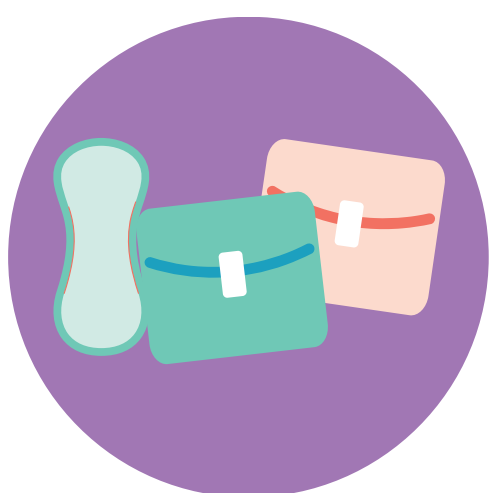


Choosing Period Products

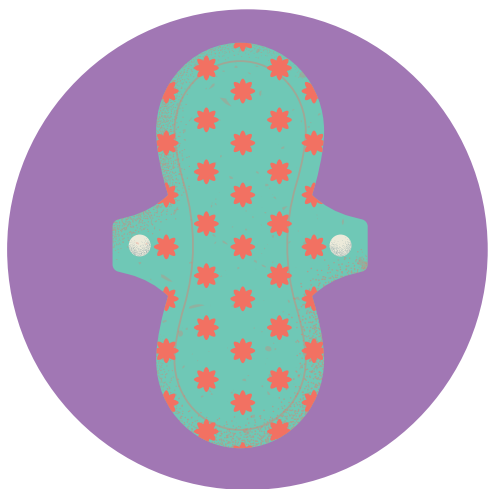
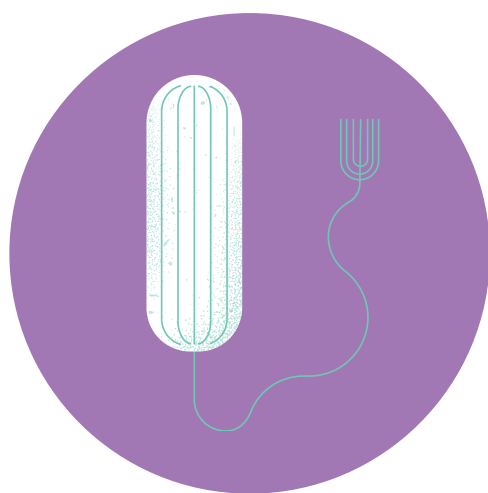


Menstrual pads

Disposable pads that are worn inside underwear to absorb menstrual blood.

Tampons

Products made of absorbent material that are inserted into the vagina to absorb menstrual blood.



Washable pads

Reusable washable pads worn inside pants with special fabric.

Period pants /swimwear

Underwear or swimwear designed with special absorbent fabric that can be worn without additional period products.



Menstrual cups

Reusable silicone or rubber cups that are inserted into the vagina to collect menstrual blood.

