

# Top 3 Reasons To Try A **Menstrual Cup**

## 1. LIGHT ON YOUR WALLET

Menstrual cups will save you over **\$3,800** (Est. based on an avg. period duration of 39 years—from ages 12 to 51.)

Lifetime cost of PADS and/or TAMPONS = **\$4,000**

vs. Menstrual Cups = **\$120**

## 2. KIND TO YOUR BODY

- ❖ No harmful chemicals
- ❖ No drying or tearing
- ❖ Wear up to 12 hours without leaking

## 3. EASY ON THE ENVIRONMENT

- ❖ 12,000-16,000 less used tampons and pads in landfills and septic systems over a person's lifetime
- ❖ Less (often chemical-laden) packaging in landfills
- ❖ Less energy and waste spent on production and shipping

## Bonus reason: **EMPOWERMENT**

- ❖ Stop associating periods with products that go in the trash
- ❖ Know your body better
- ❖ When you feel more period-positive, you can help break taboos around periods



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