



# mooncup®

THE ORIGINAL SILICONE MENSTRUAL CUP

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[www.mooncup.co.uk](http://www.mooncup.co.uk)

## What is a Mooncup®?

- The Mooncup is the original silicone cup, tried and trusted since 2002.
- It's a **soft silicone cup** that can be reused for every period.
- An alternative to tampons and pads, **designed by women** for comfort and convenience.
- Worn internally, lower than a tampon, the Mooncup **collects rather than absorbs** your menstrual fluid.
- The Mooncup is **zero waste and plastic free**.



## Why consider the Mooncup®?

- **Tampons absorb 65% menstrual blood, 35% vaginal moisture.** As it's non-absorbent, the Mooncup menstrual cup won't dry you out or leave fibres behind.
- It saves you **money**: you only need one Mooncup which lasts for years.
- The Mooncup is great for both **heavy and light days** and ideal for travel, swimming and exercise.
- The Mooncup **holds 3 x more** than a regular tampon.
- In a 2016 study, traces of **chemicals** and **pesticides** were found in **5 of 11 sanitary products** tested. It's been known since 1918 that toxins can be absorbed into the body through the vagina.
- The Mooncup contains **no dyes, bleaches, toxins or plastic.**
- The Mooncup is **made in the UK** to the highest quality standards and approved by the **Vegan Society.**
- Mooncup Ltd is one of the world's **top 10 ethical brands** as rated by The Good Shopping Guide.



# How to use the Mooncup®

The Mooncup is folded and inserted into the vagina and opens up once it's inside.



Always wash your hands before inserting and removing your Mooncup, as you would when using tampons.



Fold, insert and position the cup as low down in the vagina as it will comfortably sit (lower than a tampon).



Position of the Mooncup



Position of a tampon



Remove, rinse and reinsert every 4-8 hours. Clean your Mooncup thoroughly between periods.

**While many get the knack of using the Mooncup straight away, it can take up to 3 cycles.**

Remember, your reusable menstrual cup should last for years and years. Once you've got it, you won't look back.



## WHICH SIZE?

Choose the right size following these simple guidelines:



Choose **SIZE A** if you:

Are 30 or over  
**OR**  
have given birth  
vaginally whatever  
your age.



Choose **SIZE B** if you:

Are under 30  
**AND**  
have not given birth  
vaginally

“The Mooncup is always a perfect fit and I cannot even tell if it’s there, it is just as if it’s a natural part of my body.

Ideal for sport, no string to show in changing rooms or communal showers!

It’s long-lasting and leak-free, it lasts me all day whatever I am doing!.”

**- Suzie**







Most tampons have plastic in them



The average pack of menstrual pads contains as much plastic as five carrier bags. (Natracare research July 2019)



Menstrual products are the **fifth most common item** found on Europe's beaches, more widespread than single-use coffee cups, plastic bags or straws. (European Commission Marine Litter Impact Assessment 2018)

Just one of us will use more than **11,000 disposable sanitary products** in a lifetime (as well as their backing strips, wrappers and applicators) which end up in the sea or landfill.

Using the Mooncup® offers us an opportunity to step out of the cycle of consumerism in at least one area of our lives. One Mooncup lasts for years, and **costs the same as you would spend on disposables in 6-8 months.**





If you want to have a plastic free period, but are not ready to make the switch to the Mooncup® menstrual cup just yet, you may also wish to consider:

- **organic cotton tampons or pads (please check wrappers and packaging are plastic-free)**
- **reusable pads or**
- **period pants**



There are a few things to consider when you're thinking about switching to a menstrual cup.

For more information [check out our FAQ](#) on using the Mooncup® if you've recently started your period.





Want to find out more?

- Check out our FAQs at: [mooncup.co.uk](https://mooncup.co.uk)
- Call 01273 673 845 or email [advice@mooncup.co.uk](mailto:advice@mooncup.co.uk)

    @mooncupltd

If you have (or suspect you have) a gynaecological condition, consult your doctor before using the Mooncup<sup>®</sup>.