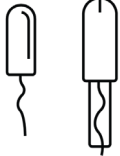
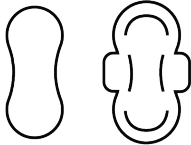
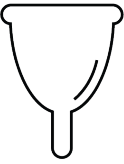
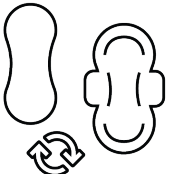



Sample Menstrual Product Options

Product Name	Definition	Variety examples	Brand examples**
<p>Tampon</p> 	<p>A tampon is a disposable menstrual product designed to absorb menstrual fluids by insertion into the vagina during menstruation.</p> <p><i>Required by OAR 581-021-0590</i></p>	<ul style="list-style-type: none"> ● Light, regular, super, super plus, and ultra ● Plastic, cardboard, and without applicators 	<ul style="list-style-type: none"> ● Top (regular) ● Tampax Cardboard (super) ● Cora Applicator-free (super+)
<p>Pad</p> 	<p>A menstrual pad, or just pad, is a disposable menstrual product designed to absorb menstrual fluids by affixing to underwear during menstruation.</p> <p><i>Required by OAR 581-021-0590</i></p>	<p>Absorbency and size options: Panty liner, light, regular, heavy, overnight</p>	<ul style="list-style-type: none"> ● Cora (liner) ● Always (regular) ● Rael (large) ● Always (long super)
<p>Menstrual cup</p> 	<p>A menstrual cup is a bell shaped cup designed to collect menstrual fluids by insertion into the vagina during menstruation.</p>	<p>Menstrual cups come in different shapes, sizes, and are made of different materials.</p>	<ul style="list-style-type: none"> ● Cora ● MeLuna ● Diva Cup
<p>Cloth pad</p> 	<p>A cloth pad is a washable menstrual product designed to absorb menstrual fluids by affixing to underwear during menstruation.</p>	<p>Cloth pads also come in different shapes, sizes, and absorbency levels, and are made of different materials.</p>	<ul style="list-style-type: none"> ● Aisle ● Hesta ● GladRags
<p>Period underwear</p> 	<p>Period underwear are washable menstrual products designed to collect menstrual fluids during menstruation.</p>	<p>Period underwear comes in different absorbency levels, sizes, and styles, which can be especially affirming for trans and non-binary students.</p>	<ul style="list-style-type: none"> ● Thinx Hi-Waist ● Aisle Boxer Brief ● Goat Union ● ModiBodi

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