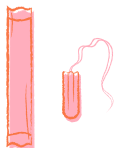


# FINDING WHAT'S RIGHT FOR YOUR FLOW

## Tampons

Tampons are made with a combination of absorbent fibers, both natural and synthetic, including cotton and rayon. Tampons are inserted into the vagina with an applicator and rest inside the vaginal canal. In addition to your flow, tampons absorb the vagina's natural lubricant and bacteria. Your flow may change throughout your cycle, but most tampons need to be changed at least **every 4 to 6 hours**.



## Pads & Liners



Pads & Liners are made with a combination of absorbent fibers, just like tampons. Pads & Liners are adhesive and stick to your underwear to absorb your flow. No matter the volume of your flow, you should change pads and liners at least **every 3 to 4 hours** to avoid odor from bacteria growth.

## Period-Proof Underwear

Period-proof underwear are made with multiple layers of microfiber polyester designed to wick moisture away from the skin and prevent leakage. These products may be more expensive but will last for years if taken care of properly.

FYI: It may take time getting used to feeling your flow especially if you are a tampon or menstrual cup user. You should be able to wear a single pair for **12-18 hours**.



## Menstrual Cups

Menstrual cups are made from medical-grade silicone, so they do not dry out the vagina's natural moisture. Tightly fold the menstrual cup and insert, rim side up, into your vagina like you would a tampon. You can leave a menstrual cup in for **up to 12 hours**.

They are a sustainable product that can last for 2-10 years if taken care of properly and very cost effective. Many say that their cramps are more manageable when using the cup because of the flexible material!



## Reusable Cloth Pads

Reusable cloth pads work like disposable pads and liners, but are a wallet and eco-friendly option that you can wash and use again. These reusable cloth pads may be less bulky than disposable pads making them more flexible, breathable, and less visible through clothing. Similar to the disposable option, you will need to change them **every 3 to 4 hours** to prevent odor and bacteria growth.



## Menstrual Discs

Menstrual discs are round, flexible rings that sit at the base of your cervix and collect blood in a soft bag. You insert the disc with your fingers and it will mold to your shape. This is a single-use period product that can be worn for **up to 12 hours**. These discs are great for high-impact exercise and you can have penetrative sexual intercourse while wearing one.



## Period Sponge

Period sponges are an alternative to tampons, worn inside the vaginal canal to absorb menstrual flow. Natural sea sponges and some synthetic sponge options can be reused for 3-6 months when properly cleaned. You should change your sponge **every 8 hours**, or sooner if you have a heavy flow.




Keep in mind, not all women have vaginas and not all people with vaginas are women. Our services are inclusive for anyone who menstruates.

# Flow On The Go

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