

COME – THE REVOLUTION FOR THE FEMALE PELVIC MUSCULATURE

COME was developed by experienced medical specialists after many years of extensive research. COME combines the following important qualities in a unique way:

- Elastic resistance for building muscles as quickly as possible
- Ideal anatomical shape
- The highest standards for hygienic and comfortable use
- Biofeedback control through the integrades indicator
- Discrete compact size

Using COME enables you to quickly strengthen your pelvic floor musculature in a simple, natural, effective and discrete way. It is best to use COME daily. It takes about 6 minutes per session. Your pelvic floor musculature will become stronger each day. But do not place yourself under pressure. Don't forget: You're not a machine which simply functions by pressing a button.

The pelvic floor musculature plays an important role in sexuality as well as in incontinence. Studies have shown without a doubt that women who are able to achieve orgasms during sexual intercourse have much stronger pelvic muscles than women who are not able to achieve a climax. Stronger pelvic floor muscles also help to prevent incontinence from occurring. Even posture and figure problems can be positively influenced, and discomfort associated with the pelvic organs after pregnancy can be alleviated.

The indicator gives you the assurance that you are strengthening the proper muscle (see Fig. 4). When you contract the correct muscle, the indicator will lower, when you relax, it will rise. When you are certain you are exercising the correct muscle, you don't need to pull out the indicator. You can continue strengthening the musculature in this discrete way.

THE MUSCLE: The main muscle to be trained is a central part of the pelvic floor and is called the PC muscle (*musculus pubococcygeus*). If you are uncertain as to where this muscle is located, you can identify it in the following way: Sit on the toilet, begin urinating, and then stop the flow. It is precisely this muscle that is used to apply the necessary tension that you will need to make note of. This is the one you will be contracting during the exercising periods.

With COME you will be able to effectively strengthen the pelvic floor musculature, promote the physical condition for achieving a vaginal orgasm, and also aid in the prevention of incontinence. In addition, you will be able to correct figure problems through improved posture, and recover more quickly after birth.

THE APPLICATION: Sit down in a comfortable position. The best way is half sitting, half lying, with legs raised and thighs slightly apart. Contract the PC muscle tightly for at least 4 seconds and hold the tension for this entire time. Then completely relax for at least 8 seconds before contracting the muscle once again. If possible, repeat this up to 30 times. If you prefer to do fewer repetitions, simply increase the time of contraction. The important thing is to push the muscle to its limits. The exercise session should end with 5 to 10 very quick but intensive

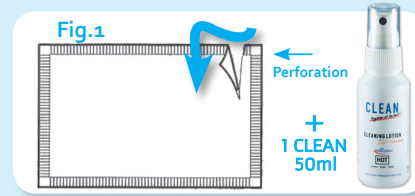
contractions. Make sure to relax afterwards! After 1 to 2 weeks, 2 training sessions a day are recommended.

These recommended guidelines should provide orientation for your own personal use, and can be adjusted according to your individual physical capabilities and needs. Breathe in and out normally during the contracting process, and do not apply excess pressure. In the beginning phase of the exercises, it is possible that the COME device might slide out of the vagina if the musculature is too weak. In this case, simply hold it in place with a finger.

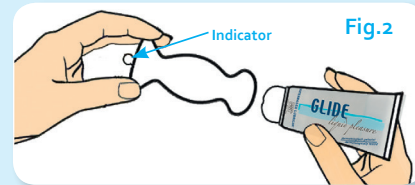
IMPORTANT INFORMATION

- Don't let another person use your COME device, to avoid spreading any types of diseases.
- Always wash your hands before using COME.
- Carefully clean COME before and after each use. The best way to do so is under lukewarm, running water. You use HOT Cleaning Spray for optimal cleaning. Do not use any aggressive types of detergents. Afterwards, you can dry COME with a clean towel.
- DO NOT use COME if you have experienced any injuries in the genital area or you are susceptible to vaginal infections or disorders, or if you are pregnant. In this case, consult your doctor or health care professional. You should ask for individual particularities even with use of a spiral, although there shouldn't be any problems.
- If the insertion is unpleasant or painful, change the position of the pelvic and relax. If you have any questions, please ask your doctor.
- If necessary, use a moisturizing lubricant - we recommend HOT Glide!
- Store COME in the hygienic box designed specifically for this purpose, and keep it out of the reach of children.
- Intended for vaginal use only!
- COME is made of the highest quality material. In order to sufficiently serve your hygienic needs, COME should be replaced after a few months.
- You may also wish to recommend COME to your friends and relatives.
- For orders and additional information please visit our website at www.hot-production.com. Questions may be addressed to us per e-mail at info@hot-dl.com.

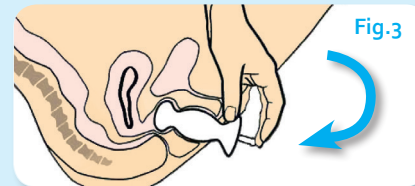
COME – THE CORRECT USAGE



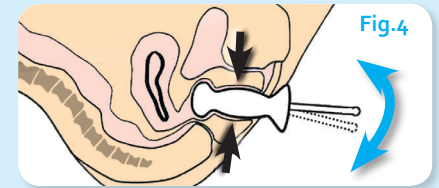
Wash your hands before using COME! Take COME in your hands. Carefully tear open the protective foil along the perforation. Take COME out of the protective packaging and clean it thoroughly with HOT Cleaning Spray. After cleaning, you can dry COME with a clean towel.



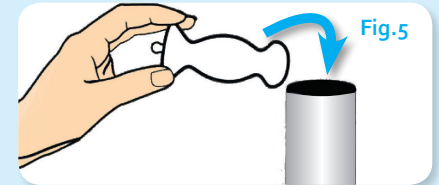
Hold COME on the flattened curved part (at the side of the indicator), which always remains outside of the vagina. Take the HOT Glide Gel out of the box and apply (if necessary) the desired amount on the upper part of COME.



Insert the small and middle balloon parts of COME into the vagina. Find the right position which is most pleasant for you. You should not feel any pain. If you want to determine whether or not you are contracting the correct muscle, then pull the indicator out as far as it will go before insertion.



Contract the PC muscle tightly for at least 4 seconds. Then relax for 8 sec. If the tip of the indicator lowers when tension is applied and raises during relaxation, you have activated the proper muscle. To remove, hold COME on the flattened curved part, and simply pull it out of the vagina.



Wash COME after use under lukewarm, running water. You use HOT Cleaning Spray for optimal cleaning. Dry it off thoroughly! Use the hygienic box provided for storage.

The elastic resistance of COME ensures the fastest possible way to build up the pelvic floor musculature. The pelvic floor musculature will then be significantly strengthened, thereby becoming a proven and effective means to help remedy incontinence, correct posture problems, alleviate discomfort associated with giving birth, and maximize the possibility of achieving an orgasm.

With warmest regards,
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HOT

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