

# Menstrual Cups



Menstrual cups are friendly to your lifestyle, environment, health, and finances and are the solution to your menstruation woes! Inserted into the vagina, they collect rather than absorb the fluid and do not change the natural environment of the vagina. Once inserted, most women cannot even feel them and they only have to be emptied once every 6-12 hours. They are a great solution for busy women who do not have time to change tampons or deal with pads.

For More Information:

[www.menstrualcups.org](http://www.menstrualcups.org)  
[www.lovemycup.com](http://www.lovemycup.com)  
[www.ecomenses.com](http://www.ecomenses.com)

Cup Companies:

[www.lunettecup.com](http://www.lunettecup.com)  
[www.ladycup.eu](http://www.ladycup.eu)  
[www.divacup.com](http://www.divacup.com)  
[www.femmecup.com](http://www.femmecup.com)  
[www.miacup.co.za](http://www.miacup.co.za)  
[www.mooncup.co.uk](http://www.mooncup.co.uk)  
[www.mpowercup.co.za](http://www.mpowercup.co.za)  
[www.keeper.com](http://www.keeper.com)



Diva, Femmecup, Keeper, Lady Cup, Lunette, Miacup, Mooncup(UK)

Disclaimer: This brochure was created as a service to other women by one who uses a menstrual cup. This brochure is in no way connected to any of the websites, organizations, or companies mentioned. Please consider your individual circumstances before acting on any of this information. If in doubt, please consult a health professional.

Do you dread "that time of the month"?

Do you hate dealing with the mess of tampons and pads?

Do you wish there was a better way?

**GOOD NEWS...**

**...THERE IS!**

## Lifestyle

- No more carrying pads or tampons everywhere.
- No need to take your purse to the restroom.
- No more worrying about possible leaks.
- Great for active lifestyles - running, swimming, cycling, horseback riding, travelling, backpacking, etc.
- Only has to be emptied once every 6-12 hours, or slightly more often depending on flow.
- With practice can be removed, emptied, and reinserted in about 1 minute.
- Comes in many different shapes and sizes to fit your body.
- Available in different colors to express your unique style and nearly all of them come with a stylish storage bag.
- Eliminates embarrassing odors.

## Environment

- The average woman uses 15,000 tampons or pads during her lifetime; a reusable menstrual cup will last 5-10 years.
- More than 12 billion pads and tampons are thrown away annually in the United States.
- The plastic in the pads and tampon applicators comes from petroleum and is not biodegradable.
- 70% of sewer blockages are caused by "flushable" menstrual products.

## Health

- Menstrual cups are made of medical-grade silicone (used in heart valves) or gum rubber (latex) and do not contain any dioxins or other harmful chemicals.
- Menstrual cups do not absorb the natural moisture of the vagina, as tampons do.
- Menstrual cups have never been connected to any cases of TSS.
- Menstrual cups do not cause extra sweating or chafing, as pads do.

## Finances

- The average woman spends over \$100 each year on tampons or pads; a Menstrual cup costs \$20-\$60 and lasts 5-10 years.

## So, what is a menstrual cup?

A menstrual cup is a soft, pliable silicone or gum rubber cone-shaped cup that is worn inside the vagina. The cup collects the blood and is emptied at least once every 12 hours. Most cups will hold 1/2 an ounce (or more) of fluid, about 1/6 of the average woman's monthly flow. Menstrual cups are very comfortable - most women do not feel them when inserted correctly and some have even experienced less severe cramping or shorter periods due to cup use. Cups have been around for over 70 years, but due to limited advertising and society's view of menstruation as "dirty," few people have heard of them.