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# IMPORTANT:PLEASE READ CONSUMER INFORMATION MENSTRUATION

This leaflet is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about MENSTRUATION. Contact your doctor or pharmacist if you have any questions about

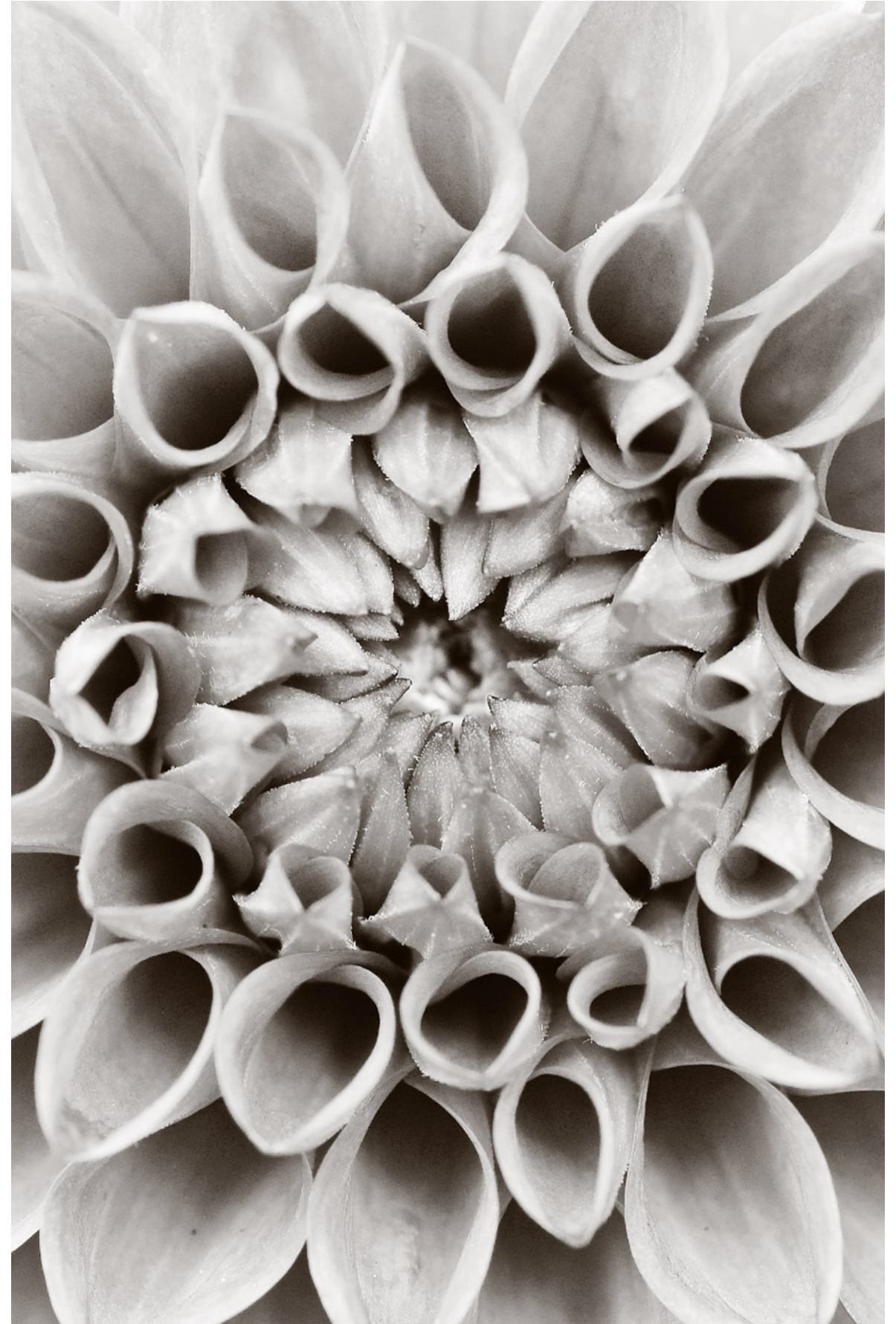
## ABOUT THIS CYCLE

### What menstruation is used for:

- Menstruation is a women having her period
- Menstruation is a normal process of women. It happens when a girl is adolescence, from 11 to 17 years old. Although some girls can have it earlier. It is almost for all the life, because it can finish for 50 years old or a little after.

### What it is:

- A natural occurrence within the female reproductive system, after the female has hit puberty. Although it is not always the most pleasant, it represents femininity and is completely normal. It allows the female to feel emotions (sometimes too many), and occurs when an egg is not fertilized by a sperm. Although it normally makes a monthly appearance, some women can experience early or late periods, control their periods through various birth control methods, and some may even have disorders of the reproductive system that prohibits their body from menstruating.
- A mess you can never escape. A hindrance to one's self to make you feel dirty even after a shower. Not wearing anything white. Moods that you wish not to feel; but do due to this word. A gift from your birthday that you want to return to the store.



## FREQUENTLY ASKED QUESTIONS

### **menstruation?**

A period. where if the egg is not fertilized the lining of the uterus sheds causing a woman to bleed (once a month)

A biological process, the sloughing off of the uterine wall. Joined by cramping, tender breasts and mood swings. Occurring once a month when the egg inside a woman goes unfertilized. Commonly altered or halted by the use of birth control.

### **I feel nervous when it doesn't start, but if it really begins, it is annoying and inconvenience?!?**

It comes and it goes. First 2 weeks come and life's a party. The 3rd week in you start to develop mood swings, fart a lot and eat SO MUCH. At this point you don't know why it is your crying at a leave blowing in the wind. A few days later you wake up in the morning, go to the bathroom and it's like it's a murder scene in your underwear.

### **Im just surprised how I'm still alive today with the amount of times I go through hell every month?**

Women are stronger than they look. Having to endure this pain every month and still go on with their daily routines, that's no easy task.

One of the most natural processes of womanhood, for those who are able to bear children. A word, still often seen as taboo within today's social norms, that has the power to represent the possibility of new life through the absence of its process.

### **(why are tampons so expensive?).**

tampon tax

I hate buying tampons that are so over priced

Menstruation is also a word that sparks debate as women have to pay for the products necessary to deal with something natural. It's also outrageous that sanitary products are taxed as luxury items.

### **the term has a stigma attached?makes it difficult to talk about**

The word 'menstruation' to me feels negative, maybe that's just because of how it makes me feel however I believe it's an important topic for women's health. In my experience there was a time when I wasn't taking care of my body and giving the proper nutrients (healthy fats and such), I didn't have my period for several months because I was training too hard. I struggled with how to tell my (male) coach that I could no longer fight at the weight I was because it was preventing my period. I think even in the sports world it's a very touchy topic, no one wants to hear about it and no one wants to talk about it. It's an essential part of a healthy life style and should always be talked about (if the woman is comfortable of course).

### **Does it ever end?**

(menopause)

A cycle of change, strength, power, pain, and growth. Change when one begins menstruation but also recognizing the strength and power that is associated with the phenomenon regardless of how painful it can be. Understanding that growth affects menstruation and how it can end once you've grown .

A painful, unfortunate, but necessary part of life, for any person with a vagina in order to bring life into the world, if they so choose. Usually looked down upon by men who believe it to be a sign of weakness, but is indeed a sign of strength and power.

### **"why cant women hold their menstruation?"**

People need to open up about talking about periods because it is a real life thing that happens and the more it is talked about the more women will feel comfortable with it.

if we talk about menstruation more, there won't be as many misconceptions regarding menstruation.

### **NOTE:**

For poor women in Canada, especially our most vulnerable like Homeless women, Menstruation can mean a missed meal, it can mean having to stick socks in their underwear, and can mean an inability to move much. It can be one more barrier to really feeling clean. Menstruation is a pain, but how you experience it varies depending on privilege.

it isn't the core of "feminine" identity either. Feminism rooted so strongly in this concept is restrictive.

Menstruation is often a taboo topic. Many see it as impolite to talk about and that women must be discreet about the subject. This archaic way of thinking and behaving is only harmful to young women. We must teach young girls AND boys that it is the most natural thing in the world. If we as adults cannot talk to them and teach them what they need to know, they will get answers from untrustworthy sources. Not having the proper information can bring a great deal of harm and shame to our young women and keep them from living their best lives. It is important that we also bring our young men into the conversation so that they learn to be comfortable and respectful of menstration. It will help them to understand and care for the women in their lives and help keep the conversation open. Our disgust with this natural system in women's bodies is a learned behaviour. Let's change the conversation and teach young girls how to embrace their bodies and be confident in who they are.

Not everyone who bleeds presents themselves as female. They hide in plain sight; but society tries to ignore their struggles and plights. Women's Rights fails them every day with their "Pussy Power" and "Feminine Products" as a

## **TESTIMONIALS**

"I think menstruation is a really beautiful and wonderful thing that allows women to be able to carry babies later in their lives,"

"Both a nuisance and a relief. One of the best and worst parts of womanhood. I can't say I look forward to my "time of the month", but it gives me a chance to reset and focus on me. An excuse to eat the chocolate, go to bed a little earlier or cuddle the boy a little bit harder. Blood is blood and it brings all of us women of different bloods together."

"Unpredictable. Some months it's pretty smooth sailing, and others it's curling on the floor in pain. Getting through the week with a night of tears or spending it all worryingly about making poor life choices. Mom agreeing to go for birth control one morning and backing out the next."

"A beautiful phase a woman goes through once a month. Where her skin glows and her body transitions into something more pure."

"Menstruation. A word that is a part of my holistic experience as a woman. A beautiful aspect of physiology that allows me to create life. Also a word that is avoided by society, as perceived poorly by some men due to its association with blood, shedding, and extraction. It's a shame it is not talked about more naturally, and normalized in everyday discourse."

"A process that is also considered important for a woman to be able to mother a child through procreation and mating. Although a painful process for some, it's one of the beautiful aspects of a woman. In certain parts of the world, the term has a stigma attached to it that makes it difficult to talk about."

# One Step Pregnancy Test

## PLEASE READ CAREFULLY BEFORE BEGINNING

Menstruation can be a painful experience, but a natural part of the female reproductive system. It lasts about 4-8 days, and indicates to a female that they are not pregnant. It is a not comfortable experience, but once it is done then it is relieving to the female

both annoying and necessary. Bleeding out of your vagina is messy and stews with your mood and body. It also costs money to take care of your period. On the other hand, getting a period shows that you are fertile. It also shows that you are not pregnant, which many be a good or a bad thing, depending on who you ask.

It is very frustrating to experience as a woman, and it often evokes pain and discomfort. Menstration causes a major drop in self esteem. The amount of lost underwear due to this natural flow of blood is devastating. Menstration shows fertility which is a beautiful thing but not an enjoyable experience.

A taboo subject that shouldn't be. I strongly believe that society needs to have more open conversations about menstruation. It's outrageous that some girls don't know what their period is when it starts. I have vowed to discuss menstruation openly and without judgement with my own children when that time comes, and I hope that others would do the same so we can get the ball rolling :)

## INSTRUCTIONS

1. This represents a time of great confusion and development for young girls as they work to understand what it means to be a young woman in their society. It is also a time of great ambiguity because one is still a child, yet is expected to take on adult responsibilities and higher level understanding of their physical health.
2. The most difficult and painful part of my months and a reminder of how no matter what I do in life I will always have to overcome something. It also makes me feel feminine and lucky at the same time which can be conflicting however I am truly blessed to have the privilege of hygiene products and simply the ability to create life at my fingertips. It is not gross, it's a struggle but it's also a miracle
3. "menstration" is undoubtedly seen as a taboo term in society. Meaning that men (and oftentimes women) become uncomfortable and visibly disgusted when this word is mentioned in casual conversation. Which can influence women to be ashamed when talking to partners, brothers, fathers, etc.
4. So ok, ... the reason for the reckoning I go through every month is because Eve ate the apple she was told not to and so my uterus has to make me suffer for her mistakes and having me feeling like I have to fart every second ... okay, but hey I love it sometimes cause it makes me know that things are working down there and I'm not cooking up a baby at least so haha thanks Eve I don't hate you as much

## NOTES FOR FIRST TIME USERS

At first, it is something that everyone asks questions about and children are open to hearing about it. However, as we get older it becomes a word that should be talked about in the open. For women, they are taught to conceal their pads and tampons when they go to the bathrooms in order not to make anyone feel uncomfortable and also to avoid boys teasing them. For men, it is something that they are no longer willing to ask questions about. They don't want to hear about it, but are willing to use it to question women if they get upset.

My first period was a Tuesday. My dad bought me pads so big it was like trying to walk around with a subway 12" bun between my legs. It was election day, so I spent the afternoon attempting to cross country ski, in snow pants, with this ginormous canoe maxi pad chafing my thighs.

My menstruation wrecks me. I have to remember that it doesn't affect my gender identity, but it always pushes through. Dysphoria screams its wretched wails louder one week every month. My entire body aches and makes me nauseous. It's not just a fact of life for me, it's a mistake.

I remember feeling scared when I menstruated for the first time, since blood's colour is quite intense. I didn't like the fact that my mother cried (out of pride) because "I turned into a woman". I never understood why it had to be such a big deal. Girls should be taught menstruation is normal! Even if it can be painful (it makes my legs hurt).

A significant stage in a female's life that marks the beginning of her womanhood. It cycles for a week every thirty days and causes pain and discomfort to the woman experiencing her period.

When I first got my period, I was ashamed of it. It was embarrassing. It felt dirty. If I wear pads, I am gross for sitting in my own filth. If I wear tampons, that implies promiscuity. If I talk about it, that's taboo too. It's strange how menstruation, a natural and relatively universal process, can have such negative connotations.

For many in the developing world, periods can signify an end of childhood

It travels with you on your voyage...sigh.. first as a coming of age moment. It quickly becomes an unwanted monthly visitor. Something that must be borne. It can be a much prayed for visitor for one woman and a cruel companion for another. One day it ceases to visit ever again. It is a bittersweet.

It is a natural phenomena that occurs to a woman almost every month that starts at the start of puberty. For me, periods started later in adolescence which can be dependent on genes. They've been irregular from time to time and cause a lot of discomfort when they occur. I feel the need to hide it from everyone else that I am on my period



## TEST RESULTS

**Positive Results:** Happens monthly. Mine is late. I slept with a boy who is also sleeping with some other girl and now I'm late. Starting to worry. Truly not sure what my next move is. Do I tell him? Or just wait and see? This could be problematic. What about my career?

**Negative Results:** A evil gift from god that causes me to bleed every month to remind me that "congrats you're not pregnant!" This would be helpful if I wasn't a lesbian, because I know that I'm not pregnant, pretty darn certain that my girlfriend didn't get me pregnant. I have to bleed profusely, experience god awful cramps, and get a face full of acne all to remind me of something I already know isn't going to happen.

**Invalid:** if you miss a month, there's a chance you could be pregnant, or just be later than what you're used to

**Note:** Menstruation is a relieving, but also agonizing part of womanhood. It shows that you're safe for another month, but also makes you feel like you're gonna die a slow painful death of acne and cramps and boob tenderness.

**Note:** I think about the strength woman have, our bodies can endure so much. As a young child it can be terrifying but as you grow it is really a normal function that allows us to achieve so much like having children, being empowered by one another.

## Other Information:

It is the worst time of the month for me. I have had times when I have cried out of pain during these times. It can be painful and messy but I feel privileged to have a vagina and a womb. Most importantly, I am happy and proud to be a female and therefore I have accepted menstruation as part and parcel of being a female.

That can be something affect their daily performance or productivity at work or in school. But from my experience/observation, the understanding or empathy showed on this termed is lower than my expectation, i wish we can make it better! <3

Repulsive, unclean, and a "turn off" to those who do not undergo the process. It is an excuse for others to mock a woman's emotions during their time of the month. In third world countries, women are discriminated when menstruation occurs, with little access to menstrual products and sanitary methods to handle their menstrual flow.

The flowing occurrence that happens monthly for women, which can cause bloating, cramping, and sometimes leaks. It can be "spotted", "light" or "heavy". The time of said period can range from five to seven days; people that end sooner are considered lucky by others that don't. I.

Me. It hurts like a bitch. I don't want kids so thanks for nothing.

It can be very uncomfortable for females.

# Cycle Facts

## **Active Ingredients** **(In Each Cycle)**

power and strength behind being a women, and how we go through the pain and being uncomfortable when menstruating just for a chance to bring a child into this world.

An annoyance and costly situation but it's natural and a part of life so what can you do.

A very important part of females' life cycle. Usually causes a lot of pain to women. This cycle is a monthly discharge of blood but for some women it has an abnormal cycle.

It's part of a passage of what it means to "become a woman".

natural process for females that happens once a month. It is different for everybody for pain, length of cycle, heaviness of flow

can be a mental struggle as well.

It's what all females have and suffer a lot with. Females often easily get upset and irritated psychologically around those period of time. At the same time, the immune system is said to weaken during that time. That might explain why female gets sick easily during that sensitive time.

part of who I am and I don't mind it anymore.

A natural / sometimes painful part of my monthly routine.

## **DISPOSAL DO'S AND DONT'S**

### **Proper Disposal Methods**

I started using a Diva Cup three years ago mainly because I felt really guilty about the amount of trash I made for 5 days each month. My wallet was also thankful Even though it still leaks occasionally at least I don't have to worry about TSS. I bet if men menstruated they would have found a way to limit the bleeding and pain already.

Natural process that needs to be less taboo to talk about . Was originally taken aback by the choice of word but I shouldn't have been and I believe that I wouldn't have been if it was more of a common topic. Women (and men) should not feel ashamed to talk about it.

I'm currently on my period and I think a little gnome is using a pick ax to escape my uterus. That's the best I can do to explain what menstruation is like for all those fortunate enough to not experience it.

pads tampons diva cup are all the same. the idea is that you dont bleed everywhere. Unless you free bleed, then you do that if you want!

### **Improper Disposal Methods**

Nobody can control what you choose to do with your body. There is no right or wrong way to menstruate, and we should stop shaming people for taking control of their own body.

# WARNINGS AND PRECAUTIONS

## SERIOUS WARNINGS AND PRECAUTIONS

Bloody war  
oh pain oh monstrous womanhood of eternity.  
Childhood is washed away.  
Run before the "flower" of your life reaches the carnation of  
being.  
Silent u in an infuriating word.  
Go ahead tell me foolish ghoul  
about the deep basin of your agony.

## ABOUT THIS CYCLE

Once a month visit from Hell where uncontrollable bleeding leads to a debilitating pain. Often neglected to be seen as a significant time and downplayed by those of the opposite gender. Can be referred to as "the red river"; dehumanizing such an innate human process.

Central heating for my entire body. The kind that makes you feel like the thermostat is broken and you it's going up no matter how hard you push down. Stained bedsheets and hydrogen peroxide.

Every month she turns into a paranoid mess. Constantly asking the nearest girl to check the back of her dress.

## POTENTIAL SIDE EFFECTS

- a reason to tell him no
- expensive
- wet
- Pain.
- Red.
- Fruit Juice.
- Toilet.
- Luxury Tax.
- Tampons.
- Taboo
- Cramps.
- Pads.
- Diva Cup.
- Wings.
- Adhesive.
- Broke.
- Homelessness.
- Toilet Paper.
- Blowjob Week.
- White Jeans.
- Vagina
- Womanhood
- Gender Constructs
- Inclusivity
- wrecked panties
- chocate
- sweet chili hear doritos
- Headaches.
- Frustration.
- Annoyance.
- Advil.
- Woman.
- Babies.
- YAY I'M NOT PREGNANT!
- Mother Nature.
- Blue Liquid.
- Laying In Bed.
- Girls unable to go to school
- diva cups
- unable to enter religious buildings
- anal
- PMS.
- Sugar Pills.
- Tampon Tuesday.
- Jack Astor's.
- monthly cycle
- painful
- Ouch.
- Lots of PMS
- "check my butt"
- flowey clothing
- tampon justing



## SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM

Pain. Horrific pain. More than once I have fainted, thrown up, cried, screamed from it. Pain blooms the lower back and slides down, intensifying as it reaches more sensitive nerves. Once a month I drug myself to oblivion in hopes that I'll sleep through what is attacking my lower half. Sometimes it works, and other times I wish I were dead.

Power borne from pain I have carried not just in my womb,  
but in my being,  
For what feels like ages  
Defined by this I am lessened in the isles of history  
These books would be so much thicker and richer if  
Our blood, full bodied red wine,  
had been spilled across these pages  
And yet, for all their trying,  
I am the dream,  
the vessel for years of ideas not yet realized  
I contain the universe 100 years from now  
And all this I know,  
which makes this saccharine pain  
Worthy of me.

So ok, ... the reason for the reckoning I go through every month is because eve ate the apple she was told not to and so my uterus has to make me suffer for her mistakes and having me feeling like I have to fart every second ... okay, but hey i love it sometimes cause it makes me know that things are working down there and i'm not cooking up a baby at least so haha thanks eve I don't hate you as much

## REPORTING SUSPECTED SIDE EFFECTS

While the word itself may hold the word "men" in it, the irony is that no man wants to partake or even acknowledge it. It's funny how freely other bodily fluids are spoken about, yet, blood leaking from the female anatomy is seen as repulsive. As though feces is more respectable than the perfectly normal cycle that creates life around us. Perhaps the name should be changed to womenstruation; for we are the ones who bleed, birth, and build without ever blinking an eye.

I believe that "menstration" is undoubtably seen as a taboo term in society. Meaning that men (and oftentimes women) become uncomfortable and visibly disgusted when this word is mentioned in casual conversation. Which can influence women to be ashamed when talking to partners, brothers, fathers, etc.

I don't enjoy being told I must be on my period when im angry or upset. Any extreme emotion is always summed up to menstruation, making emotions lose their validity. A lot of people think it's emotional, thay you're being a "bitch" cause of it but really you are just being a strong leader or that cause your on your period you're crying but really you are just empathetic. I feel like there is so much stigma about it (ex. africa or somewhere they are claimed to be dirty) and there shouldn't be it's just what happens to us.

Why are men embarrassed to talk about a women's period when they wouldn't exist without it? Why do they feel comfortable sexualizing a women's body parts but are uncomfortable at the thought of how they actually work?