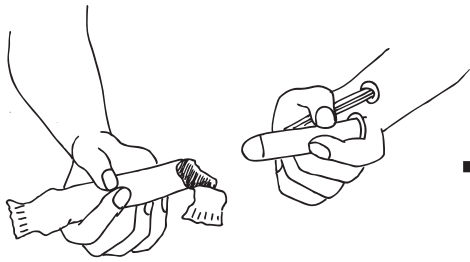
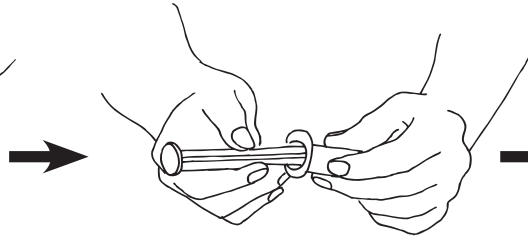


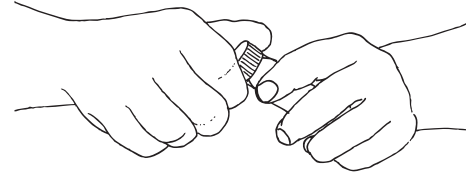
How to Insert Gel



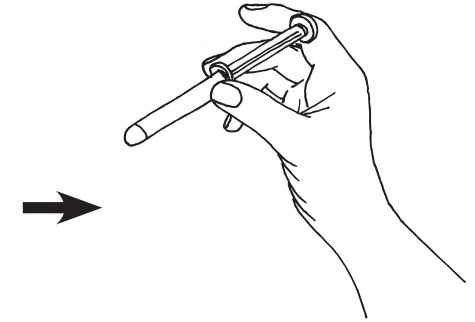
1. After washing your hands, tear open the wrapper. Remove the applicator and plunger.



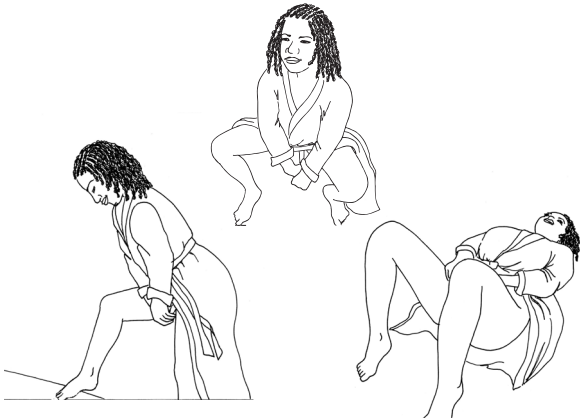
2. Place the small end of the plunger in the hole at the back end of the applicator (opposite the blue cap).



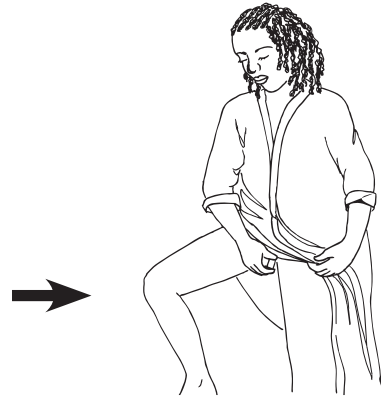
3. Unscrew the blue cap.



4. Hold the applicator with your thumb and middle finger at the grooves on the applicator.



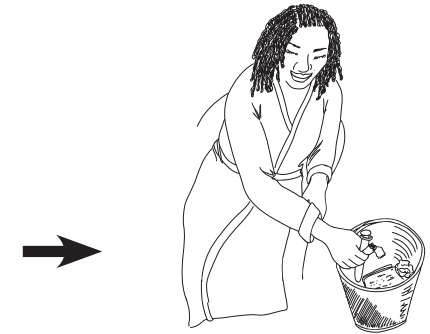
5. Choose a comfortable position for inserting the applicator, for example standing with one leg raised, squatting with your feet apart, or lying on your back with your knees apart.



6. Fold back the skin that covers the opening of your vagina with your other hand. Gently slide the applicator into your vagina as far as it will go comfortably or until your fingers touch your body. The plunger should stay outside your body.



7. While holding the applicator in place with one hand, push the plunger all the way into the applicator with the other hand. Or, while holding the applicator in place, use your forefinger to push the plunger all the way into the applicator.



8. After the plunger has been pushed all the way into the applicator, gently slide the applicator out of the vagina. Discard the wrapper, applicator and blue cap.