

# vitalus|PLUS<sup>®</sup>

patented  
method



The flexible,  
customized  
vacuum extender

Directions for Use



## INCLUDED IN DELIVERY OF THE VITALLUSPLUS® BASIC SET:

- 1 vitallusPLUS® Vacuum Extender (individually customized to your measurements)
- Electric vacuum pump (continuous vacuum, approx. -100 mbar) with hose connection and voltage converter 230V-12V
- Digital timer for programming the desired runtime
- Pressure regulator with connection hose which is pulled over the vitallusPLUS® Vacuum Extender used
- Transparent hose to connect the vacuum pump to the vitallusPLUS® Vacuum Extender
- Fixation belt to attach the hose to the leg
- Storage bag
- Instructions for use

We additionally recommend:

- Lubricant (nongreasy and preferably warming, for example, Durex Play Warming)
- Skincare cream (for example, Bepanthen)

## DEAR USER,

We would like to congratulate you on your decision to use the vitallusPLUS® Vacuum Extender.

The vitallusPLUS® Vacuum Extender is a completely new, patent-pending vacuum system for the penis which supplies the spongy body with fresh, oxygen-rich blood by means of a very gentle vacuum and thus prevents or reverses shrinkage; this vacuum process does not present any health risks. Erectile function is simultaneously improved through the training of the penile spongy body.

In addition, the vitallusPLUS® Vacuum Extender can bring about lasting enlargement of the penis. Through a very mild vacuum over several hours, a three-dimensional expansion of the penile tissue and spongy body in all directions occurs and thus encourages the formation of new body cells. Daily use for 6 to 8 hours over at least 3 to 6 months thus leads to lasting of the penis in terms of length and circumference.

vitallusPLUS® is always individually customized to the user's corresponding measurements. The custom-fit latex compression sleeve inside the cylinder holds the tissue together like a corset and protects it from, for example, overexpansion or vascular injuries.

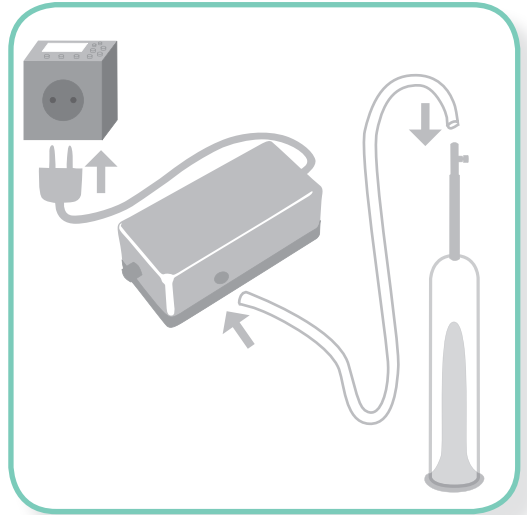
The vitallusPLUS® Vacuum Extender was developed, intensively tested and continuously optimized in recent years by doctors in collaboration with a group of men suffering from various problems regarding erectile dysfunction and penile size.

The outstanding effects of the vitallusPLUS® in the case of various indications and the need by many affected men prompted us in the end to make this system available to a larger group of users.

The way in which the vitallusPLUS® Vacuum Extender works is based on a modern medical principle that has been used for a long time. The use of pressure and traction to form new body cells (for example in the production of skin tissue) has proven successful for a long time. The vitallusPLUS® Vacuum Extender was specially developed according to this principle.

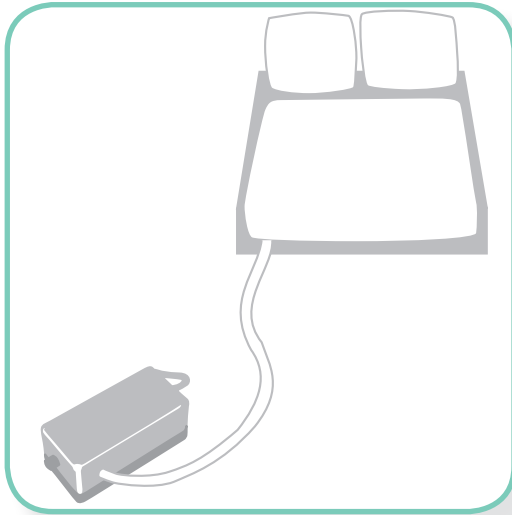
**FOR MORE INFORMATION, PLEASE VISIT  
[WWW.VITALLUSPLUS.NET](http://WWW.VITALLUSPLUS.NET)**

Your team from the m<sup>2</sup> company

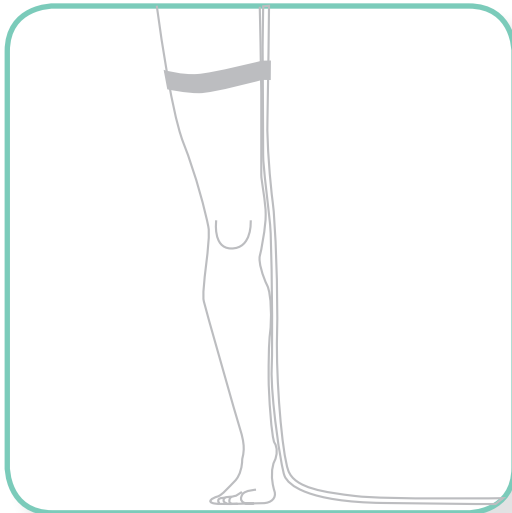


## 1. PREPARATION:

- Please observe the safety information on pages 10 and 11 prior to each use.
- Prior to using the vitallusPLUS® Vacuum Extender, trim pubic hair since it will otherwise cover the base of the penis and the vacuum extender will not be able to optimally adhere to the shaft.  
Tip: If it is trimmed to about one-half of its length, the entire length of the penis can be seen. This will provide at least two centimeters of visual lengthening.
- The digital timer contains a rechargeable battery. Charge this battery for several hours before programming. Then program the desired time (be sure to observe the run times recommended in chapters 2 and 3, on pages 7 and 9).
- The electrical vacuum pump is a particularly sturdy, durable, high-quality model which operates with a continuous vacuum of approximately -100 mbar. It is powered electromagnetically and is suitable for continuous operation. Although it runs quietly when connected, it can disturb sleep.  
If you or your partner are light sleepers, we recommend that you set up the device in a separate room in a dry location and lengthen the hose accordingly. This will not affect the necessary vacuum.



- Connect the pump plug to the digital timer. Insert one end of the hose into the hose connection to the side of the pump and connect the other end to the pressure regulator on the upper part of the vacuum extender.



- In order to be able to use the vitallusPLUS<sup>®</sup> Vacuum Extender without disturbing sleep, it is advisable to run the hose from the foot of the bed to the center of the body and attach it as needed to the thigh and/or lower leg, if necessary, using the fixation belt provided. This ensures that the hose will not wrap around your body during nighttime tossing and turning. The vitallusPLUS<sup>®</sup> Vacuum Extender can be worn in all directions (downwards, to the side or upwards). The hose should always be positioned downward, as described.

## 2. USE FOR TRAINING THE PENILE SPONGY BODY

### Step-by-step plan to improve erectile function:

In the case of erectile problems or impotence, the tissue of the penile spongy body subsequently turns into inelastic connective tissue, due to the lack of stress through use. The consequences are not only a decrease in penile length and circumference, but progressive decrease in erectile function.

vitallusPLUS® supplies the penile spongy body with fresh, oxygen-rich blood by means of a very gentle vacuum and thus prevents or reverses shrinkage. Erectile function is simultaneously improved through the training of the penile spongy body.

We recommend using the vitallusPLUS® Vacuum Extender overnight. Many regenerative processes take place during sleep. Tissues are repaired and functionally adapted. This is a very good precondition for the effects of the vitallusPLUS® to take place optimally. The vitallusPLUS® Vacuum Extender can alternatively be used during the day for penile spongy body training.

The duration of use for penile spongy body training is 2 to 4 hours, depending on individual well-being. Using the digital timer provided, the desired amount of time can be easily programmed and can also end during sleep, since the vitallusPLUS® Vacuum Extender automatically detaches from the penis and its flexible material cannot cause any injuries.

As a basic rule, apply a sufficient amount of nongreasy lubricant prior to inserting the penis in the vitallusPLUS® Vacuum Extender and proceed during the first few weeks as described on the next page.

Please proceed very carefully during penile spongy body training and also when increasing the duration of use! Your body has to get used to the treatment gradually. Using the device for 2 hours may be more beneficial for you than using it for 4 hours. Take a 1- to 2-day break every 5 to 7 days, depending on how you feel.

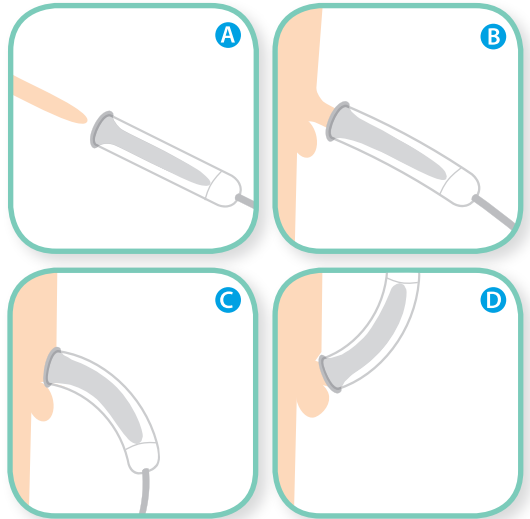
If the vacuum of the electric vacuum pump is unexpectedly too high, you can decrease this vacuum using the pressure regulator provided by slightly unscrewing the colored cap.

# vitallus|PLUS®

## Days 1. - 7.:

Set the digital timer to a period of one hour. Proceed as described under 1. and 2. (pages 4 to 5 and page 6) and observe the safety information (pages 10 and 11).

- A** Pull the vitallusPLUS® over the tip of the penis.
- B** The penis is now completely pulled into the compression sleeve by the vacuum.
- C** The cylinder is designed such that it bends slightly for a perfect fit against the body when a vacuum is applied. It can be worn in all directions (upwards, to the side, downwards) because of its flexible material.
- D** Squeeze the open end lightly on the shaft for approximately 20 seconds. The cylinder should now gently adhere to the shaft and it can be detached from the penis with the existing vacuum.



After one hour, open the valve, detach the vitallusPLUS® Vacuum Extender from the penis and examine the result. The penis should have enlarged to the dimensions of the inner compression sleeve and be dark red and perfused with blood.

Conclude use on this day and proceed in the same way on subsequent days. If the penis should unexpectedly have red areas or demonstrate other changes, discontinue the treatment and contact us via e-mail. We will then immediately contact you and try to clarify the cause.

As a prophylactic treatment (dry or sore skin) and for general care of the penis and shaft, experience has shown that Bepanthen wound and healing ointment should be used after treatment.

## Days 8. - 14.:

Programmieren Sie die digitale Zeitschaltuhr auf eine Dauer von zwei Stunden. Gehen Sie vor, wie auf den Seiten 4 bis 5 und Seite 6 beschrieben und beachten Sie die Sicherheitshinweise auf den Seiten 10 und 11. Nach zwei Stunden ziehen Sie den vitallusPLUS® Vakuumentender vom Penis ab und begutachten wieder das Ergebnis. Das Resultat sollte wie unter 1. bis 7. Tag beschrieben in Ordnung sein.

## Starting on day 15.:

Set the digital timer to a period of two hours. Proceed as described on pages 4 to 5 and page 6 and observe the safety information on pages 10 and 11. After two hours, detach the vitallusPLUS® Vacuum Extender from the penis and once again examine the result. The result should be as described in the section for days 1-7.

### 3. USE FOR *PENIS ENLARGEMENT*

#### Step-by-step plan for lasting penis enlargement:

Regular use of the vitallusPLUS® for 6 to 8 hours daily over at least 3 to 6 months can lead to a lasting enlargement of the penis in terms of length and circumference. By means of a very mild vacuum over several hours, a three-dimensional expansion of the penile tissue and spongy body in all directions occurs and thus encourages the formation of new body cells.

The vitallusPLUS® Vacuum Extender is suitable for the purpose of penile enlargement for use over a period of up to 8 hours. The duration of use is based on the user's individual well-being, how his body reacts to the procedure, and the nature of the connective tissue. In our experience, 6 hours can be quite sufficient to achieve a lasting result, whereas other users prefer 8 or more hours in order to achieve a visible result in as little time as possible.

We recommend using the vitallusPLUS® Vacuum Extender overnight for long-lasting penis enlargement. Many regenerative processes take place during sleep. Tissues are repaired and functionally adapted. This is a very good precondition for the effects of the vitallusPLUS® to take place optimally.

Using the digital timer provided, the desired amount of time can be easily set and can also end during sleep, since the vitallusPLUS® Vacuum Extender automatically detaches from the penis and its flexible material cannot cause any injuries.

As a basic rule, apply a sufficient amount of nongreasy lubricant prior to inserting the penis in the vitallusPLUS® Vacuum Extender and proceed during the first few weeks as described on the next page.

Please proceed very carefully during penile spongy body training and also when increasing the duration of use! Your body has to get used to the treatment gradually. Using the device for 2 hours may be more beneficial for you than using it for 4 hours. Take a 1- to 2-day break every 5 to 7 days, depending on how you feel.

If the vacuum of the electric vacuum pump is unexpectedly too high, you can decrease this vacuum using the pressure regulator provided by slightly unscrewing the colored cap.

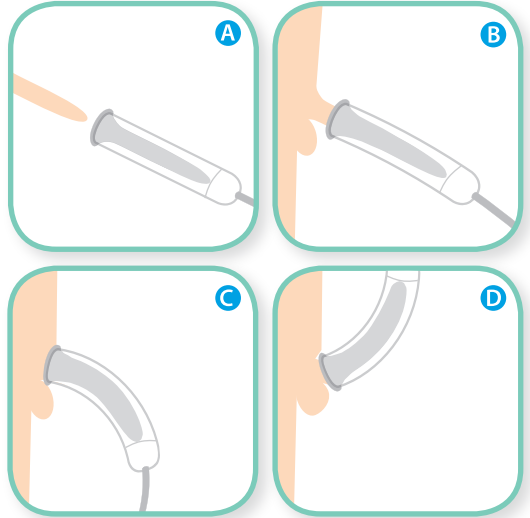


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Conclude use on this day and proceed in the same way on subsequent days. If the penis should unexpectedly have red areas or demonstrate other changes, discontinue the treatment and contact us via e-mail. We will then immediately contact you and try to clarify the cause.

As a prophylactic treatment (dry or sore skin) and for general care of the penis and shaft, experience has shown that Bepanthen wound and healing ointment should be used after treatment.

## Days 8. - 14.:

Set the digital timer to a period of two hours. Proceed as described on pages 4 to 5 and page 6 and observe the safety information on pages 10 and 11. After two hours, detach the vitallusPLUS® Vacuum Extender from the penis and once again examine the result. The result should be as described in the section for days 1-7.

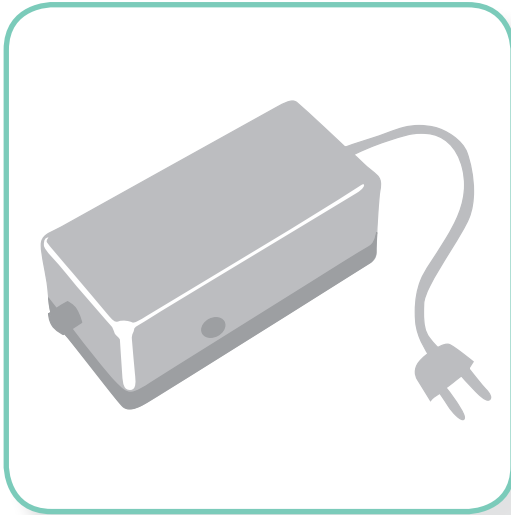
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Set the digital timer to a period of two hours. Proceed as described on pages 4 to 5 and page 6 and observe the safety information on pages 10 and 11. After two hours, detach the vitallusPLUS® Vacuum Extender from the penis and once again examine the result. The result should be as described in the section for days 1-7.

## GENERAL SAFETY INSTRUCTIONS

- Only connect the vacuum extender to the electric vacuum pump when the extender is dry in order to prevent liquid from penetrating into the device!
- In the case of incontinence, do not connect the vitallusPLUS® Vacuum Extender to the electric vacuum pump, since there is a risk of a (mild) electric shock and destruction of the pump due to the liquid entering into the pump.
- The cylinder of the vitallusPLUS® Vacuum Extender may only be used with the pump provided and the specified vacuum. If the vacuum is too high, the material can buckle and cause injuries!
- Please do not pull forcibly on the upper cap of the cylinder, since this could break. Do not forcibly separate or pull on the compression sleeve during cleaning.
- Do not use any greasy substances prior to using the vitallusPLUS® Vacuum Extender, since these shorten the lifespan of the compression sleeve and the vitallusPLUS® Vacuum Extender can no longer be cleaned.
- If there should unexpectedly be a fluid collection in the tissue, this may be a sign that the compression sleeve is too large. This collection is harmless but over the long term, it can lead to excessive expansion of the skin. We recommend that you obtain a smaller compression sleeve in this case.
- A nighttime erection is not a problem if the correct cylinder size has been selected. However, if you should experience a feeling of tension caused by the compression sleeve, open the screw of the pressure compensating valve and remove the vitallusPLUS® Vacuum Extender from the penis.
- For reasons of hygiene and due to the accuracy of the fit, the product should only be used by one person.





## SAFETY INFORMATION FOR THE ELECTRIC VACUUM PUMP:

- The electrical vacuum pump is not intended to be used by persons (including children) with limited physical, sensory or mental capabilities or who lack experience and/or knowledge. Keep the device out of the reach of children.
- The device is only suitable for drawing in air and should not be used to draw in strong, flammable or explosive gasses.

Do not use the device to draw in water or other liquids. Ensure that the connected air intake hose is always dry on the inside and that it does not contain any liquid. Do not expose the device to rain and also never use it in a humid or wet environment.

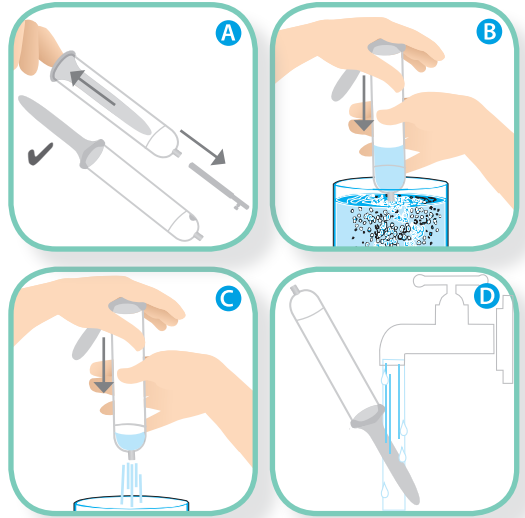
- Plug the pump into an electrical outlet only using the plug provided (voltage converter 230V-12V).
- After each use and before each cleaning, the power plug of the device is to be pulled out. Never immerse the device in water. Only wipe it off using a moist cloth. Regularly check the device and all parts for visible damage. Have any damaged power plugs or power cables immediately replaced by an authorized service center in order to avoid hazards. Discontinue use of the device if it has been dropped or damaged. Have the device checked and repaired, if necessary, by qualified service staff.
- Disposal: Electrical appliances should not be disposed of with household waste. The end user is obligated to turn in old appliances - separated from household waste - to his/her community, for example at a collection point. This ensures that old appliances are properly disposed of and avoids negative effects on the environment.

## EXCLUSION OF LIABILITY, SIDE EFFECTS AND RISKS:

- The vitallusPLUS® Vacuum Extender is used at one's own risk and should only be used by persons aged 18 and over. However, it is safe when the directions for use are followed. These directions should be followed and implemented in particular in the first few weeks but also beyond this point as well. The penile tissue has to get used to the treatment gradually. Examine the penis every hour during the first few weeks for any possible color changes (signs of a possible circulatory disorder) and discontinue use until the color changes have disappeared.
- You should not use the vitallusPLUS® Vacuum Extender under the following circumstances as well: after consuming alcohol, after taking drugs or painkillers, sleeping pills and tranquilizers, since natural pain sensitivity can be negatively affected by these substances. Avoid using the vitallusPLUS® Vacuum Extender in the case of infections or open wounds on the penis, if you are a hemophiliac, if you have a tendency to develop hematomas or lymphatic congestion, as well as in the case of venous insufficiency or weakness of the connective tissue.
- Do not use if you have a latex allergy (allergic reaction to natural latex).
- In the case of incontinence, do not connect the vitallusPLUS® Vacuum Extender to the electric vacuum pump, since there is a risk of a (mild) electric shock due to the penetrating liquid.
- The cylinder and compression sleeve are intended for a maximum service life of 4 to 6 weeks (with daily use), since natural latex has limited durability when used and can become brittle with time. For hygienic reasons as well, the product should be replaced after this period of time.



For perfect fit of the vitallusPLUS®, you should always determine your current measurements for reorders and enter them in the size calculator at [vitallusPLUS.net](http://vitallusPLUS.net).



## CARE:

The cylinder of the vitallusPLUS® Vacuum Extender consists of a very light, ultra flexible PE fluoro-plastic which can deform under the effects of heat. To ensure that it retains its shape, only lukewarm water should be used for cleaning.

- A** Carefully pull the inner compression sleeve outwards. Never separate this sleeve from the outer tubular part while cleaning, since the two parts cannot be reassembled.
- B** Alternatively, the sleeve can be pulled onto the upper end of the cylinder by lightly blowing into the hose connection.
- C** Rinse the sleeve carefully using lukewarm water. Use a small amount of dishwashing liquid, if necessary. Then dry the sleeve and rolled edge immediately using a soft microfiber cloth or a paper towel, since the product should not be exposed to moisture for an extended period of time.
- D** After drying, carefully pull the compression sleeve inwards.

**!** Do not clean the cylinder and compression sleeve in the dishwasher. Do not expose to moisture for an extended period of time. Do not expose the cylinder and compression sleeve to cold, heat or sunlight, since latex rapidly discolors and becomes brittle under these conditions.

**!** Natural latex cannot be stored indefinitely. Therefore the cylinder and compression sleeve should be stored under airtight, dry, cool and dark conditions. The ideal temperature for storage is between + 15 bis + 20 Grad °C.

**!** The cylinder and compression sleeve are intended for a maximum service life of 4 to 6 weeks (with daily use), since natural latex has limited durability when used and can become brittle with time. For hygienic reasons as well, the product should be replaced after this period of time.

**!** Do not connect the cylinder to the electrical vacuum pump until it is completely dry.





## Contact

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