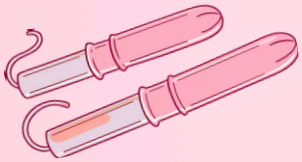
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Menstrual Products Overview

1 Menstrual Pads

- External absorbent sheets worn in underwear.
- Best for beginners, overnight use, light to heavy flow.
- Pros: Easy to use, no insertion.
- Cons: Can feel bulky, needs changing every 4–6 hours





2 Tampons

- Internal absorbent product inserted into the vagina.
- Best for active days, swimming.
- Pros: Discreet, comfortable.
- Cons: Must change every 4–8 hrs; risk of TSS if overused.

3 Menstrual Cups

- Internal, reusable silicone or rubber cups.
- Collects blood (doesn't absorb).
- Best for long wear (up to 12 hrs), eco-conscious users.
- Pros: Cost-effective, low odor.
- Cons: Learning curve for insertion /removal.





4 Menstrual Discs

- Flexible discs placed near the cervix.
- Collects blood, allows mess-free period sex.
- Pros: Up to 12-hr wear, less noticeable.
- Cons: Insertion/removal takes practice.



5 Period Underwear

- Built-in absorbent layers, worn like regular underwear.
- Best for light/moderate flow or backup protection.
- Pros: Reusable, comfy.
- Cons: Requires frequent washing, higher upfront cost.

Other Options

- **Reusable cloth pads:** Washable, eco-friendly.
- **Sea sponges:** Natural but less common and not regulated.
- **Free bleeding:** No products; personal choice, often at home.

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Which Menstrual Products are Right for Me?

AN OVERVIEW

Starting your period is a natural part of growing up. Experiencing your period for the first time can feel a bit overwhelming, but choosing the best period product for you can make things easier.
Remember, it's all about finding what feels right for you, so don't hesitate to try different options until you're comfortable.

REUSABLE PAD

A reusable menstrual pad is a special kind of sanitary pad that you can wash and use over and over again, instead of throwing it away after one use. These pads are usually made from materials like cotton, bamboo, or hemp, which make them soft and breathable. Using them can be really good for a few reasons. First, they can save you money because you don't have to keep buying new pads each month. They also help the environment because you're not adding to the trash pile with disposable pads. Plus, they're often more comfortable and gentle on your skin since they don't have the chemicals that some disposable pads do. If you take good care of them, these pads can last for many years, making them a smart and eco-friendly choice!

MENSTRUAL CUP

Menstrual cups are small, flexible cups made from medical-grade silicone that you insert like a tampon. They offer up to 12 hours of protection, meaning fewer trips to the bathroom. Unlike disposable products, menstrual cups are reusable, and one cup can last for years with proper care. While it might take a little practice to get used to them, many find them comfortable and liberating.

MENSTRUAL DISC

A menstrual disc is a small, flexible disk-shaped cup that sits inside the body. Menstrual discs are similar to cups but can be a good option for those who want to try something different.

DISPOSABLE PADS

Disposable pads are absorbent, and designed to keep you comfortable and dry throughout the day. They have an adhesive strip on the back, so you can easily stick them to your underwear for a secure fit. Pads come in various sizes and absorbencies, allowing you to choose what's best for your flow. They're easy to use and dispose of, making them a convenient option for managing your period with confidence.
DO NOT FLUSH them.

TAMPONS

Tampons are small, cylindrical absorbent cotton products designed to fit inside your vaginal canal, collecting menstrual fluid. Be sure to get the correct absorbency for your flow on different days!
With a bit of practice and relaxation, inserting a tampon is a quick and easy part of your routine. Most tampons come with an applicator to help make inserting easy. Plus, tampons are discreet and allow you to swim and stay active!



RECOMMENDDED AGE: 9-14