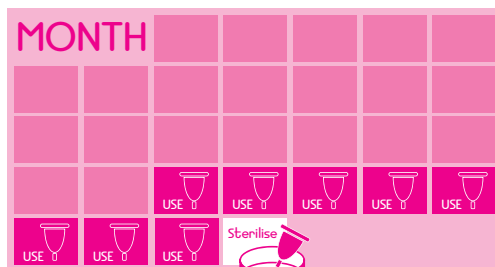


GUIDELINE OF HYGIENIC USAGE

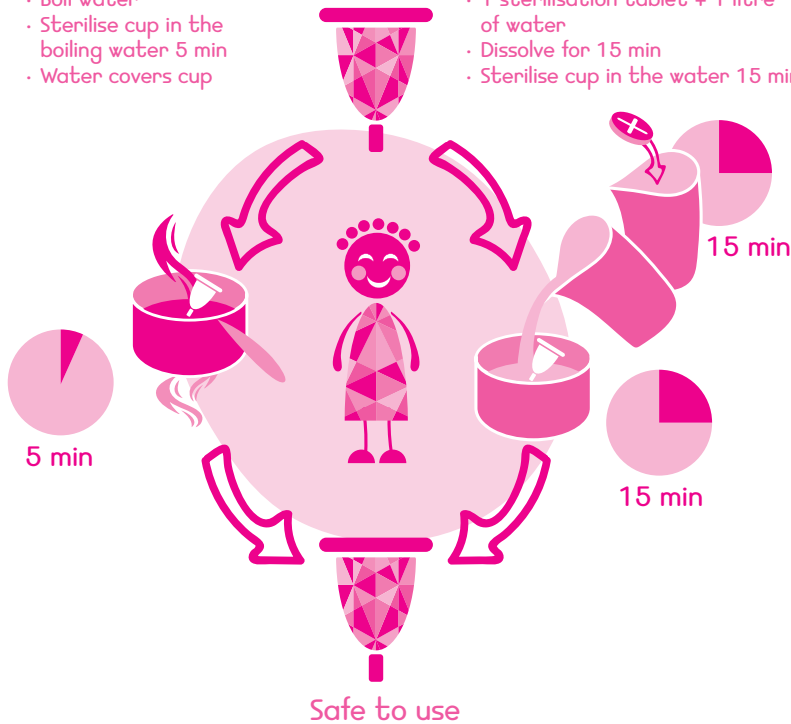
The RubyCup to be sterilised after each period.

2 OK ALTERNATIVES METHODES



- Boil water
- Sterilise cup in the boiling water 5 min
- Water covers cup

- 1 sterilisation tablet + 1 litre of water
- Dissolve for 15 min
- Sterilise cup in the water 15 min



Lerum Aspen Rotary Club provide a kit that contains of:

- 1 RubyCup*
- 1 Bowl
- 4 Sterilisation tablets



*The cup is strictly for own use. Not to be shared with any other woman

The above information should be considered as general guidelines without any liability of Lerum Aspen Rotary Club. We refer to the health & safety information of each manufacturer.