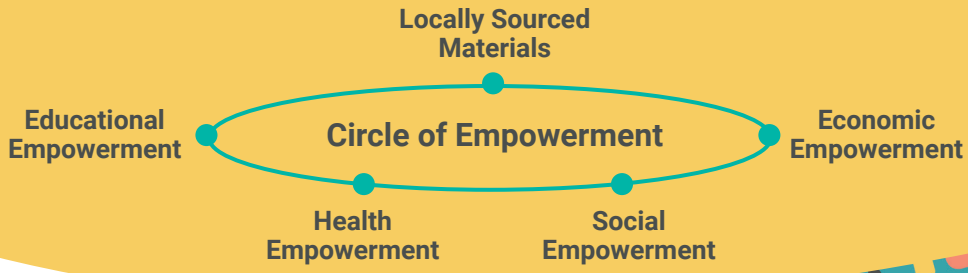
Equality Girl

Washable & Reusable Cloth Menstrual Pads

#EradicatePeriodPoverty

Equality Girl advocates for the equality of Mothers, Women, and Girls around the world through feminine health education and the distribution of affordable, sustainable, and healthy choices in feminine products and care.



It was suggested that we leave a "Love Note" on the back of this card, especially those that recieve the free starter kits.

Theresah, 11 Republic of Ghana,
Whats to be a Bank Manager when she grows up.

"This bag was made especially for you because you are beautiful, powerful, magnificent, and special. YOU MATTER!"

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#EradicatePeriodPoverty
#EqualityForMomsGirlsWoman

fitandfabmom
FitandFabMommyClub
www.ffmcglobal.org

Washing Instructions for Reusable Pad

Wash before first use.

Wear Pad with plain color fabric facing up and the patterned side facing your underwear.

Fasten the buttons around your underwear.

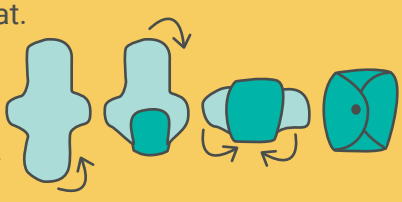
Change Pad as frequently as you need to feel comfortable.

Soak in cold water with the soiled side facing down for a minimum of 30 minutes.
Avoid hot water to avoid staining.

Wash by hand, rubbing the fabric against itself (do not brush), or use a washing machine (Max. 40C) along with other clothes. Best use natural soap.

Pull into shape and then dry on a clothesline (best in sunlight) or in a tumble dryer on low heat.

Carry used pads by folding them inwards as shown; store them in a clean, dry environment.



Take some time to experiment and create a rhythm and routine for yourself!

Note. The cotton will become more absorbent after two to three washes. Initial shrinkage is normal with natural cotton material.