

**THE** 

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**GIVEAWAY**

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Meet The Products

# Menstrual Cup - Saalt

A silicone cup which is inserted into the vaginal canal-- it collects menstrual blood rather than absorbing it

Can be worn for: up to 12 hours

You get: 1 cup, 1 carrying pouch, 1 bottle of soap to wash your cup

Once full: dump, rinse or wash, and re-insert

At the end of your cycle: boil in the microwave or on the stove to sanitize



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# Period Underwear- The Period Company

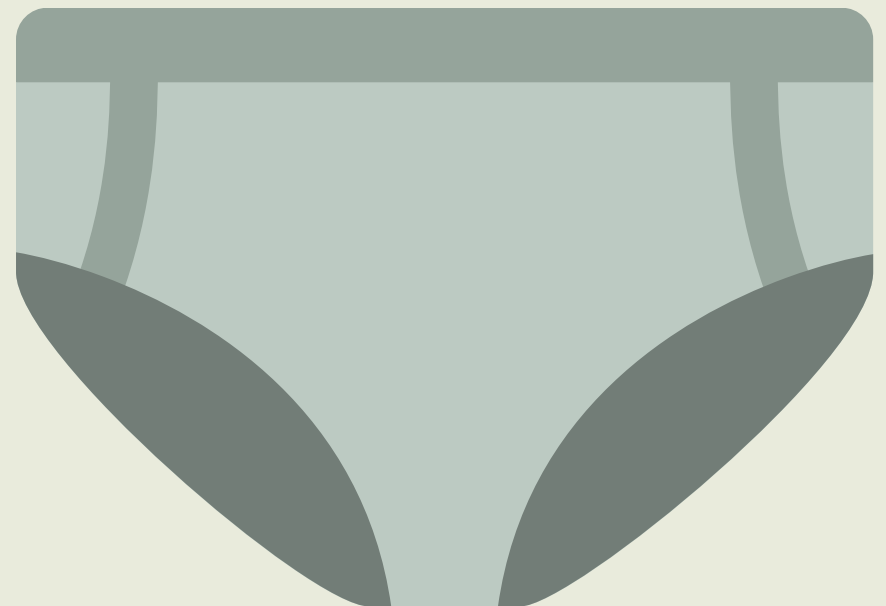
Absorbent, anti-microbial underwear which you wear like any other underwear--- they absorb menstrual blood, keeping you feeling dry

Can be worn for: about 12-hours

You get: 3 pairs of bikini underwear

Once full: remove, rinse with cold water, or just toss in the laundry

At the end of your cycle: throw them in the wash (or hand wash), then hang to dry or tumble dry low



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# Cloth Pads - Party in My Pants

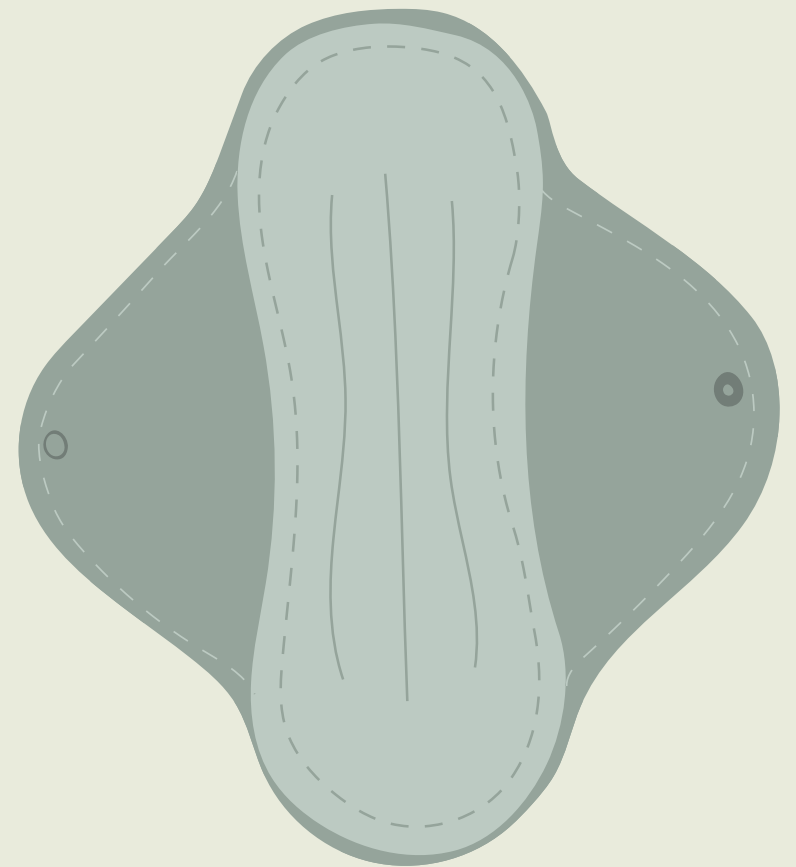
Absorbent cloth pads-- they work just like disposable pads, but can be washed and reused

Can be worn for: about 2-6 hours

You get: 4 cloth pads


Once full: rinse with cold water or soak for a couple minutes (optional)

At the end of your cycle: throw them in the wash on a cold or warm cycle (not too hot), then hang to dry or tumble dry low



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# Compare The Products

Product Comparison	Timeframe worn before changing	Non-Toxic	Close Contact With Blood Required	Public Restroom Friendliness	Difficulty	Greenest
Menstrual Cup	12 hours	Yes			Moderate - Difficult	
Period Underwear	8-12 hours	Yes			Easy	
Cloth Pads	4 hours	Yes			Easy	
Tampons	8 hours	No			Easy-Moderate	

Which factors are most important to you in making a decision about which menstrual products to use? Or are there other factors not listed on the chart that inform your decisions?