

new


miaacup™

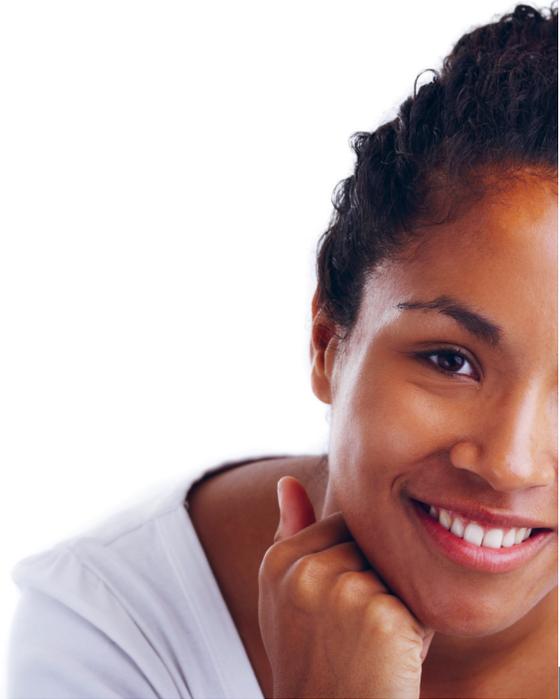


actual size when unfolded

Find out more at


www.rethinkthetampon.co.za

There *is* an alternative
to tampons and pads...



What is it?

Despite all the technological progress that's been made since the early 1900s, little about tampons or sanitary pads has really changed since they were first introduced almost one hundred years ago.

Miacup is a modern, liberating way to deal with menstrual hygiene and one that solves many of the problems associated with traditional, antiquated methods.

Produced entirely in South Africa using a soft, highly pliable medical-grade silicone, Miacup is a barrier that, like a tampon, is worn inside the vagina during menstruation. Unlike a tampon (which absorbs menstrual fluid) or a pad (which catches it outside the body), Miacup *collects* menstrual fluid.

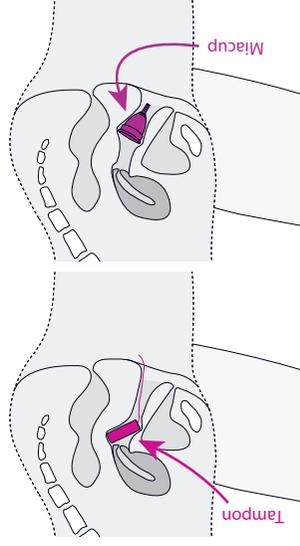
The process is gentle on your body, clean, comfortable, and highly reliable.

Resembling a small bell-shaped cup approximately 5cm

in length (excluding pull-tab), Miacup is compactly folded and then completely inserted into the vagina where it pops open to create a secure seal with the vaginal wall.

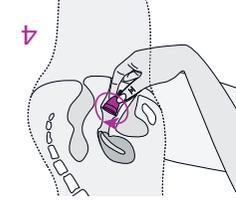
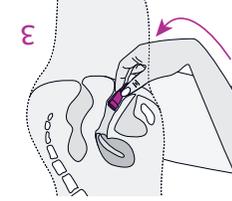
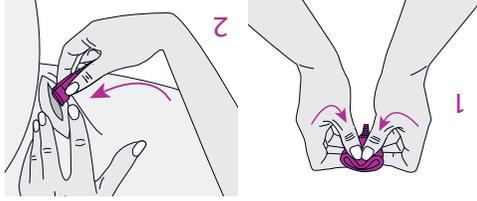
Once full, Miacup can be easily removed, emptied, wiped or washed clean and reused. Between cycles, it can be easily sterilised.

A single cup can last for years: paying for itself many times over and keeping hundreds or thousands of disposable menstrual products out of landfills.



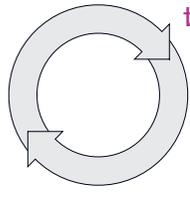
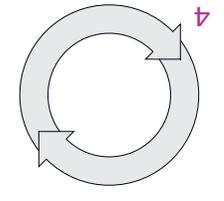
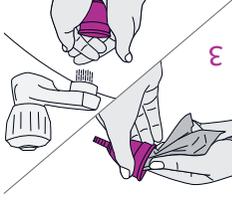
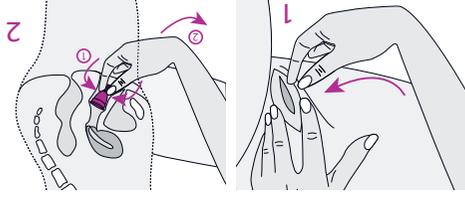
To insert...

1. Fold Miacup into a compact, flattened shape.
2. Spread labia and guide Miacup into vagina.
3. Continue inserting until completely inside.
4. Rotate once in place, to ensure a good seal.



To remove & reuse...

1. Spread labia and insert thumb and index finger.
2. Pinch base of Miacup to break seal and withdraw.
3. Empty contents and wipe or wash Miacup clean.
4. Reuse until end of cycle then sterilise by boiling.



* detailed instructions are provided with every Miacup sold

Miacup is no more difficult to use than a tampon and, with practice, takes only a few seconds to insert or remove.

Why is it better?

See, at a glance, how Miacup compares with traditional tampons and pads below:

	Pads	Tampons
Safe to wear overnight	•	•
Needs no changing for up to 12 hours at a time	•	•
Nothing to throw away	•	•
Comfortable	•	•
Highly reliable	•	•
Suitable for swimming & other sports	•	•
Entirely invisible (no external parts)	•	•
Requires little space to store/package (ideal for travelling)	•	•
Can be comfortably worn before start of period	•	•
Does not interfere with the body's natural processes	•	•
Contains no harmful substances	•	•
Leaves no fibres behind	•	•
Not associated with TSS	•	•
Not associated with other fungal or bacterial infections	•	•
Does not irritate or dry	•	•
Environmentally friendly	•	•
Lasts for years	•	•
Cost effective	•	•
Can be used with an IUD	•	•
Unaffected by a tilted uterus	•	•
Hypoallergenic	•	•