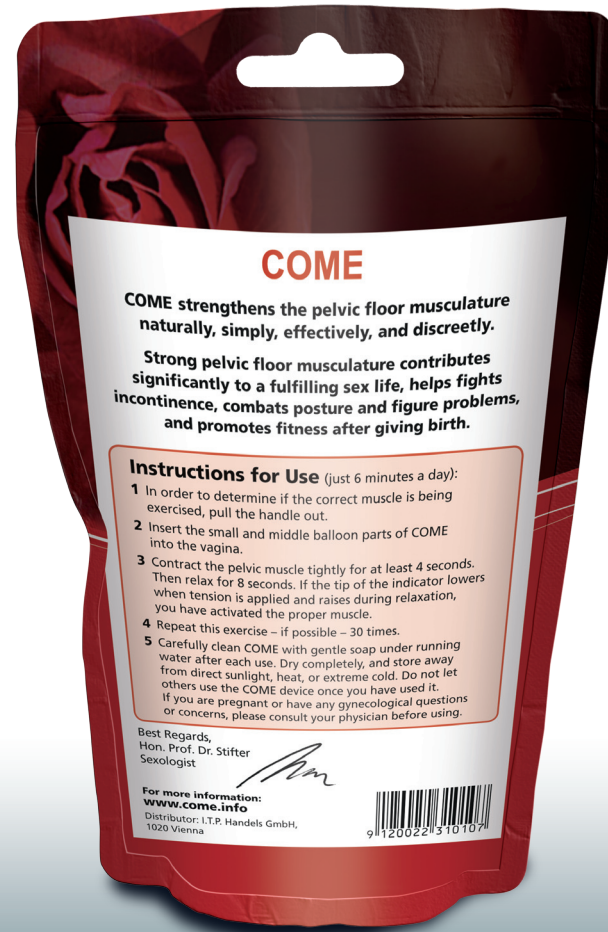


COME Revolutionary Training for the Pelvic Floor Musculature



Instructions for Use (just 6 minutes a day):

- 1 In order to determine if the correct muscle is being exercised, pull the handle out.
- 2 Insert the small and middle balloon parts of COME into the vagina.
- 3 Contract the pelvic muscle tightly for at least 4 seconds. Then relax for 8 seconds. If the tip of the indicator lowers when tension is applied and raises during relaxation, you have activated the proper muscle.
- 4 Repeat this exercise – if possible – 30 times.
- 5 Carefully clean COME with gentle soap under running water after each use. Dry completely, and store away from direct sunlight, heat, or extreme cold. Do not let others use the COME device once you have used it. If you are pregnant or have any gynecological questions or concerns, please consult your physician before using.