

MENSTRUAL HYGIENE TIPS YOU SHOULD KNOW

- 1) **Change regularly:** Menstrual blood gets contaminated once it leaves the body. Change the pad regularly even on days of less flow to prevent infections and rashes.
- 2) **Wash yourself regularly:** It is important to wash yourself well before you change into a new pad in order to beat bad odor and infections.
- 3) **Discard your used sanitary product properly:** It is essential to discard your used napkins properly because they are capable of spreading infections. Wrapping it well before discarding it ensures that the smell and infections are contained. It is advised not to flush the pad they are capable of forming a block and can cause the toilet to back up.
- 4) **Beware of a pad rash:** Pad rashes are common during periods of heavy flow. They usually occur when the pad has been wet for a long time and rubs along the thighs. Try to stay dry.
- 5) **Have a bath regularly:** Regular bathing helps you stay clean and prevents vaginal infections.
- 6) **Keep a watch on the kind of flow you have:** Irregularities in period must be monitored regularly to know your body health.

Freedom



Freedom



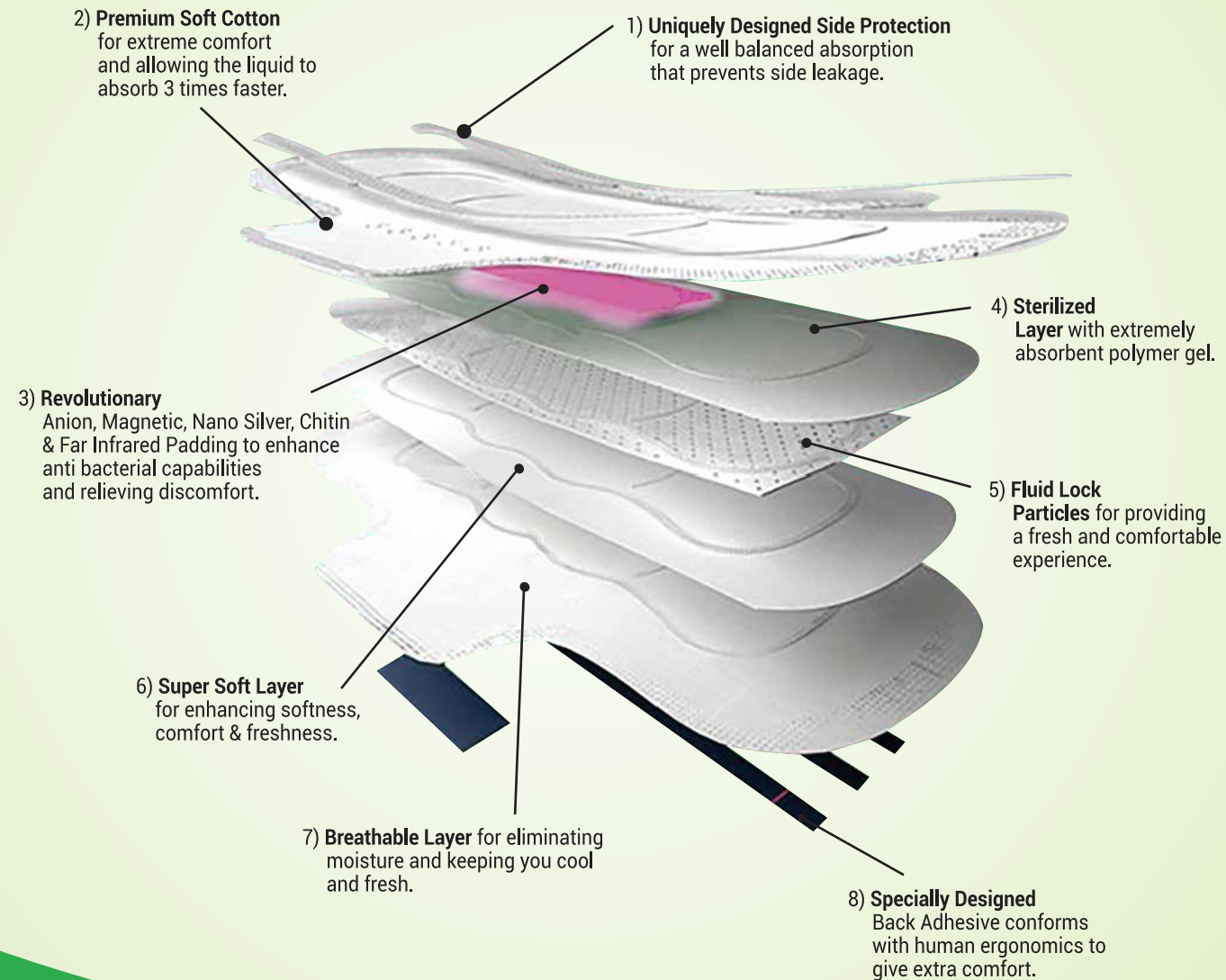
Extreme comfort **SANITARY NAPKINS**

with **REVOLUTIONARY
5 IN 1 TECHNOLOGY**

Chitin • Magnetic • Nano Silver • Far Infrared • Anion



STAY FRESH WITH FREEDOM SANITARY NAPKIN DESIGNED WITH 8 LAYERS FOR OPTIMAL ABSORPTION



THE REVOLUTIONARY 5-IN-1 TECHNOLOGY

- **Chitin:** Known to enhance immunity, detoxification, sterilization & promoting microcirculation.
- **Anion:** known to suppress major gynaecological diseases causing sources.
- **Nano Silver:** Known for its powerful anti-bacterial effects, it has been widely used to treat infection caused by bacterial growth.
- **Far Infrared:** Known to improve blood circulation, promote cell activation & blood circulation.
- **Magnetic:** Known to activate body bio-currents that promote body immunity, relieve skin diseases and vaginal itching.



AVAILABLE IN 3 VARIANTS



MRP: Rs 250 | Product Code: PC6049
Pad Size: 245mm | No of Pads: 15
High Liquid Absorption of upto 160ml



MRP: Rs 275 | Product Code: PC6050
Pad Size: 290mm | No of Pads: 15
High Liquid Absorption of upto 190ml



MRP: Rs 295 | Product Code: PC6051
Pad Size: 320mm | No of Pads: 15
High Liquid Absorption of upto 220ml