



 **Natural Cycles**

The Effective* Hormone-Free Birth Control App

FDA CLEARED IN THE US
CE MARKED IN EUROPE

 **18+** years

*Natural Cycles has been proven to be 93% effective with typical use, which means 7 out of 100 women get pregnant during 1 year of use. Natural Cycles is 98% effective with perfect use, which means that 2 women out of 100 get pregnant during 1 year of use, despite using the app correctly.

What is Natural Cycles?

The first and only birth control app available in the US.



Hormone-free



93% effective with typical use and 98% effective with perfect use



Backed by science



Intelligent app that adapts to your unique cycle



FDA cleared

How Does Natural Cycles Work?

Your temperature varies throughout your cycle, with a small but significant rise when ovulation occurs.

When you measure your temperature regularly as soon as you wake up with a basal thermometer, you get a reading which is sensitive enough to pick up these small shifts.

You can get pregnant on your fertile days, which include your ovulation day and the five days that sperm can survive in the female reproductive system.

Natural Cycles is an intelligent app that finds your fertile days based on the data that you log in the app. The app takes your six fertile days and your individual cycle pattern into account when calculating your fertile and non-fertile days.

Your fertile days calculated by the app



What Do You Need to Do?

1

Measure your temperature

Place a basal thermometer under your tongue and measure your temperature as soon as you wake up.

2

Add your data

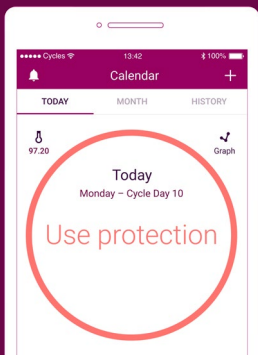
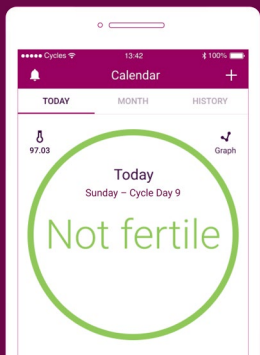
Enter your temperature and period data into the app.

3

Check your fertility status

The app gives you a *red* or *green* day. *Green* means that you are not in the fertile phase of your cycle and you can have sex without protection. *Red* means that you are in your fertile phase and must use protection to prevent a pregnancy.

Using Natural Cycles requires a daily morning routine — you should aim to measure your temperature 5 days a week. The app learns your unique cycle pattern over time based on the data you enter. You may experience many red days when you get started, but the number of green days will increase as you add more data.



Is Natural Cycles for You?

There is no “one size fits all” when it comes to birth control, it’s important that you find a method that works for you.

Natural Cycles may be the right choice for you if:

- ✓ You are over the age of 18
- ✓ You are looking for an effective, hormone-free birth control method
- ✓ You are eager to learn more about your body and fertility
- ✓ You are able to add Natural Cycles to your morning routine
- ✓ You are willing to use protection, such as condoms, on red days



It is important to note that Natural Cycles does not protect against sexually transmitted infections (STIs).

Visit naturalcycles.com to find out more about Natural Cycles, our scientific research, and independent medical advisors.

How Do You Get Started?

Sign up for a Natural Cycles account on naturalcycles.com and download the Natural Cycles app through the iOS App Store or the Google Play Store.



Choose a Subscription Plan

Subscription Plan	Basal Thermometer Included (With free shipping)
Annual	Yes
Monthly	No*

*Thermometer not included. You need a two decimal basal thermometer to use Natural Cycles, available in our webshop or in your local pharmacy.

Before you start using Natural Cycles, please read the User Manual:
naturalcycles.com/ifu

What Do Our Users Say?

**“Natural Cycles
allows me to feel in
tune with my body
like never before.”**

– Sierra



**Used by women all
around the world**



**High satisfaction among
app users (4.7 out of 5*).**

*Total of 25,441 ratings on App Store
and Google Play in 2018

For more information

Visit naturalcycles.com

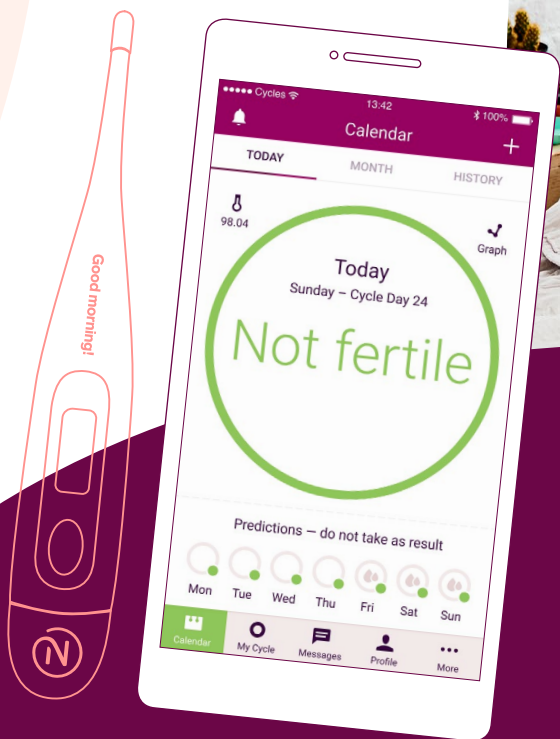
Connect with us on social media

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Natural Cycles

Natural Cycles is an intelligent, hormone-free birth control app that learns your unique cycle and tells you when you can and can't get pregnant.



No birth control method is 100% effective. Natural Cycles does not guarantee that you cannot get pregnant, it only informs you whether and when you can become pregnant based on the information that you enter into the application.