

# HOW TO USE PERIOD PANTIES.

Experience worry-free comfort and eco-conscious convenience with period panties – your ultimate partner in hassle-free menstrual care.

## 1. PUT THEM ON.

This is the easiest thing! just **put it on** as your usual underwear, you don't need anything else, it includes the absorbing material.

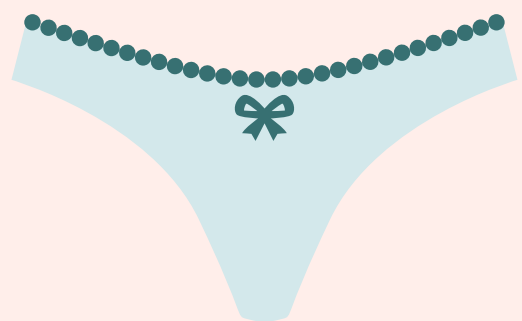


## 2. USE.

You can **move, dance, exercise, etc.** It's designed to absorb all the blood. You'll feel it when it's full and time to change because it will feel heavier..

## 3. REMOVE.

Once you feel it's full or after 12 hours, it's just like taking off your regular underwear.



## 4. WASH.

Immediately after removal, **rinse it in cold water and hang it to drip dry** (for washing later). When you wash, run without bleaches or softeners (preserves natural absorbency) and hang to dry! .



**Elevate your menstrual routine with period panties, making every cycle a confident and sustainable experience.**

### **\*And Remember\***

**Your panties and pads are meant to be used by you and ONLY YOU. It is important to not share them as this can lead to infections.**

**If you notice anything abnormal such as discomfort or any yellow or green discharge stop use and switch to disposable pads.**

**Make sure the reusable menstrual product is completely dry before using and try to dry your pantie in the sunlight to kill any remaining bacteria**