

## *A family planning and a natural alternative available to women to accurately identify the days of fertility*



### **The purpose of Bioself**

Bioself allows a woman to approach the subject of her fertility with serenity, and enables her to confidently identify the fertile days of her menstrual cycle using a natural method.

There are just a few fertile days each month. Your own fertility is quite unique to you. It is delicate and something you should protect. It has to be your very own. Bioself offers you the opportunity to take charge of it, to manage it yourself rather than by having recourse to medical solutions or invasive options.

Freeing yourself from artificial methods is showing respect for your body. It demonstrates your ethical views and your appreciation of the serenity that comes with a harmonious sex life.

In this context, the Bioself fertility indicator is a great asset when you want to get pregnant by natural means.

It also represents a prime alternative to artificial methods of contraception such as the pill or IUD, compared to which it offers the same degree of credibility and reliability, but with the additional and ultimate advantage of having no side effects whatsoever.

### **Bioself – characteristics and advantages**

An increasing number of women are nowadays opting for a natural method. The reasons for making this choice are wide and varied:

- Medical contra-indications (risk of phlebitis, cholesterol, triglyceride levels or high blood pressure);
- Artificial contraception methods have become uncomfortable or harmful;
- Ideological or religious conflict of conscience.

This natural option offers clear advantages from the health standpoint:

- No medical or chemical intake;
- Absence of any barrier or invasive element in the body;
- Complete absence of any side effects;
- Better understanding of the body and its fertility.

Bioself has been subjected to numerous clinical studies in Europe, Canada and in Asia. The results demonstrate 97% to 99% reliability provided the device is used according to the instructions.

## Could Bioself suit you?

Bioself is suitable for all women of childbearing age, provided that:

- The duration of their cycle is between 18 and 39 days;
- They are not using any treatment, which affects the menstrual cycle (e.g. contraceptive pill);
- They are not breastfeeding;
- No symptoms of the menopause are present;
- No medicine is being taken that could affect basal body temperature (BBT).

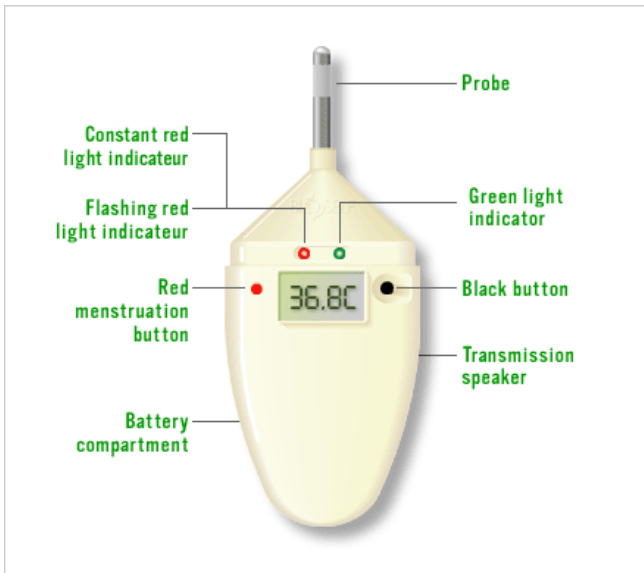
We recommend Bioself for use by adolescent girls for educational purposes so they become more aware of, and better understand, the way their menstrual cycles work. They should first acquire biphasic cycles before using Bioself for contraceptive purposes.

## Bioself - the device

Bioself SA, a pioneer in fertility recognition, has been marketing this electronic device since 1986. It gives a precise indication of a woman's fertile days via the combined analysis of the length of her cycles and daily body temperature.

Only slightly larger than a mobile phone, and very easy to use, the device is made up of the following elements:

- A temperature-sensitive probe to measure your temperature;
- Two lights providing daily indications of three stages of fertility;
- A red button to record the beginning of your cycle;
- A black button giving access to various menus;
- An LCD screen for showing information.



## Bioself - functionality

### The temperature-sensitive probe

Its purpose is to measure basal body temperature (BBT). Temperature may be taken in the mouth, the anus or in the vagina.

The temperature thus measured can be shown on the screen at any time by simultaneously pressing the two metallic parts of the probe.

### The green light shows

When the green light shows, it indicates the infertile phase of your cycle. During this phase, sexual intercourse will not result in pregnancy

### The red light shows continuously

When the red light shows continuously, it is indicating the less fertile phase of your cycle. Your chances of conceiving are slight. However, if a pregnancy is not desired it is wise to use contraception.

### The red light blinks

This shows that you are in the most fertile phase of your cycle. It is the ideal phase for conception.

A protective barrier is absolutely necessary for contraceptive purposes.

### The black button

The black button gives you access to the additional menus available on the device. You can thus review the historical data on your temperatures, and the length of your previous cycles.

### The red button for cycles

Press this button as soon as your menstrual cycle starts in order to tell Bioself that you are starting a new cycle.

### The battery compartment

Bioself runs on 3 standard alkaline batteries of 1.5V (AAA/LR03), widely available in the shops.

### The loudspeaker

This loudspeaker is for sending the data stored in your device to a Bioself center, where it will be printed out in graphs and sent to you (by post, fax, e-mail).

## Bioself - what is it for?

The Bioself stores and analyzes the many signs of changes happening to your organism during your menstrual cycle. It calculates and identifies your fertile days without resorting to invasive means, and lets you listen to your body.

### Do you want to get pregnant?

#### The red light shows continuously

It means you are in the less fertile phase of your cycle, and the probabilities of conception are slight.

#### The red light blinks

This shows that you are in the most fertile phase of your cycle. It is the ideal phase for conception. Bioself has precisely identified the various phases of your ovulation, and calculated in advance the days of optimal fertility. You can therefore plan the frequency with which you have intercourse. It is recommended to make the intervals between having intercourse short.

### Are you looking for contraception?

#### The green light shows

It means you are in the infertile phase of your cycle. During this phase, sexual intercourse will not result in pregnancy.

#### The red light shows continuously

It means you are in the less fertile phase of your cycle. Your chances of conceiving are slight. However, if a pregnancy is not desired it is wise to use contraception.

#### The red light is blinking

This shows that you are in the most fertile phase of your cycle. A protective barrier is absolutely necessary.

## Bioself - how should I use it?

Using Bioself is as simple and reliable as taking a pill every day.

### At the beginning of each menstrual cycle

As soon as the cycle starts, you press the red button for menstruation to record the start of your new cycle.

### When you wake up in the morning

When you wake up, and before getting up or doing anything, you take your basal temperature. You can do this in the mouth, the anus or the vagina.

When taking your temperature in the mouth, put the probe under the tongue and in the middle of your mouth, which needs to be shut. It just takes two minutes for Bioself to take the measures of body temperature it needs to accurately determine your BBT. A beep indicates the end of the process, and that the measure has been correctly verified and recorded.

The time when you took your temperature decides the time frame available for taking your temperature the following morning. Bioself allows for an interval of 4 hours: 2 hours before and 2 hours after the time when you took your temperature on the previous day.

For example: On Monday, you took your temperature at 7:00am  
On Tuesday, you can take it between 5:00am and 9:00am  
The discreet Bioself warning will go off at 7:00am.

For best results, we recommend taking your temperature at about the same time every day.

### The good news

When the green light for infertile days is on, you may not have to take your temperature every day. There are between 12 and 18 of these days in a healthy woman's cycle.

### Different time zones

In the event of changing time zones, working irregular hours, etc., the time frame for taking your temperature can be adjusted to your needs. Take a look at the instructions under the "Hour" menu.

## Bioself - temperature curves

The temperature data for the previous 12 menstrual cycles that are stored in your device can be printed out in the form of curves on a graph. You just need to call a Bioself center for this service.

This information is of great value to your doctor in cases of infertility or for determining the likely term of the pregnancy.

The temperature curve can also be useful as an indication of pregnancy. In this case, Bioself shows a specific message (BABY?), and when the curve is printed out the theoretical date of the term will be calculated.

To communicate the data stored in your device to a Bioself center, you need to do the following:

- Call the Bioself center;
- Select the TEL menu on your device and follow the instructions;
- When Bioself sends the transmission tone, put the Bioself loudspeaker (on the back of the device) on the telephone handset;
- Wait for the transmission to be completed; this happens when the tone signal stops.

The data stored in the Bioself memory have been transmitted to the Bioself center.

The information will be printed out in chronological order in the form of diagrams, which the Bioself center will send you, by post, fax or e-mail, as you prefer.

## Bioself – sub-menus

The device has several menus allowing you to review stored data or to modify certain parameters, such as:

- Consult back-data on temperatures and the length of cycles;
- Modify the time zone of temperature recordings;
- Transmission of stored data to a Bioself center;
- Choice of the acoustical morning reminder;
- Choice of temperatures in °C or °F;
- Correction of the starting date of the new cycle.

All these menus are shown in detail in the instruction manual that comes with every Bioself.

## Bioself - reputation and standing

**Bioself** is the most reliable and easiest-to-use fertility indicator, according to a study conducted in Germany ("Neue Technologien in der Familienplanung", Maltser Werke, Kalket Hauptstrasse 22-24, D-551103 Cologne)

**Bioself** is a processor for temperature data and for the statistical analysis of menstrual cycle duration. It is recommended by gynecologists interested in natural methods.

**Bioself** is a Class II medical instrument, developed and manufactured in Switzerland (Swiss Made label), which has been constantly improved and upgraded since its introduction.

**Bioself** bears the CE stamp (CE0459), and is certified ISO13485. It is approved by the American FDA (Food and Drug Administration, section 510k, registration N° 8030991). ISO 13485.