

Questions and Answers

1. Why is Yes Baby an Advanced Approach?

Yes Baby is the first fertility friendly lubricant double pack that supports sperm and vaginal health & supplies the means to identify the most fertile period.

2. Why do you have a pack 2?

Pack 2 is pH balanced to match acidic vaginal pH, so supporting the body's natural defences against Thrush and other infections. We recommend using pack 2 after ovulation, rather than an alkaline lubricant throughout a cycle. The acidic pH of the vagina enables a healthy environment for the development of a fertilised egg

3. Can I use pack 1 at any time?

We recommend that pack 1, sperm friendly lubricant, is used during the most fertile period, when you are most likely to conceive. This prevents elevated pH impacting vaginal health.

4. Does it matter if I forget to use pack 2 when the fertile period is over?

Bringing the vaginal pH back to its typical acidity is important for maintaining vaginal health. If you forget, you can use Pack 2 at any time (except when you are trying to conceive).

5. What is osmolality & why is it important?

Osmolality is the measurement of a liquid's ability to attract water. The stronger the concentration of sugars such as Glycerin, the stronger the osmolality. It can be described as the "water-pulling-power". High Osmolality lubricants are known to damage sperm motility and viability.

6. What does the LH surge mean?

The LH (Luteinising Hormone) surge is part of the body's chain of events that trigger the release of the egg (ovulation)

7. How much do I use?

Both lubricant packs are free from skin irritants and concerning chemicals so you can use as much or as little as you feel you need. Certified organic is your guarantee that Yes Baby is pure, natural and safe.

8. Why is Yes Baby certified organic?

Yes Baby is part of the only Soil Association certified organic range of intimacy products in the world. We chose the hard path of organic certification to be able to prove to you the trustworthy purity and ethical integrity of our products

9. What is so special about Yes Lubricants?

All Yes products are hypoallergenic, hormone free, simulate natural lubrication, and contain no skin irritants and no synthetic or concerning chemicals

How to use Yes Baby - Three simple steps

1. Identify your most fertile days by predicting ovulation with enclosed Advanced LH Ovulation Test or by other proven methods
2. Use Yes Baby pack 1 (sperm friendly) lubricant during the fertile period including up to 48 hours after ovulation
3. Use Yes Baby pack 2 (vagina friendly) lubricant after ovulation

How do I predict when I will ovulate?

Firstly establish the length of your menstrual cycle by counting days from your first day of full menstrual flow to the day before the next period starts.

To determine when to begin testing use Chart 1 (i.e. with a 28 day cycle, start testing on Day 11). Test for 5 days or until the LH surge is detected.

Then use the LH Tests to detect the LH (Luteinising Hormone) surge as conception is mostly likely within 48 hours of the LH surge.

Chart 1 - when to start LH Test

Cycle length in days	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Start test on day	6	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

When do I use Pack 1?



Pack 1 is the sperm friendly lubricant and is used during your most fertile period, from the LH surge to 48 hours after ovulation. If you can accurately estimate your LH surge then use Pack 1 from the day before the LH surge. Make love using Pack 1 when you are most likely to conceive. Use as many Pack 1 tubes as needed during this period.

When do I use Pack 2?



Pack 2 is the vagina friendly dual action lubricant and intimate moisturiser and is used from 48 hours after ovulation, to restore vaginal pH, after the most fertile window has closed. Use Pack 2 when you are no longer likely to conceive.

An example for a 28 day cycle:

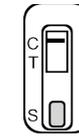
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17
LH Test	LH Test	LH Test	LH Surge			
		Pack 1	Pack 1	Pack 1	Pack 2	Pack 2

Detailed instructions for use

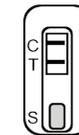
Using the Advanced LH Ovulation Test

- For each test, collect a urine sample at the same time each day, between 10am and 8pm. Do not use first morning urine as LH is synthesised early in the morning and will not be detectable until later in the morning. Do not drink water excessively before the sample as this may dilute it.
- Use a clean, dry container. For best results, perform the test on the same day as urine is collected. If necessary, the sample may be stored for up to seven hours at room temperature, or up to 24hours in a refrigerator. Do not freeze the test sample.
- Do not open the foil pouch until you are ready to perform the test. When you are ready open by tearing along the notch. Remove the test device from its foil and use it as soon as possible.
- Immerse the test strip in the urine sample with the arrow end pointing down for about 10 seconds. Do not immerse past the marker line. Take the strip out and lay it flat on a clean, dry and non-absorbent surface. Wait ten minutes and read results. It is important that the background is clear before the result is read. Results appearing after 30 minutes are not valid, so please retest.

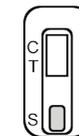
Interpretation of LH Test Results



No LH surge only one colour band appears on the control region, or two bands appear and the test band is lighter than the control band. This indicates that there is no LH surge.



LH surge Two colour bands are visible and the test band is equal to or darker than the control band. This indicates that ovulation will happen in the next 12-48 hours, identifying your most fertile period.



Invalid No visible band at all, or no coloured line appears in the control area. Repeat test with a new test strip.



How to use Yes Baby Applicators

Both Pack 1 and Pack 2 are applied in the same way.

1. Remove applicator from the box. DO NOT USE if applicator tamper evident tip has been removed
2. Hold the applicator at the wide end and shake contents to the narrow end before insertion
3. Snap off tamper evident tip by twisting
4. To apply, insert the narrow end of the applicator only, into the vagina. You can lie down, stand or sit to insert the applicator - whichever position is most comfortable.
5. Once inserted squeeze the wide end, several times, to ensure the contents are released
6. Continue to squeeze the applicator as you extract it. These are single use applicators - discard when empty. They are made from recyclable materials, please recycle where possible
7. Both Yes Baby packs contain natural bio-adhesive gels which adhere to the vaginal walls to lubricate and protect dry tissues
8. Fertility research shows that pleasurable lovemaking can increase sperm count - we hope Yes Baby enhances your pleasure.

A little bit of information about Yes®

Award winning Yes was founded by two British women who want to change the world - from the inside, by creating the most pure and natural alternatives to the existing commercially available chemically laden intimacy products. We have designed Yes products to work in harmony with the body to help enhance intimate pleasure, eradicate intimate discomfort (as a result of vaginal dryness) and support intimate relations.

Yes Baby was created to empower couples trying to conceive, to safeguard intimate well-being and to offer a comprehensive and sensitive approach to sperm and vaginal health.

Environmental information:

1. Tube contents are plant-based, grown in accordance with organic standards (see ingredients list) and are 100% biodegradable
2. All paper, plastic and card packaging is recyclable
3. Cartons are made by a carbon neutral company using sustainably grown materials
4. Not just our ingredients but how we make, store and package Yes Baby is audited by the Soil Association against strict Organic standards

Ingredients

Yes Baby Pack 1 (Sperm friendly)

Aloe barbadensis leaf juice powder*, Cyamopsis tetragonolobus (Guar gum)*, Ceratonia siliqua (Locust bean gum)*, Lonicera caprifolium (Honeysuckle) Flower Extract, Sodium chloride, Citric acid, Sodium hydroxide.

Yes Baby Pack 2 (Vagina friendly)

Aloe barbadensis leaf juice powder*, Cyamopsis tetragonolobus (Guar gum)*, Ceratonia siliqua (Locust bean gum)*, Linum usitatissimum (Flax) Seed extract*, Xanthan gum, Sodium chloride, Citric acid, Potassium sorbate, Phenoxyethanol.

* Organically grown ingredients

Warnings and Care:

1. Yes Baby is not a contraceptive
2. Do not use if an infection is present
3. If irritation occurs stop use immediately
4. Store Yes Baby in a cool dry place away from direct sunlight
5. Yes Baby is patent-protected



Contact details:

Yes Baby is manufactured in Great Britain by The Yes Yes Company Ltd., Trademark House, Ramshill, Petersfield, Hampshire. GU31 4AT, UK.

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www.yesyesyes.org

Distributed by: Home Health UK Ltd, Unit 11, Peerglow Industrial Estate, Olds Approach, Watford, Hertfordshire, WD18 9SR UK www.homehealth-uk.com

Advanced LH Ovulation Tests are manufactured by: Ai De Diagnostic Co., Ltd, No.141 Zhu Zhou Road, Qingdao High-Tech Industrial Park, 266101 Shandong, P.R. of China

Some Yes accreditations and awards:



yes® baby

A fertility friendly lubricant system enables couples, trying to conceive, to use lubricants that are pH and osmolality matched to semen during ovulation and matched to typical vaginal pH after ovulation

A two pack lubricant system designed to support sperm and vaginal health

- Pack 1 - sperm friendly intimate lubricant
- Pack 2 - vagina friendly intimate lubricant
- Ovulation Test Strips

This product carries **full organic certification** giving you reassurance of its ingredients' purity and its environmental credentials.

Intimate Dryness, Lubricants and Sperm

Many couples trying to conceive find that the stress of performing to the clock rather than romantic inclination can make the use of intimate lubricants vital. However, as most conventional lubricants can severely damage sperm it is essential that fertility friendly lubricants are used when trying to conceive.

Sperm damage occurs when the lubricants are too acidic (low pH) or their ionic strength (osmolality) is too strong. Sperm friendly lubricants have an elevated pH to match semen in the range pH7.0 - 8.0 and an osmolality range of 260 - 365 mOsmo/kg.

Typical vaginal pH is much more acidic (pH4.50) and the extended elevation of vaginal pH to pH7.0 - 8.0 can create an environment where Candida albicans (Thrush) and other microbes can flourish. Low vaginal pH is a critically important factor in maintaining good vaginal health.

This is why vagina friendly Pack 2 is so important to use after ovulation, to ensure the maintenance of a healthy vaginal environment.

Visit our website www.yesyesyes.org for full details, studies on the impacts of pH and osmolality and additional instructions.