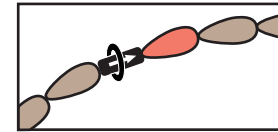
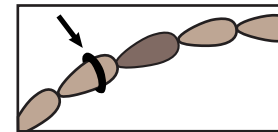
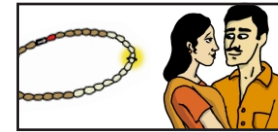


**CycleBeads®**  
NATURAL EFFECTIVE FAMILY PLANNING

## When to contact your healthcare provider

- If you had sex while on a white bead day.
- If you think you might be pregnant.
- If your period has come too soon.
- If your period has come too late.



- CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.
- CycleBeads are not a toy. Keep them in a safe place, away from children.

U.S. patent No. 6,747,917 B2. Manufactured by Cycle Technologies, Inc., Washington DC, 20015. Distributed under license.

## What are CycleBeads?

CycleBeads are a string of beads that help identify the days when a woman can get pregnant.

The ARROW shows the direction to move the ring.

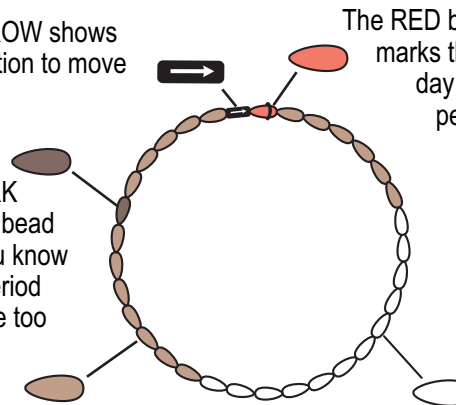


The RED bead marks the first day of your period.

The DARK BROWN bead helps you know if your period has come too soon.

All BROWN beads mark the days when you are not likely to get pregnant.

All WHITE beads mark the days when you can get pregnant.



## Who can Use CycleBeads?

Women who have periods that come about a month apart.

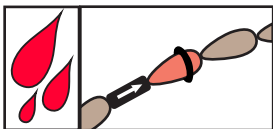


Couples who can use a condom or avoid sex on the days she can get pregnant.



## How do you use CycleBeads?

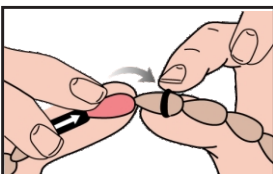
1. The day you get your period move the ring to the RED bead.



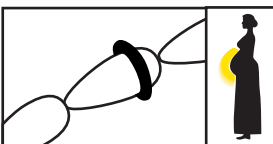
2. Also, mark that day on your calendar.



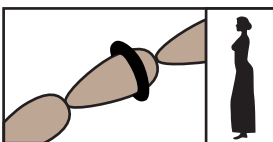
3. Move the ring one bead each day. Move it even on the days when you have your period.



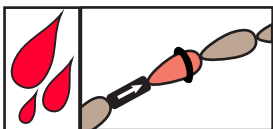
4. Avoid sex or use a condom when the ring is on any WHITE bead. You can get pregnant on those days.



5. You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.

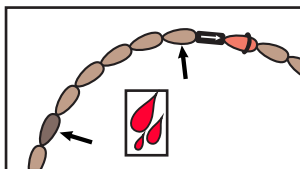


6. When your next period starts again, move the ring to the RED bead. Skip over any beads that are left.

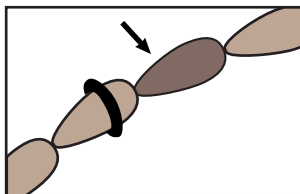


## Tracking your period with CycleBeads

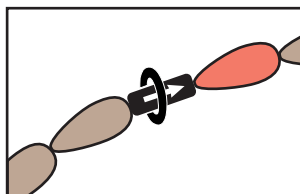
- To use CycleBeads your period must come anytime between the dark brown bead and the last brown bead.



- You get your period before you reach the DARK BROWN bead, this means your period has come too soon.



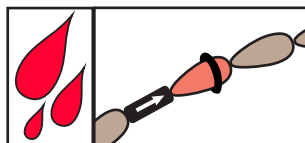
- If your period does not start by the DAY AFTER you reach the last brown bead, this means your period is late.



**If your period comes too soon, or comes late more than once a year, contact your provider.**

## When can you start using CycleBeads?

You can start using CycleBeads on the day you start your period.



Wait 2 years after your baby is born before getting pregnant again. It is good for the health of your baby and you.

## Some women may need to wait a while before using CycleBeads.

- Women who recently had a baby or are breastfeeding, may need to wait a while before using CycleBeads.
- Women who recently used another family planning method, may need to wait a while before using CycleBeads.



**In these cases her periods may not be back to normal. She should not use the method now.**

## What if you forget to move the ring?

If you forget to move the ring, follow these instructions:

- Check on your calendar the date your last period started.
- Starting with that day, count the number of days that have passed including today.
- Then, starting with the red bead, count the same number of beads and place the ring on the bead for today.

