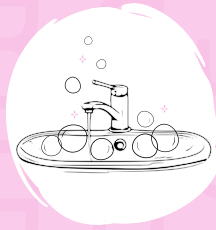


HOW TO USE YOUR RU

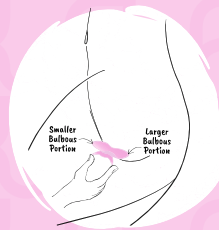
YOUR
HEALTH &
HAPPINESS
IS OUR
PRIORITY.



STEP 1

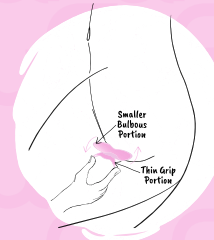
Inspect your Ru package and device for tears or damage prior to first use.

Cleanse* hands and your Ru before and after each use.



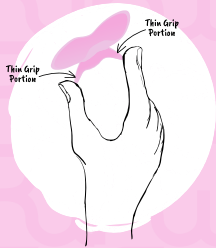
STEP 3

Tilt and insert the **larger bulbous portion** into the vagina towards the lower back. Position the **smaller bulbous portion** to sit comfortably inside the front of your vagina.



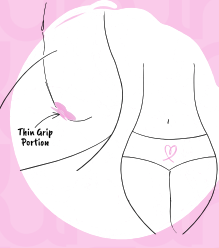
STEP 5

For removal, hold the **thin grip portion** and shift upwards towards your lower back to tilt the **smaller bulbous portion** down and out of the vagina in a sliding motion.



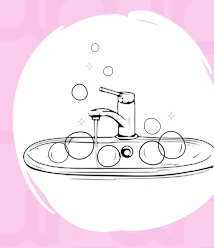
STEP 2

Use two fingers to hold and flex the **thin grip portion** of your Ru that will remain on the outside of your body.



STEP 4

Shift your Ru into a comfortable position using the **thin grip portion** that is to remain on the outside of your body. Your Ru should feel like a **supporting hug**.



STEP 6

Promptly cleanse*, dry, and store** your Ru in a clean, well-ventilated space until the next use.

*Use warm water with a mild or unscented antibacterial soap. For optimal results, an antiseptic or antimicrobial skin cleanser may be used. Avoid oil-based or harsh detergents.

**Store in a clean, dry and well-ventilated space away from direct sunlight. Avoid enclosed pouches that may trap leftover moisture.

QUESTIONS?

1.877.282.1134

HELLO@RUWELLNESSINC.COM

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GOOD STUFF TO KNOW!

WARNINGS

Maximum recommended wear time for each use is (8) hour durations, cleaning your Ru device in between applications for optimal health and pH.

DO NOT attempt to urinate with the device in use and cleanse in between uses for best results.

This device is intended for one user and designed for ages (15+).

DO NOT USE immediately after: childbirth, gynecological surgery, miscarriage or termination of pregnancy.

Product lifespan should reach up to 5 years without the following conditions and you are urged to dispose of the device if the following occur:

1. packaging is damaged
2. tears are present on device or
3. you notice discoloration or staining after cleaning as we do not want to contaminate the vaginal microflora progressions or incur health hazards.

KEEP AWAY from animals and children. If you experience fever, abdominal pain or pain during urination discontinue use and consult with a care physician.

DO NOT USE in conjunction with menstrual products or use CAUTION with intravaginal devices to avoid harming the vaginal anatomies.

DISCLAIMER

This vaginal device has zero reports of TSS or UTI and the device does not perform testing or results that pose risk for UTI or TSS, however if symptoms occur contact your physician immediately for proper diagnosis and interventions.

What to know about Toxic Shock Syndrome (TSS): Toxic Shock Syndrome is a rare but serious condition caused by bacterial toxins that can lead to fever, rash, low blood pressure, and organ failure. It requires immediate medical attention. Anyone experiencing symptoms should seek emergency care right away.

What to know about Urinary Tract Infection (UTI): A Urinary Tract Infection occurs when bacteria enter the urinary system, often causing pain or burning during urination, frequent urges to urinate, or lower abdominal discomfort. If left untreated, a UTI can spread and become more serious—consult a healthcare provider if symptoms occur.

All information provided is public knowledge or of natural human protocol and is not medical advice or a substitute for physician care. If you have any medical or gynecological concerns please consult your physician prior to using a Ru device.

To maintain optimal performance, cleanse your Ru prior to, between, and after each use.

[SCAN FOR USE + CARE]



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Ru
WELLNESS

USE + CARE
INSTRUCTIONS