

PERIOD PRODUCTS

TAMPONS

types

light vs. medium vs. heavy

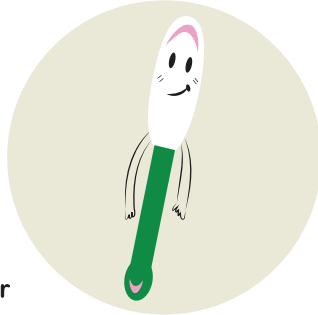
- light tampons
 - best for when your flow is lighter
 - can use when you're spotting
- medium tampons
 - in between the light and heavy types
 - is the safest option when you're unsure about your flow
- heavy tampons
 - best for a heavier flow or at the beginning of your period
 - can use when you're sleeping to avoid bleeding through

applicator vs. no applicator

- applicator
 - most tampons have a plastic or cardboard applicator
 - plastic is smoother and easier to lubricate for insertion
- no applicator
 - some tampons have no applicator but the inside is the same
 - are inserted by pushing in the cotton portion with your finger

use

- used while playing sports or being active
- can replace pads if preferred
 - they might feel "bulky" or uncomfortable



PADS

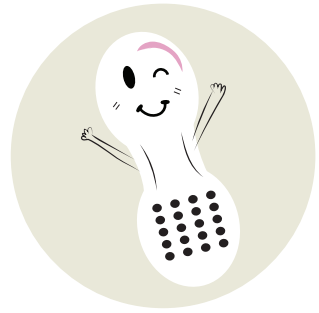
types

light vs. medium vs. heavy

- light pads and pantliners
 - best for a lighter flow
 - pantliners are like extra light pads
 - can use when you're spotting
- medium pads
 - used for a "normal" flow
 - safe option if you don't know your flow
- heavy pads
 - best for heaviest flows
 - can be used during sleep to avoid staining sheets

use

- a good choice for first-time menstruators
 - easy to use
- if you find tampons uncomfortable
- if you cannot use tampons



PERIOD UNDERWEAR

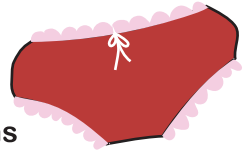
types

absorbancy

- similar to pads and tampons
 - choose according to flow
- style
 - just like normal underwear!
 - bikini, boxer, high-waisted styles

use

- they can be reused
- easy to use



MENSTRUAL CUP

types

- capacity
 - cups can hold different amounts of blood
 - choose a cup based on flow
- length
 - not all cervixes are the same length
 - cups may be labeled high or low cervix to fit the menstruator
- firmness
 - some cups are softer than others
- age
 - there are menstrual cups for teens



use

- they can be reused
- must be deep cleaned