

## Intended Use

Mia Vita™ is a personal lubricant, for vaginal application, intended to moisturize and lubricate, to supplement the body's natural lubrication, and to enhance the ease and comfort of intimate sexual activity. This product is compatible with natural rubber, latex, and polyisoprene condoms; and is **not compatible with polyurethane condoms**.

## Warnings

Mia Vita™ Personal Lubricant & Moisturizer is not a contraceptive and does not contain a spermicide or provide protection against pregnancy or sexually transmitted diseases. If vaginal irritation occurs, discontinue use immediately. If symptoms persist, contact your healthcare provider. Consult your healthcare provider before use if pregnant or breastfeeding.

### KEEP OUT OF REACH OF CHILDREN

Avoid contact with eyes and ears

**Ingredients:** Purified Water, Glycerin, Propylene Glycol, Hydroxyethylcellulose, Sodium Hyaluronate, Hydrogen Chloride, Methylparaben, Vitamin E

**Recommended Use:** Use one applicator daily as needed.

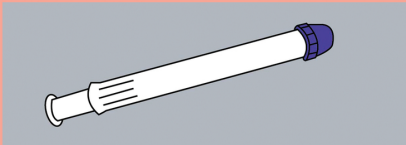
**Applicator Dose:** 0.035 ounces (1 gram) each

For questions, please contact us  
1-833-FEM-PHRM | [femmepharma.com](http://femmepharma.com)  
(M-F 9AM-5PM ET)

PI-V4

*Mia Vita™*  
personal lubricant & moisturizer

## Instructions for Use



### Step 1: Prepare Applicator for Use

Wash hands well. Remove the applicator from the sealed wrapper. Inside you will find a white applicator with a blue cap - unscrew the blue cap. The applicator is now open and ready for use.



### Step 2: Insert Applicator

Hold the applicator between your thumb and middle finger with your pointer finger hovering, but not touching the plunger. Very gently use a pushing motion to insert the open end of the applicator into the vagina. The applicator should be inserted as far into the vagina as you can tolerate.



### Step 3: Dispense Moisturizer

Place your pointer finger on the plunger once the applicator is completely inserted. Tighten the grip of your thumb and middle finger. Use your pointer finger to push on the plunger until it stops. Pull the applicator out of the vagina and dispose.