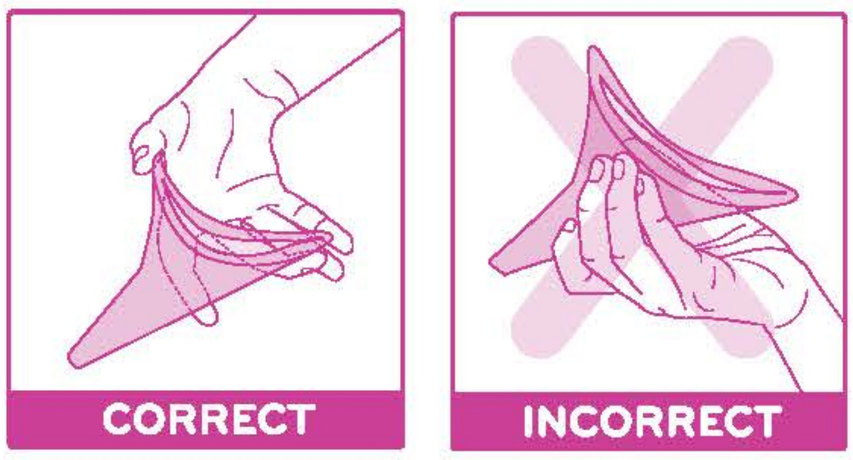
HOW TO USE GOGIRL™

Standing to go to the bathroom is a very new concept for most women. Here are a couple of tips to help teach you to use GoGirl effectively.

For starters, I recommend you practice a time or two in the comfort of your own home (or better yet, in the shower!) before taking the "show on the road" so-to-speak!



The best way to hold your GoGirl is by using your thumb and middle finger, stretching from front to back. Because it's made of a medical-grade silicone, it's flexible and works with any body shape. It's best not to hold your GoGirl from side-to-side. Applying too much pressure on the sides can cause the product to collapse, which can break the seal in the back. Maintaining a seal on the back-end is key. When you hold the GoGirl from the front and back with moderate pressure, it works beautifully! But again, try it a few times in the shower to master your technique so you'll know what to expect and feel more confident when you need GoGirl on the go. Don't get discouraged if you dribble the first time or two. Remember– practice makes perfect.

There is a tissue and a bag for storage with each GoGirl. Wash your GoGirl with soap and water, and you can use it again and again. The medical-grade silicone dries quickly and you can shake it lightly to help it dry. Roll it up with a tissue, place it in the baggie provided (fold-top sandwich bags work great, too), and put it back in the tube for many uses. GoGirl is affordable enough that you can dispose of it without breaking the bank, but is ultimately made to be reusable, lasting for hundreds or thousands of uses.

Because GoGirl is reusable, it's environmentally smart. Our active lifestyle girls are our most loyal customers and they love the fact that it's durable enough to be reusable. The medical-grade silicone is so tough it can withstand boiling water and remains supple.

If you have any questions, please call me! I love to talk with our customers and to hear their GoGirl stories. Email me your GoGirl Story and if we publish it on the website we'll send you a free T-shirt!

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Thank you!
Sarah

MORE INFO AT: WWW.GO-GIRL.COM