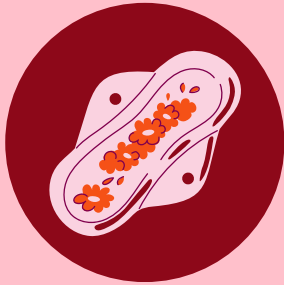


PERIOD PRODUCTS GUIDE

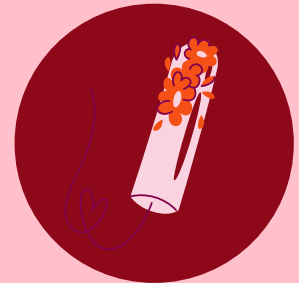


MENSTRUAL PADS

- Best for beginners.
- Come in various absorbencies.
- Need to be changed every 4-6 hours.

TAMPONS

- Inserted into the vagina to absorb blood.
- Change every 4-8 hours.
- Available with or without applicators.



MENSTRUAL CUPS

- Reusable, eco-friendly option.
- Can be worn up to 12 hours.
- Requires boiling for sterilization.

PERIOD PANTIES

- Absorbs menstrual flow without additional products.
- Washable and reusable.



MENSTRUAL DISCS

- Like menstrual cups, they collect period blood but sit in a different spot inside the body.
- They can be used while doing all activities, including during special moments with a partner.

