



Eco-Friendly / Empowering / Effective / Economical

The MPower menstrual cup is an innovative menstruation product made in South Africa. By using an MPower cup you save money, you save yourself and you save the environment.

You empower yourself and others.
No tampons. No pads. No 'period pains'

PRODUCT INFORMATION:

- Made from 100% medical grade silicone
- Can be used by all women
- Can be used before first sexual intercourse and in conjunction with an IUD or contraceptive diaphragm
- Holds up to almost three times the fluid that an average tampon or sanitary pad can
- Comfortable as it is made from soft flexible silicone rubber
- Convenient to carry in your bag, nothing to throw away or to run out of
- Ideal for an active lifestyle and for active sports such as running, gym, yoga and swimming
- Bio-compatible i.e. not harmful to living tissue
- Easy to clean as the lining is totally smooth and the tab is flat
- Not tested on animals
- Used with care the MPower cup lasts up to 5 years



Position of tampon



Position of menstrual cup

YOUR HEALTH:

- Hypoallergenic, Antibacterial, latex free and odorless; suitable for women with sensitive skin, thrush, eczema and allergies (including latex allergies)

- Fragrances used in some tampons can cause irritation, allergic reactions and may upset the vagina's natural microbial balance
- Many tampons are not inert; chemicals such as pesticides are used to produce the cotton, deodorants, absorbency enhancers, and chlorine compounds used in bleaching processes
- Dioxin, a carcinogen, may be formed in the bleaching process itself
- Fibre loss and damage done to vaginal tissue by fibres are also concerns, like 'Rayon' a manufactured fibre consisting of tiny strands of plastic and often used in tampons. Some speculate that the rayon strands can cause micro tears of the vaginal wall when a tampon is inserted or removed, leaving the vagina more susceptible to infection
- Tampons are individually wrapped to keep them clean but are not sterile
- Tampon companies are not required by any law to list their ingredients
- Tampons and pads can cause an increased risk of bacterial infection
- Toxic Shock Syndrome (TSS) is associated with the high absorbency of tampons and with their prolonged use
- Tampons absorb more than 25% of natural and necessary vaginal secretions
- Vaginal dryness, peeling of the mucous membrane, ulcers and lesions are caused by the absorption of vaginal secretions and the use of absorbency enhancers
- Pads cause a form of skin reaction called contact dermatitis
- MPower cup collects menstrual fluid, rather than absorbing it, leaving all moisture levels undisturbed and allows the body's processes to function naturally



ENVIRONMENTAL IMPACT:

The worldwide environmental impact of disposable feminine hygiene products is considerable

- The manufacturing of tampons is harmful to the environment; bleach and other environmentally damaging chemicals are often employed in tampon production, and important ecological resources particularly trees, are sacrificed for the wood pulp from which tampons are largely produced
- Average woman menstruates for 39 years, approximately 500 cycles in a lifetime
- Average (very conservative) of 20 pads/tampons per cycle
- Average of 260 pads/ tampons per year
- Average of 10 140 pads/tampons in a lifetime
- Over 15 million menstruating women in South Africa alone, approx 8 million use pads/tampons

Did you know?

an average woman spends **R305** per year on tampons and **R11 864** in a lifetime

discarded tampons & pads go into our landfill and water ways causing serious **environmental damage**

- 160 million pads/tampons thrown away per month
- 2 080 million pads/tampons thrown away per year
- **104 thousand million pads/tampons thrown away over next 50 years**
- This does not include the packaging: packets/boxes, individual wrapping, applicators, sticky strip covers

KARABO INITIATIVE:

The current situation is that communities affected by poverty are largely held together by women and CBO's (community based organisations) run predominantly by women. Shortage of cash to buy essentials and for transport, a shortage of amenities such as water, refuse collection and electricity, poor sanitation and no access to adequate toilets are the order of the day. Every day. Most support given to CBO's is for the basics. Higher order needs, such as counselling and skills training, follow when possible.

On a basic level these women do not have access to adequate sanitary ware (tampons/pads) if any at all. They are stripped of dignity and disempowered.

Could you imagine relying on donations of tampons/pads each month? Could you imagine menstruating and having to use cloths/rags, toilet paper, newspaper or nothing at all? These are methods that have financial, economic and social consequences. The disposal of the tampons/pads is adding to the existing poor conditions in which these communities live without sanitation, toilets and refuse collection. They are polluting the very environment they are being asked to become empowered from.

Cloths/rags are extremely unhygienic as they are rarely washed thoroughly due to the limited water supply and cold water that is used. Toilet paper is often taken from their place of employment to use when desperate. And newspaper, well I can only say it is most definitely not a first choice by any stretch of the imagination. For these women access to sanitary ware every cycle would be a complete unheard of luxury. These women are disempowered on a basic level.

For every 4 Mpower Cups sold – we donate a cup to a woman in need

You can help to by pledging to support a woman with an Mpower Cup

**One pledge, one woman, one 5 year empowerment plan!
You can only agree that is money well spent!**

For Orders please contact:

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