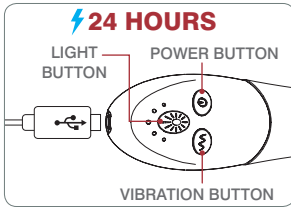
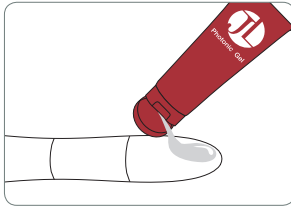


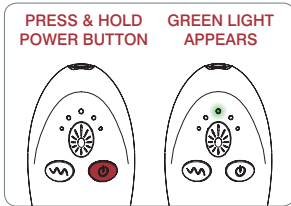
How to Use vFit PLUS



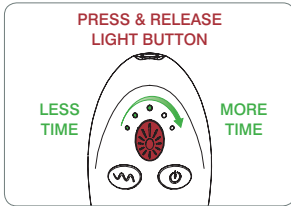
Charge 24 hours prior to first use. The charging cable is located inside the cardboard insert in the box.



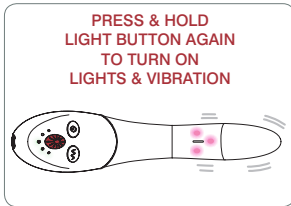
Apply desired amount of **Photonic Gel** externally to the genital area or to the tip of the device prior to vaginal insertion.



Press and release the **power button** until the center green light appears.



Press and release the **light button** to select your session time of 6, 8, 10, or 12 minutes.



Press and hold the **light button** AGAIN until the red lights and vibration turn on.

Insert device, lie back and relax knowing you are improving your vaginal health. The device will automatically turn off when the session is complete.

Clean the device thoroughly after use with warm water and soap. Charge your device between uses.

Recommended Protocol

We recommend a gradual introduction of vFit PLUS by increasing the session time over two weeks. This allows you to become familiar and comfortable with vFit PLUS and its modes and settings. We suggest using vFit PLUS for 45-60 days to achieve full results.

Introductory Plan

WEEK 1: Beginning session (6 minutes first session, then 8 minutes), every other day.

M	T	W	T	F	S	S
	● 6m		● 6-8m		● 6-8m	

Wellness Plan

WEEK 2: Intermediate session (8-10 minutes), every other day. If the 8 minute session is comfortable, move up to 10 minutes.

M	T	W	T	F	S	S
	● 8m		● 8-10m		● 8-10m	

WEEKS 3-8: Advanced session (10-12 minutes), every other day.

M	T	W	T	F	S	S
● 10-12m		● 10-12m		● 10-12m		● 10-12m

Maintenance Plan

After you have completed your primary sessions, we recommend using your vFit PLUS once/week for 12 minutes to maintain your results.

M	T	W	T	F	S	S
				● 10-12m		

For more information, visit www.getvfit.com/gettingstarted