

SINCE  
1996

**FUN**  
FACTORY

Made in  
Germany



**SIMPLE.  
HEALTHY.  
PERIOD.**

**FUN CUP**



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## WELCOME TO YOUR NEW LIFE.

A life where you never have to put pants on and go to the drugstore at midnight because you're out of tampons. A life where you don't ever wonder if there's a string sticking out from under your bathing suit. A life where you don't have nightmares about using a bathroom with no wastebasket.

So: what are you going to do with all the extra time you're not spending dealing with your period? What are you going to do with the money you're not throwing down on pads and tampons every month? The possibilities are exciting.

BOOKLET



DE · FR · ES

## READY FOR YOUR NEWFOUND FREEDOM?

NOT FUN

NO MORE  
LATE-NIGHT  
TAMPON RUNS



FUN!

## WHY IT'S AWESOME



### WHY THE HOLES?

- Small holes around the rim create a reliable seal.

### WHY THE CURVE?

- Our **FUN FACTORY** designers conducted extensive research to create a shape that fits your body better.

### TYVEK® BAG

- Antimicrobial; keeps your **FUN CUP** clean and ready to use
- Small enough for your purse or glove compartment.



### BODY-SAFE, ECO-FRIENDLY SILICONE

- Wash and reuse for years
- Won't cause dryness or micro-tears (unlike tampons)

### HOLDS 4-6x AS MUCH AS A TAMPON

- Spend less time thinking about your period
- Stays put during swimming, dancing, and whatever else you like to do

### SHAPED FOR MAXIMUM COMFORT

- Lightly textured for easy grip
- Have more fun – great for foreplay
- Firm, tapered tip makes it easier to adjust

### GENDER NEUTRAL

- Discreet – disappears into your daily routine
- No ultra-feminine packaging or floral storage bag
- Compatible with harness play or packing

## CHOOSE YOUR CUP

Pick from 3 **FUN CUP** KITS:

### **FUN CUP** SIZE A

Smaller, great for a lighter flow, firmer silicone for greater control when placing and adjusting a smaller cup.

### **FUN CUP** SIZE B

Larger, good for a heavier flow, softer silicone for a comfortable fit that holds a heavy flow without feeling intrusive.

### **FUN CUP** EXPLORE KIT (1 SIZE A & 1 SIZE B)

Find the size that's right for you or use one for heavier days and one for lighter days. In the product testing phase, 80% of **FUN CUP** users reported using different sizes on different days of their cycle.



Because bodies are different, there's no hard-and-fast rule for finding your ideal size. (Also, your ideal size can change depending on whether you're having a light or heavy day.) In general, the smaller **A** cup is good for beginners, people under 30, or folks with shorter vaginal canals, while **SIZE B** may be more effective for people older than 30 or who have given vaginal birth. If you're not sure, the **EXPLORE KIT** is a good place to start.



Whatever size you choose, each **FUN CUP** package comes with two cups and a high-quality antimicrobial bag, perfect for taking your **FUN CUP** on the go. Keep one cup at home and one in your bag, so you're always prepared.

## WHY A MENSTRUAL CUP?

### THEY'RE HEALTHY, COMFY & CONVENIENT

Maybe the best thing about wearing a **FUN CUP** is that you forget that you're wearing one at all. Since it holds 4-6x as much as a tampon, you can relax even on your heaviest days.

Plus, its slightly curved shape is **designed to fit your body better**, making it super comfortable. The base is lightly textured for easy grip and security of placement, and the tapered silicone tip makes it simple to adjust.

Got places to be? You can run, swim, do Olympic-level gymnastics, or anything else you'd normally do with a **FUN CUP** in. With a little water-based lube, you can even put it in before your period, to prevent spotting.

Concerned about what you're putting in your body? The **FUN CUP** is made of **medical grade silicone** — a hypoallergenic, body-safe material that's easily cleaned and won't trap bacteria.



WORRY LESS.  
**EXPLORE  
MORE!**





## THEY MAKE SEX BETTER

I KNOW, RIGHT? You know that feeling when you take out a tampon and you feel all dried out? It's not fun, and it's not a comfortable way to start out a sex session. What's more, inserting and removing dry tampons can leave micro-tears in your vagina, leaving you more susceptible to infections.

By contrast, when you take out your **FUN CUP**, you can get right down to business without feeling like you need to pour half a bottle of lube into your vagina.

~~I CAN'T~~  
**I'M ON  
MY PERIOD**

Plus, you can have all kinds of fun while wearing a **FUN CUP**: oral sex, strapping on a harness, masturbation, even shallow penetration with fingers or a toy.

## THEY SAVE YOU LOTS OF MONEY

The average tampon user will spend over \$100 per year on tampons. The **FUN CUP** is only a fraction of that for **two**. Not only do they **pay for themselves** within a few months, but you can keep using them safely for years.

## THEY'RE SUPER ECO-FRIENDLY

Between pads, tampons, and applicators, someone who uses disposable menstrual products creates **250-300 pounds of waste** over the course of a lifetime. Your **FUN CUP** can be safely used over and over again, making it virtually waste-free.

Plus, it's made in Germany, produced under highest hygienic, safety and quality standards.

Made in  
Germany



LESS  
IS MORE



NO MORE  
**GROSS**  
SURPRISES

NOT FUN

**FUN!**



## C-FOLD



## PUNCH-FOLD



## TO INSERT:

If it's your first time using a menstrual cup, try the **FUN CUP** when you have a little time to experiment.

- Find a comfortable position with your legs apart – sit on the toilet or stand with one leg propped up.
- Fold the cup. (See diagrams)
- Keeping it folded, insert the **FUN CUP** into your vagina. A little water-based lube can help.
- Push it in as far as it will go, then let go.

The cup will open, covering your cervix. To create a seal, twist the cup (either holding the sides or the firm silicone tip) while bearing down with your muscles. Make sure the cup is covering your cervix by swirling a finger around the sides. Give it a gentle tug to make sure it's created a seal. If it has, you should be able to feel a little resistance.

## TO REMOVE AND EMPTY:

Your cup is attached to your vaginal walls using suction, to prevent leaks. In order to take it out comfortably, you need to break that suction. Use your pelvic floor muscles to push down on the cup, then pinch it between two fingers to break the seal, or insert a finger and break the seal manually by pressing against the edge of the cup. Pinch the cup and pull it out, keeping it upright. Then, empty it into the toilet. Wash it with mild soap and warm water.

## AFTER YOUR PERIOD:

Wash your cup, dry it, and store it in its bag. You can also sterilize it by boiling it for three minutes. To clean the bag, wash it with soap and water, then let it air dry.



Your **FUN CUP**'s bag is very easy to clean. Just wash it out with soap and water if it needs it, and let it air dry.

## EVERYTHING YOU WANT TO KNOW AND ARE AFRAID TO ASK

### IS IT REALLY SAFE TO USE OVER AND OVER?

Yes. The **FUN CUP** is made of medical grade, hypoallergenic silicone, so it's not going to trap harmful bacteria over time or leach any chemicals into your body. Just clean it between uses!

### OKAY, BUT ISN'T IT GROSS? JUST, GENERALLY? ALL THAT BLOOD?

If you're squeamish about blood or about touching your vagina, the **FUN CUP** might push your buttons. But it's not more gross than any other way of dealing with your period. We think that rinsing out a cup once or twice a day pales in comparison to accidentally peeing on your tampon string and walking around with a pee-covered piece of cotton in your underwear.

### WHAT IF I'M IN A PUBLIC RESTROOM AND I CAN'T RINSE OUT MY CUP?

No big deal. Just wipe it off  
with a little toilet paper and  
put it back in.



### MEDITATE ON THIS:

Tampons disrupt your vagina's pH balance. The **FUN CUP** does not.

### WHAT IF I HAVE A HEAVY FLOW?

**SIZE A** holds 4x as much as a tampon, and **SIZE B** holds 6x as much. If you're having an extra heavy day, you can always empty your cup more frequently.

### CAN I USE THE BATHROOM WHILE I'M WEARING THE FUN CUP?

For sure! The silicone is soft and flexible enough that it doesn't prevent your body from doing its thing. When it comes to bowel movements, some people find that they can keep the cup in with no issue, and some people end up pushing the cup out partway as they bear down with their muscles. If that happens to you, you can either take it out and put it back in or just push it back into place, bear down, and twist it to create a new seal.

### WHAT IF IT LEAKS?

There are two times when your cup is likely to leak: when it's left in too long and when you're learning how to use it. Leaking can be combatted by emptying the cup more frequently on heavier days, and it's not a bad idea to pair your **FUN CUP** with a pad or pantyliner until you're confident.

**DON'T  
STRESS!**

## I TRIED A CUP ONCE, AND I GAVE UP AFTER ONE DAY. WHY ARE THEY SO COMPLICATED?

We recommend giving yourself at least two cycles to get used to using the **FUN CUP**. There's a learning curve, but the benefits are definitely worth a little initial head scratching. It can help to try it for the first time when you're somewhere you feel comfortable, like your home. Navigating a new menstrual product while in public, while you're already on your period can be pretty stressful. Remember, it takes time to get used to any new menstrual product.



**OUTSMART  
YOUR PERIOD!**

## I'M A VIRGIN. CAN I USE A FUN CUP?

As a sexuality and education-focused company, we believe firmly that putting a menstrual cup in your body is not the same as having sex. If you're concerned about keeping your hymen intact, speak with your doctor before using a **FUN CUP**.

## I HAVE AN IUD. CAN I USE A FUN CUP?

Always speak with your doctor if you have a medical concern. If you have an IUD and you decide to try the **FUN CUP**, be careful that you don't accidentally grab the IUD strings when you pinch the cup to remove it. This is a particular concern right after the IUD is inserted, since the strings tend to soften and curl up against the cervix over time. If you're concerned about accidentally pulling on the strings, you can ask your doctor about trimming them.

## I HAVE A TILTED UTERUS. CAN I USE A FUN CUP?

That depends! This is another "ask your doctor" question. Not all tilted uteruses are angled the same, so you may be able to use a cup with no issue, or it may not be the menstrual product for you.

## WILL IT MAKE MY CRAMPS WORSE?

Nope. In fact, some lucky menstrual cup users experience significantly less cramping.

NOT FUN

NO MORE  
SNEAKY  
STRINGS

FUN!



The logo consists of the words "FUN" and "FACTORY" stacked vertically in a white, bold, sans-serif font. They are centered within a large, solid red circle. The background of the entire page is a light teal color with a pattern of small white dots. Scattered around the central logo are several colorful, abstract shapes resembling molecular structures or clusters of spheres in shades of red, blue, purple, and pink.

**FUN**  
FACTORY



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