



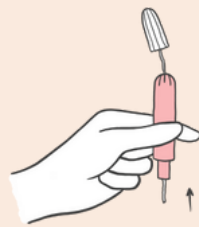
LET'S MAKE THIS THE BEST PERIOD OF YOUR LIFE!

Whether this is your first period or you're an experienced menstruator, be sure to read these handy directions before usage.

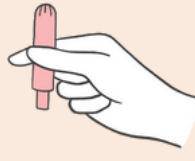
Important: Be sure to wash your hands before and after inserting your tampon!



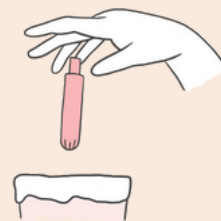
1



2



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1. Sit on the toilet with your knees apart. Remove the outer, paper wrapper of the tampon. Throw it into the garbage.
2. Hold the applicator tampon in one hand. With the string hanging down, insert the outer tube into your vagina at a slight angle towards your back. Slide the applicator all the way into your vagina. Push the inner tube all the way into the outer tube until the ends of both tubes are even. (This slides the tampon out of the applicator and into the right place in your vagina.)
3. Firmly hold on to the outer tube and pull it out gently, leaving the tampon inside your body and the string hanging outside ready for removal.
4. Toss the tube into the garbage. NEVER throw the tube or tampon into the toilet!

TIP: Move the string of the tampon to one side of your underwear so that it is easy to locate for removal.

TIP: If your tampon is inserted correctly, you should not feel it. If you do feel it, use your finger to wiggle the tampon around, so that the tampon is in a comfortable position.

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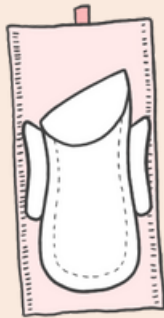


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1



2



3

1. Wash both hands and remove the pad from the wrapper. Pull the wrapper away from the pad to expose the sticky part of the pad.

2. Center the sticky side of the pad in the lowest part of your underwear (the area that goes between your legs). Be sure not to place it too far in the back or front. If your pad has wings, remove the backing and wrap them around the underside of your underwear.

3. Pull your underwear back up, wiggle around and make sure that your pad is placed in a comfortable position. Wash your hands and get ready to flow forward!

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