

EXHIBIT 76



How to Safely Buy Abortion Pills Online in 2026: Your Comprehensive Guide from A Safe Choice

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In today's digital age, privacy, safety, and reliability are paramount when making decisions about reproductive health. For women seeking discreet, dependable access to abortion pills, telemedicine is a trusted, affordable, and accessible solution. Telemedicine providers, such as those in the A Safe Choice Network, offer secure, affordable, and confidential medication abortion services. This comprehensive guide provides essential information to empower you to make an informed, safe, and private choice.



English

Understanding Abortion Pills

Medication abortion involves two FDA-approved medications: Mifepristone and Misoprostol. Mifepristone slows the pregnancy process by blocking the pregnancy hormone, progesterone. Misoprostol causes the uterus to contract, which in turns causes a miscarriage. The overall result, and how one experiences the process, is often similar to one's usual menstrual period.

Medication abortions with Mifepristone and Misoprostol is an FDA-approved process that is effective at least 95% of the time. Serious adverse events occur less than 1% of the time.

Many people prefer medication abortion over a surgical procedure because it is safe, effective affordable, and relatively easy and convenient.

Navigating the Legal Landscape in 2026

The legality surrounding abortion pills varies significantly across the United States due to regulatory shifts since the Supreme Court's Dobbs decision in 2022.

On the one hand, several states have recently made it illegal for healthcare providers licensed to perform either surgical or medical abortions. On the other hand, eight states have established "shield laws" that make it explicitly legal for healthcare providers licensed in those states to send medication abortion pills to people living in any US state or territory.



Over the past few years, FDA regulations have been substantially relaxed. The FDA now allows certified pharmacies and healthcare providers such as those in the A Safe Choice Network to dispense and mail abortion pills without requiring in-person visits.

Platforms such as [Plan C](#) provide detailed, state-specific guidelines to help you understand legal issues that may apply to you.

Why Choose A Safe Choice?

People trust doctors in the A Safe Choice Network because they offer safe, reliable, and comprehensive care. Our telemedicine services are provided in accordance with strict FDA-approved medical guidelines, ensuring safety comparable to that of traditional in-person visits. Our highly qualified clinicians who are readily available to provide clinical support have achieved a medication abortion success rate of approximately 99%.

Privacy is at the forefront of our approach; we encrypt your data and rigorously adhere to HIPAA standards. Moreover, we understand that medication abortion is more than just medical. Our comprehensive care includes clinical support via telephone, if needed, by highly experienced and caring doctors who are certified by the FDA to dispense and mail Mifepristone.

In addition to prioritizing privacy and safety, we strive to make medication abortions affordable and accessible to as many people as possible. Doctors in the A Safe Choice Network can help people who live anywhere in the US. Want to  English of

pricing? Our detailed guide on [how much the abortion pill costs](#) breaks down what is included, how prices compare elsewhere, and where financial assistance may be available.

Step-by-Step Guide: How to Order Medication Abortion Pills from an A Safe Choice Network doctor:

All you need to do to order medication abortion pills is to complete a secure, online consultation form with one of the A Safe Choice Network doctors. You can access this form via [this link](#) or by clicking on the "Order Now" button on the [A Safe Choice website](#). A one-time payment of \$150 can be made on this form via a credit or debit card.

On the same day or the next business day after completing the consultation form and submitting your payment, your medications will be shipped to you via USPS Priority Mail in a discreet package. Shipping via USPS Priority Mail typically takes 1-4 business days. We will send you an email with your USPS tracking number and a separate email that provides clear and detailed instructions about how to take the medications and what to expect. If you have difficulty locating your tracking number 24 or more hours after submitting a consultation, please check your email spam folder.

A Safe Choice Network doctors are available by phone 7 days per week to answer questions or address concerns.

Is an Ultrasound Test Needed for a Medication Abortion?

It is important to know that an ultrasound and in-person visits with a local healthcare provider are not necessary for the vast majority of people, either before or after a medication abortion.

How to Take Mifepristone and Misoprostol

1. Swallow the Mifepristone pill with water.
2. **IMPORTANT:** Wait 24 to 48 hours.
3. Take 4 Misoprostol pills by placing them in your mouth, either between your cheeks and gums, or under your tongue. Keep the pills in your mouth for 30 minutes. After 30 minutes, either swallow what is left of the pills, or spit them out. By this time, your body will have absorbed enough of the medicine.

What to Expect After Taking the Mifepristone and Misoprostol Pills

You will likely not experience significant effects within 24 to 48 hours after taking the single mifepristone pill. However, you may begin to experience cramping and bleeding—and often also nausea and diarrhea—soon after taking the 4 Misoprostol pills. There is a very good chance that you will pass the pregnancy within 24 hours of taking the 4 misoprostol pills. You will likely experience menstrual-like bleeding and cramping for the next 4-7 days.

Aftercare Support

We recognize that undergoing an abortion can be difficult in a variety of different ways. A Safe Choice Network doctors offer clinical support via telephone and can provide medical advice to answer questions you may have before, during, and after you have taken the medications.

Your Safe Choice for Reproductive Autonomy

In 2026, A Safe Choice empowers people to manage their reproductive health online safely and privately. Our comprehensive approach, including medical oversight, transparent practices, legal compliance, and extensive support, ensures peace of mind throughout this sensitive journey. Your reproductive decisions deserve trusted and compassionate support, and A Safe Choice is committed to providing precisely that.

Related Resources

Before choosing an online provider, learn how [mifepristone](#) and [misoprostol](#) work. Our [California telehealth abortion guide](#) also explains the provider and shield-law framework behind A Safe Choice. Two guides are especially helpful once you decide: a full timeline of [what to expect after abortion pills](#), and a clear breakdown of [abortion pill cost](#), including what the \$150 flat rate covers.



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