



## About Us

Almost thousands of Brands in sanitary napkins are flooded in the market and every month almost 100 new brands enter into the Indian Market. 98% of brands in Sanitary Napkins use to sell cheap quality sanitary napkins to mint money from menstrual Hygiene. Even the big brands in the market who are doing business in India since last four decades are also Manufacturing & Selling cheap quality sanitary napkins in India.

Only women know and understand the problem of Women. The founder partner of **Neo Trionet Consultancy Service Pvt.Ltd.**, **Ms. Mitra Dutta** and **Mr. Sumit Banerjee** continuous efforts in menstrual hygiene and visionary thinking to provide best quality solution to women during their Menstruation is the main force behind **T FREE**.

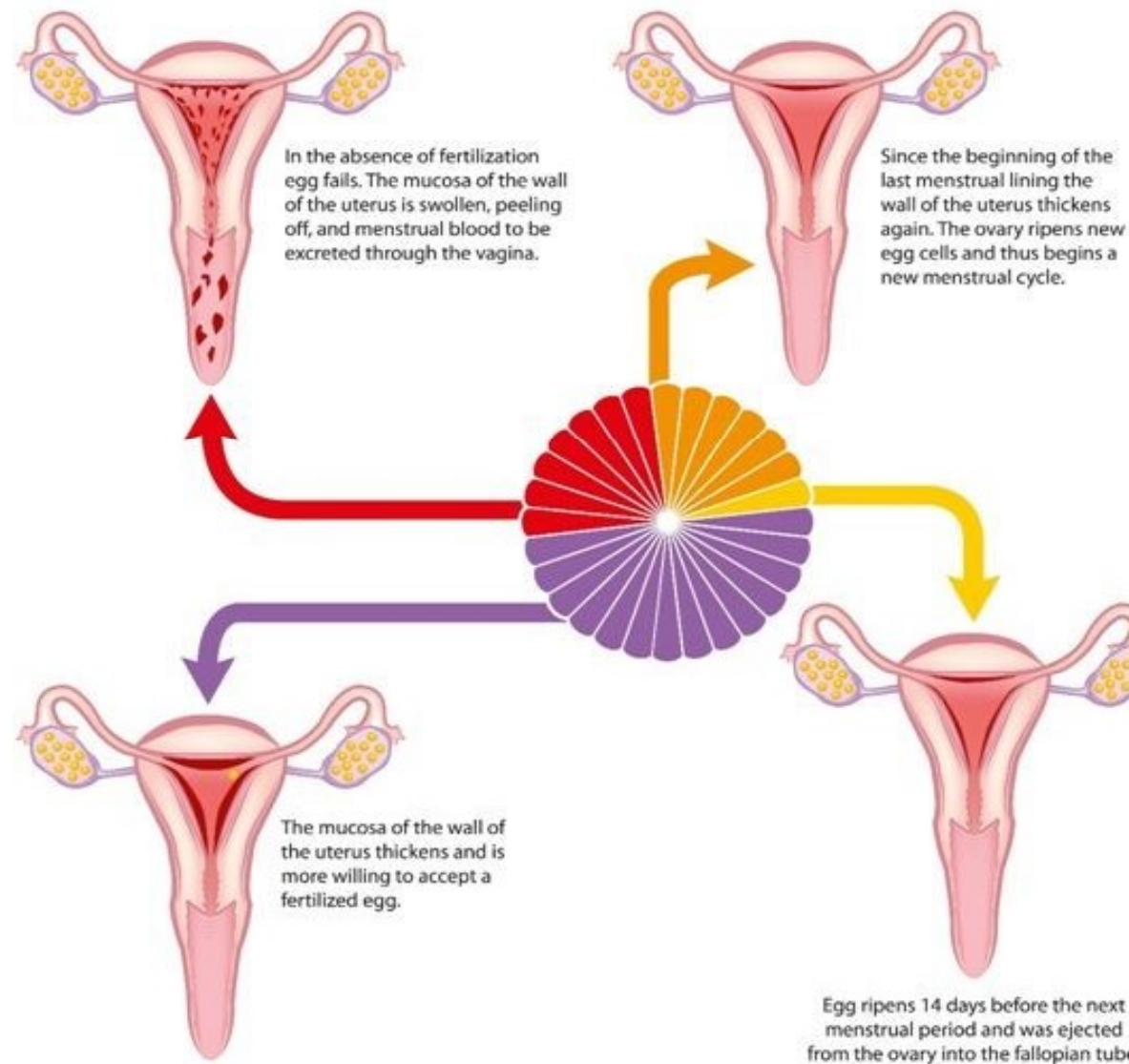
The idea behind **T FREE** is to provide best quality Sanitary Napkins at very affordable and pocket friendly price tags. **T FREE** brings variety of Napkins with different absorbency capacity in the rural and metro markets.

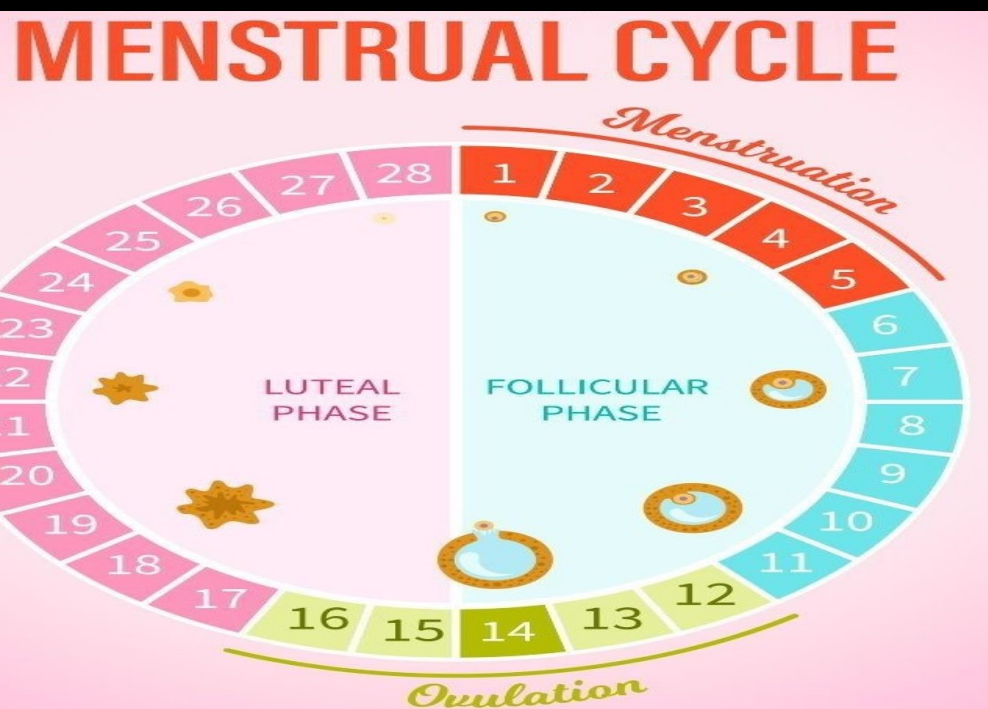


## Menstruation and its phases

Ovaries prepare for an egg to be released  
 Egg is released from the ovaries  
 Egg travels through the fallopian tubes  
 Uterus lining grows; egg awaits fertilization  
 If not fertilized, uterus lining breaks down and  
 our period begins

## Menstrual Cycle





**The menstrual cycle** The menstrual cycle is the monthly series of changes in a woman's body

**Menstrual cycles are 28 days**

That's only an average. Days in the menstrual cycle vary from woman to woman. Your body will tell you what your cycle is, not other people.

**Menstrual blood is different from regular blood**

Menstrual blood is regular blood. This myth probably gained traction because menstrual blood flows from the vagina. And because vaginas are a normal part of the female body, there's nothing unusual or wrong with menstrual blood. And did you know it has no odor? Now that's a fact!



# Hygiene

Periods are an integral part of a woman's life, and so are sanitary pads! While on a period, a woman experiences discomfort, irritation & menstrual pain. Sanitary pads are the safest, comfortable & an effective medium to address the hygiene issues; a solution that will not stop them from going out & living their life.

Doesn't it go without saying that during periods, you are required to maintain cleanliness and hygiene. It not only does it impact your health but maintaining proper hygiene is also important to prevent certain diseases like UTIs or yeast infections. Hence, the primary and most important maintenance requires changing your pad frequently during a menstrual cycle.

How often should you change a pad?

According to health experts, you must change your sanitary napkin once in four hours. If you're using tampons, they must be changed once in two hours. But these hours cannot be generalized as it also depends on the quality of your sanitary napkin and individual needs. Some women might have lighter flow and a few may experience heavy bleeding. Hence, change it according to your requirement.





# How to use ?

## Directions for Use :



1. Take the pad out of the pouch.



2. Remove the Release Sheet.



3. Fix the pad into the panty.

## How to Dispose



1. Roll the used pad & seal it with the release sheet.



2. Place the rolled pad into the disposable pouch.



3. Safely dispose in a dustbin.

