

# How C-Rings Work

A c-ring fits around the shaft of the penis, usually at the base, to keep the increased bloodflow creating your erection in place for a longer period of time. They can also be worn around both the shaft and balls for a more intense result and stronger stimulation.

- Delays ejaculation
- Produces harder, stronger erections
- Heightens sexual pleasure
- Can be used independently or with pumps to overcome ED

# Using C-Rings

Begin when the penis is non-erect or semi-erect. Stretch the ring open with your hands and guide it over the shaft, allowing it to close and fit snugly at the base. For a more intense sensation or if using a larger c-ring, begin by gently pushing the scrotum through the ring and then stretch the ring to guide the penis shaft through. (Alternately, simply wear the ring at the base of the scrotum as a ball stretcher.) A water-based lubricant can be used to make putting on or removing your c-rings easier. Mix and match ring sizes and locations for a customized experience.

### AROUND THE SHAFT

- 1 If you wish, apply lubricant/glide on penis and slip the ring onto the shaft.
- 2 Slide the ring all the way to base of penis.

### AROUND THE TESTICLES

- 1 Place one testicle through the C-Ring. Put a little lubricant/glide on the ring if uncomfortable.
- 2 Gently push the other testicle through the C-Ring.
- 3 Bend penis downward and push through the ring.
- 4 Pull the ring back until it rests comfortably behind testicles.

### USING A DOUBLE C-RING

- 1 Slide Double C-Ring over head of penis. You might want a little lubricant/glide.
- 2 Stretching the larger ring down, lifting the testicles, place the ring behind the testicles.
- 3 The small ring will be around your penis. The large ring will be around both penis and testicles.

# Classic or Vibrating?

The OptiMALE™ collection includes classic c-rings and two different styles of vibrating rings. Classic c-rings have no electronic parts and produce all their effects by working with the wearer's body.

The most common vibrating design is molded with one or more loops to hold bullet vibrators for all-over sensation. The OptiMALE™ Rechargeable Vibrating C-Ring features a nubbed base and molded vibrating tab, creating intense targeted vibrations including consistent clitoral stimulation.

# Playing Safe

Every man is different, and you should always consult your doctor before beginning any new health and wellness regimen. However, following these standard recommendations will improve your chances of properly and safely attaining optimal results.

- Don't wear a c-ring for more than 30 minutes at a time.
- The fit should feel snug but not cause pain or uncomfortable pressure.
- Pay attention to your body and remove the ring immediately if you experience pain, numbness, or unusual coloring.
- Use c-rings only when you're awake and able to monitor their effects.

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C-Rings

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