



Pre-Seed fertility-friendly personal lubricant is for use when trying to conceive. Pre-Seed is sperm-safe. Pre-Seed's unique, isotonic moisture is balanced to match fertile cervical mucus, which is normally produced during ovulation. Traditional lubricants do not have these benefits and can be toxic to sperm. Traditional lubricants should not be used when you are ready to become pregnant.

Pre-Seed can be deposited inside the vagina to mimic natural fertile fluids, or it can be applied externally for added lubrication.

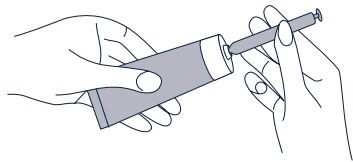
When trying to conceive, consult your physician if you have not become pregnant after 6 months of Pre-Seed use.

Pre-Seed supplements the body's own natural lubricating fluids to moisturize, relieve friction and to enhance the ease and comfort of intimate sexual activity. Pre-Seed is safe for use by couples who are trying to conceive and may be applied to vaginal or penile tissues for lubrication and moisturization.

**Directions for Using Pre-Seed with Disposable Applicators:**

1. Remove seal from tube before initial use.
2. Pre-Seed can be applied prior to intercourse. Applying it before you begin making love allows the moisture to disperse throughout the vagina and offers more spontaneity. Many women apply Pre-Seed about 10-15 minutes before intercourse.

3. With the plunger pushed in, attach the applicator to the Pre-Seed tube by twisting the end of the applicator firmly onto the tube (see picture).



4. Gently squeeze the Pre-Seed into the applicator by applying pressure to the bottom of the tube and continue squeezing until the plunger moves up and the applicator is filled to the desired level. Many women will choose the 2 or 3 gm fill line to meet their needs. Untwist the applicator from the tube. Be sure and keep the open end of the applicator upright, until it is inserted in the vagina, so that product is not spilled.

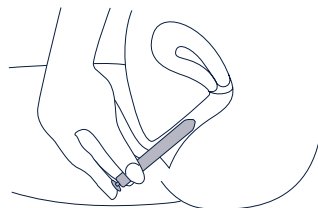
5. After each use, firmly replace the cap and roll up the tube from the bottom. Do not leave Pre-Seed uncapped between uses.

6. **Do not store Pre-Seed in the applicator for more than 30 minutes prior to use.** This means if you draw Pre-Seed into the applicator but do not insert it inside the vagina within 30 minutes, the unused Pre-Seed needs to be discarded and the applicator thrown away.

7. To apply Pre-Seed, gently insert the applicator deep into the vagina. This can be done while standing, lying down or sitting (such as on the toilet). If the applicator is difficult or uncomfortable to insert, pull it back to the vulvar opening and redirect the applicator more to the center of the vagina. Usually this will mean pointing the applicator more toward your back as you insert it. You can also use your fingers to apply some

Pre-Seed from the tube directly to your external genitalia to help ease applicator insertion.

8. Once inside the vagina, hold the barrel of the applicator in place and slowly push the plunger all the way in to release the lubricant into the vagina (see picture).



9. Remove both parts of the applicator from the vagina.

10. Discard the applicator following use. **DO NOT REUSE APPLICATORS.**

*If this application method doesn't provide enough moisture, we suggest you apply Pre-Seed inside the vagina (as shown) while lying down in bed, IMMEDIATELY before intercourse. You may also want to squeeze a small amount of Pre-Seed from the tube onto your fingertips, and apply directly to external genitalia.*

*If this application method provides too much moisture for you, apply the product earlier before intercourse (e.g., up to an hour), or apply fewer grams of product.*

**Directions for Using Pre-Seed Externally:**

Squeeze a small amount of Pre-Seed (size of a quarter or teaspoon) onto your fingers and apply to genital area. Vary amount to achieve desired lubrication. Pre-Seed's mild ingredients may require you to apply a bit more initially than you might with other products, in order to saturate the skin and provide longer lasting lubrication.

Pre-Seed is an excellent lubricant even when you are not trying to get pregnant! It is compatible with latex and polyurethane condoms.

**Individuals Using Pre-Seed While Trying to Conceive:**

Consult your physician if you have not become pregnant after 6 months of product use.

**QUALITY ASSURANCE:**

Each lot of Pre-Seed is tested to ensure the following:

Test	Specification
pH	7.0 – 7.4
Osmolality (ion concentration)	260 – 370 mOsm/kg

**INGREDIENTS:**

Purified Water / Eau Purifiée, Hydroxyethylcellulose, Poloxamer 407, Sodium Chloride, Sodium Phosphate, Carbomer, Methylparaben, Sodium Hydroxide, Galactoarabinan, Potassium Phosphate, Propylparaben

**⚠️ WARNINGS:**

- Pre-Seed is not a contraceptive. It does not harm sperm or interfere with their function.
- Keep out of reach of children.
- Do not use if quality seal on the tube is broken; instead, return contents to place of purchase.
- Pre-Seed is extremely slippery; clean up any spills immediately.
- Do not use product if active infection or vaginal trauma is present.
- **DO NOT USE AFTER EXPIRATION DATE.** Expiration date can be found on the tube crimp and the outside of the carton (4-number year and 2-number month).

**⚠️ CAUTION:**

If irritation occurs, discontinue use immediately, and if it persists, consult a physician.

**IMPORTANT:** The applicators are single use only. Dispose of each applicator after use by placing it in a trash receptacle. **DO NOT REUSE APPLICATOR.** If additional lubrication is needed, use a new applicator or apply by hand.

*No patient data are available regarding viable pregnancies or birth outcomes in patients using this product.*

Store at room temperature 2° to 30°C (36° to 86°F).

**Visit us at [preseed.com](http://preseed.com) to learn more.**

Pre-Seed is a trademark of Church & Dwight Co., Inc. Mfd for Church & Dwight Co., Inc. 500 Charles Ewing Blvd. Ewing NJ USA 08628 Distributed by Church & Dwight Canada Corp., Mississauga, ON Canada L5S 0A5

**QUESTIONS?**

1-800-268-3186 (M-F 9am - 5pm ET)

US Patents: 7,838,509; 6,593,309 & 6,140,121; and other international patents.