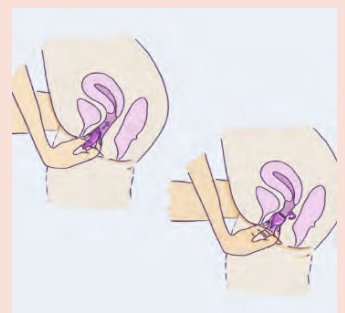
STEP 3



Insert the cup

Introduce the folded cup into the vagina, very slowly and calmly. Don't let the cup open before it is completely inside. Make sure the tip is also inside the vagina. Then leave the cup and insert it with your index finger.

STEP 4



Check for vacuum

With your index finger touch or massage all sides of the cup. Basically, move your index finger around the cup to see if the fold has completely opened. Now, try to pull your cup down, very gently. If the vacuum is created, it will not come down with your gentle pull.

REMOVAL

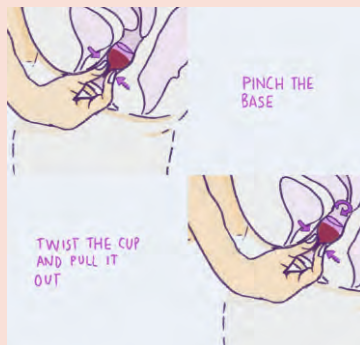
STEP 1



Wash Hands & squat

Again, start by washing your hands with warm water and mild soap. Get into the squatting position, this pushes the cup down.

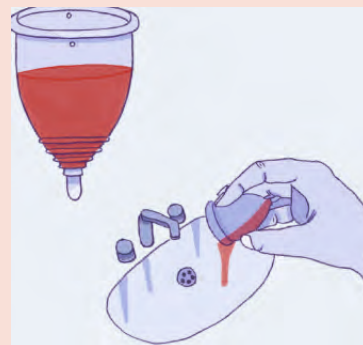
STEP 2



Pinch the base

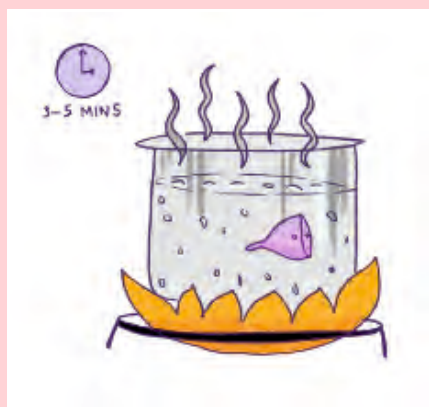
Insert the index finger and the thumb, and pinch the base of the cup. This will break the seal. Then, while wiggling or rotating the cup pull it down, slowly.

STEP 3



Rinse & repeat

Empty the cup and rinse it with cold water before re-inserting it. You do not need to boil it every time you remove it. Boil your cup every third day of our period.



CARING FOR YOUR CUP

After your cycle is over, you need to boil the cup once again and then store it in the pouch that comes with it. For convenience, you can also try the Electric sterilizer and boil the cup more often in your bathroom or bedroom.



Beginner's tips from the experts.

- Wear a sanitary napkin or panty liner for the safety for first few times, till you feel confident.
- If you don't get it right for the first time, please don't overexert.
- Rinse the cup between cycles with cold water only.
- Maanasi cup likes to be kept in its cotton or a jute bag away from moisture.



Introduction :

Maanasi Menstrual Cup is made of high quality medical grade silicone used largely in medical and food industries. It provides the maximum protection against accidental leakage by collecting the menstrual flow from the vagina during periods. It can collect 3 times more menstrual fluid as compared to ordinary pads or tampons. After insertion, depending on the strength of flow, it can hold anywhere between 4-6 hours to 8-10 hours. It provides hedge against accidental leakage even during strenuous exercises or physical exertion. **Maanasi** cup can also allow mobility to the user even while doing the unthinkable activities, such as a swimming or using sauna during periods.

Sizes :

There are three sizes for menstrual cups which fits best for the various physical features of the vagina based on anatomy and age :

Size Small (S) : For women with a low cervix or teen. Capacity - 25 ml
Size Medium (M) : For women under 30 or who have not given birth. Capacity - 29 ml
Size Large (L) : For women over 30 or who have given birth. Capacity - 36 ml

cup. Be patient and remember that the cup will be hardest to insert the first time. If you become frustrated, take a break and then try again.

Step 3 : Get Comfortable

For how to use a menstrual cup, you will want to find a comfortable position. Some women prefer to insert their menstrual cup while sitting on the toilet. Others prefer squatting in the shower or tub. You can also try standing with a leg resting up on the tub or toilet edge, squatting with your back

against the wall or lying down with your legs apart and knees up.

2. While inserting the menstrual cup, ensure that the upper silicone ring has been opened fully and the cup is fixed in the right position at the lower part of the vagina. Pull it back outwards a little or turn it around. If the vacuum starts to work properly, it will be harder to pull.

3. The cup shall not be placed too high because in case of accidental contact with the cervical part, vacuum effect will not work effectively and may cause leakage of menstrual fluid outside the cup causing unwanted embarrassment and attention. The mouth of the cup shall be right under the cervical part to collect the menstrual flow without spills.

4. If the silicone stem of the cup sticks out causing discomfort, shear them to the length which is suitable to your comfort, which will make you unconscious of the presence of the menstrual cup.

Frequently Asked Questions :

How to ensure that the **Maanasi Menstrual Cup is expanded completely after insertion?**

You can pull the **Maanasi** Menstrual Cup out easily if it is not expanded completely. If it is totally expanded inside the vagina, you cannot puff down the product. Place the cup properly to avoid any leakage during its use.

so that the cervix is fully covered and does not cause leaks. After a few tries, you will be accustomed to the exact positioning.

Shall I cut the stem of the menstrual cup?

Some women find the stem protrudes from vagina. It is due to the short vaginal opening / lower positioned cervix. The long stem may irritate the labia throughout the day. However, the **Maanasi** Menstrual Cup is designed with medium length. However, if you wish to cut the stem, you can choose to do so at your will.

Is the silicone menstrual cup safe to use?

Yes. The **Maanasi** Menstrual Cup is made of medical grade silicone which is hypoallergenic, non-toxic and safe in nature.

Can I use the **Maanasi Menstrual Cup during menopause?**

Menopause may be with light or heavy menstrual flow depends on the person. The **Maanasi** Menstrual Cup is generally used for heavy flow and no need to knock down the toilet very often. If your flow is less or with spots, you can use the cup without any issues.

Will I feel the presence of the **Maanasi Menstrual Cup inside my body?**

You will not feel its presence if it is placed correctly. You can use the finger gently to adjust the position.

Using the Cup :

Sterilization : At the beginning of each menstrual cycle, always boil the device in bubbling hot boiling water for 5-7 minutes and then use. After the cycle is complete, please sterilize once again as above and keep inside the carry pouch.



Step 4 : Find the Cervix

Next you will want to put a finger inside the vagina to feel around for your cervix. This will feel like your nose's tip and it is a squishy, small nub that has an indentation right in the middle. It helps to find the cervix as this is where you want to aim your cup. This prevents you from accidentally poking your cervix using the cup or using up space within the cup by placing it on your cervix. If you don't find your cervix, don't worry. It is probably high and unlikely to cause issues. You can also skip this step and aim the menstrual cup towards inserting it safely.

Step 5 : Insert the Cup

Now it is time to truly learn how to use menstrual cup. You want to fold it and hold it in one hand with the stem facing downward. Spread your labia, using your other hand to find the vaginal opening. Push your cup in at a 45-degree angle in the direction of the pubic bone as opposed to straight up. The cup will pop open and you should keep pushing it until you are comfortable. The cup's base shouldn't clear the vaginal opening.

Step 6 : Make Sure the Cup is Completely open

If you felt or heard a pop, this indicates that the cup has opened completely. If you haven't noticed either of these things, you will need to reach up and feel the cup's base, making sure it is oval or round. You can open the cup manually with your hand if necessary or do so by rotating the cup in a circle, doing Kegel exercises or pressing a portion of your vaginal wall outwards

Maanasi Menstrual Cup is made of what material?

Maanasi Menstrual Cup is made of medical grade silicone and the material is as consistent as a baby pacifier. One can adopt the same sterilization method of a baby pacifier. It is recommended to place the **Maanasi** Menstrual Cup in professional sterilizes where possible or in boiled water for 5-7 minutes.

Why does it leak or slide down easily?

Please review the usage steps carefully. If you fail to place the cup in a proper position or fail to empty the cup at regular intervals in a heavy flow condition, there is a chance of sliding down or leakage. A horizontally positioned and easily rotational cup indicates you are in a proper fit. As the woman vaginal size changes after childbirth, it is difficult to predetermine the vaginal size of an individual. Some women find easy with L Size instead of S, though had never given childbirth. If still there is a leakage with L size, the woman shall do Kegel Exercise to strengthen the pelvic floor.

How to sterilize the **Maanasi** Menstrual Cup?

At the beginning and end of your menstrual cycle, wash the **Maanasi** Menstrual Cup as you normally do with warm water and a mild unscented water based soap, free from any oil. As needed, you can boil the **Maanasi** Menstrual Cup in an open pot of boiling water for 5-7 minutes with plenty of water. Do not leave the

The cup is inserted into your vagina where it collects menstrual flow. Once in 12 hours or as and when you feel it, you remove it, empty the cup, wash it out, and then reinsert it. While those are the basics, there are more details of how to use menstrual cup to help you be prepared for your first-time use.

Step 1 : Fold and Hold

Begin by washing your hands. Then take the cup's walls together and fold it into the shape of a C. For most women, this C shape will make the menstrual cup easiest to insert. Keep in mind, however, that every woman has a slightly different anatomy so there may be a different fold shape that is more comfortable for you.



Step 2 : Keep the Pelvic Muscles Relaxed

If your pelvic muscles are tensed, you will find it more challenging to insert the cup, or it may even be painful. It can sometimes help to practice kegel exercises as this lets you relax your pelvic muscles on command, such as when you are inserting the

using a finger. Always make sure the vacuum is in place as that holds the cup.

Step 7 : Can use upto 12 hours

A great thing about the menstrual cup is that you can use it for twelve hours. Most women only need to empty their cup once in the morning and once again at night, but this varies by person. You may need to empty it more often depending on your flow.

Step 8 : Removing the cup

To remove the menstrual cup, start by bearing down using your muscles as this pushes the cup further down. Keep up this action until you can reach the stem, at which point you can wiggle it back and forth as well as down. When you can, grab the base of the cup as opposed to the stem and keep pulling it out. Many women find it easier to break the vacuum and get the cup out by pinching the vase. Always remove the menstrual cup in an upright position as this reduces spillage. If you can't comfortably remove the cup because the rim is too wide, you can fold the cup before removing it. Removing the cup over a toilet is ideal as you can let its contents spill from the back.

Warning:

1. If you have or are experiencing any gynecological problems, please discontinue using your cup and consult a physician.

boiling pot unattended. If you accidentally burned your cup when the pot boiled dry, your cup may be ruined and shall be replaced.

Some may prefer to add Tbsp of baking soda and sterilise in the boiling water. It removes the odour if any in the cup.

How often to replace an **Maanasi Menstrual Cup?**

Maanasi Menstrual Cup is made of medical grade silicone material. It is a long lasting, eco-friendly material. The life span of the product is up to 10 years when used as per provided instructions. However, it is an individual's choice to decide about the replacement.

Is **Maanasi** Menstrual Cup suitable for virgin?

Maanasi Menstrual Cup is made of medical grade silicone. Using a menstrual cup can affect the hymen membrane which is considered as a symbol of virginity. Some cultures and religions give importance to an intact hymen membrane before marriage. If you do not concern about those aspects/issues, you can use the **Maanasi** Menstrual Cup.

Can **Maanasi Menstrual Cup be used for a retroverted uterus?**

Many women with retroverted / tilted uterus use the menstrual cup with no problem. Such women may work out with angles while inserting the cup

Who can use the **Maanasi** Menstrual Cup?

The product suits every adult female. Every woman deserves to use the **Maanasi** Menstrual Cup, which can keep them all over the menstrual cycle free and safe. School Girls, college-teens, working women, sports persons, etc., may use the product comfortably. However, if anyone has known gynecological issues, it is better to seek advice from the doctor about the usage of this product.

Thank You

Looking forward to your Valuable Recommendations



Customer care
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