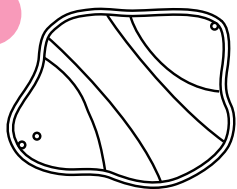


A HOW TO GUIDE:

# REUSABLE PAD

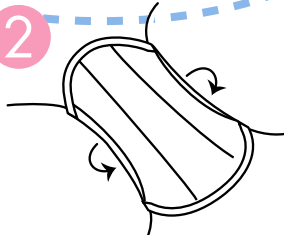
PADS FOR YOUR PERIOD

1



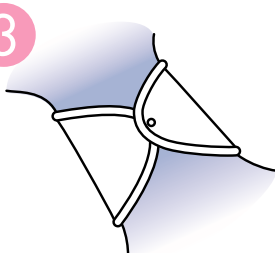
Open the sanitary pad

2



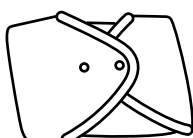
Put the sanitary pad on your underwear

3



Close the snap button

4



Pack the sanitary pad when you are out



[www.dignityperiod.org](http://www.dignityperiod.org)



Scan for instructional video

One reusable pad is capable of absorbing similar amounts to a regular pad. Wash after each use and hang dry. Allow time to dry completely. Do not flush in toilet or throw away after one use. Pad will reach it's full absorbency potential after being washed a few times. Please use care when unsnapping pad to wash so snaps don't tear. Wash on delicate cycle or hand wash.

Dignity Period Kit includes 4 reusable pads.

*Dignity Period is proud to partner with  
**The Collective Thread**  
to supply communities with reusable and sustainable cotton pads.*

**We want to hear from you!**

Complete this survey to be entered into a drawing for a \$25 Amazon Gift Card



Scan for survey

Dignity Period is a non-profit organization based in St. Louis, Missouri whose mission is to impact period poverty around the globe by improving access to accurate menstrual information and distributing high-quality washable/reusable menstrual hygiene products. We are motivated by the belief that those who menstruate should do so with comfort and in dignity.

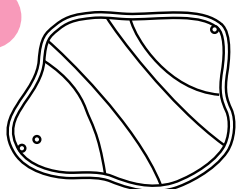
**DIGNITY PERIOD** P.O. Box 28343, St. Louis, MO 63146  
[info@dignityperiod.org](mailto:info@dignityperiod.org)

A HOW TO GUIDE:

# REUSABLE PAD

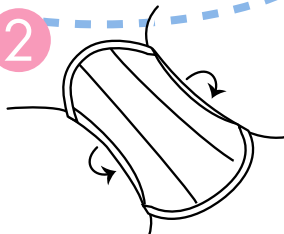
PADS FOR YOUR PERIOD

1



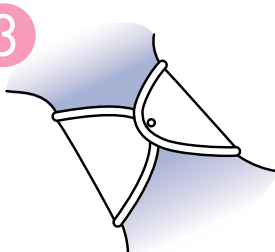
Open the sanitary pad

2



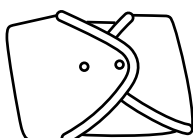
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