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Main banner

why are U by Kotex tampons worth trying?

- hassle-free periods
 - total protection
 - A brand that's not bland
- Unique individually colour wrapped,
twist-open tampons...

Tampons



Pads



Liners



U by Kotex

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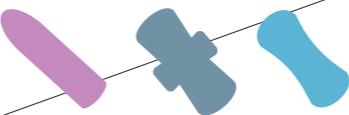
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Why choose U by Kotex

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Tampons, Pads & Liners

make it u



Pads, liners, tampons... whatever it is you're into, the U by Kotex® range, has something to keep you on the move and feeling fresh, no matter what time of the month.

We can't promise they'll make you want to go rollerblading by the beach in bright pink hot pants, but maybe that's for the best.

Tampons



Unlike rock-chick skinny jeans, when it comes to U tampons, 'slim' means 'comfortable'. U tampons also come with a slender tip because, let's face it, when you're suffering period pain, a fat, blunt tampon is the last thing you want to deal with.

Mini tampons



Regular tampons



Super tampons



Ultrathin pads



It's good to know that should you ever feel the need to wack on some gold spandex hot pants and hit the dance floor Kylie-style, with our micro slim max protection, you can!

Ultrathin regular pads with wings



Ultrathin regular pads without wings



Ultrathin super pads



Ultrathin overnight pads



Liners



It's perfectly normal to have days where, even if you're not menstruating, things feel less than fresh down there, but with U liners, no one need know. They're also great if you just want a little extra protection while using tampons.

xtra thin scented



xtra thin unscented



standard



breathable



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And because we know you've got better things to do than sit on a toilet scratching away at the side of a tampon wrapper, we've made our wrappers super easy to get off - just one quick twist and you're ready to go.

Comfort factor **Cool factor** **Clever factor**

Mini tampons Your little secret for light-flow days.

When to use :
Use for light flow or in the first or last days of your period. 8g absorbency - just so you know, that's about 2 teaspoons.

Available in :
16 Pack 16 Pack (clear)

Regular tampons This season's must-have period accessory.

When to use :
Use for medium flow. For some, these little beauties may be all you need, for others they're perfect for those middle days. 11g - this is about 2.5 teaspoons.

Available in :
16 Pack 16 Pack (clear) 32 Pack

Super tampons Your dependable friend when things get heavy.

When to use :
Great for heavy flow, particularly in the middle of your period. 14g - this is about 3.5 teaspoons

Available in :
16 Pack 16 Pack (clear) 32 Pack

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Mini Tampon



16 Pack

Regular tampons

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taking care down there

Thanks to fab mags and fab friends, we all know everything there is to know about looking after our hair, skin and nails, but when it comes to our vaginas, we're as in the dark as the vaginas themselves. So spend a few minutes looking through this section of the website and get to know what's going on down there.

- | | | |
|---|---|--|
| how 'down there' works | > | what happens at the GP |
| taking care of down there | > | when things aren't so normal |
| must know period facts | > | contraception |

health resources

- | | | |
|--|---|--------------------------------------|
| marie stopes international | > | fpwa health services |
|--|---|--------------------------------------|
- 

MARIE STOPES
INTERNATIONAL

The sexual health experts providing a range of reproductive health services for women and men around Australia.

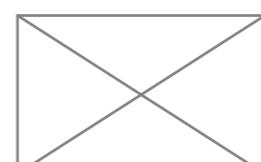
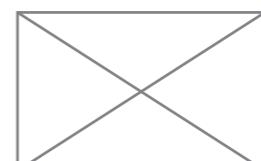
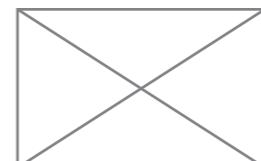


fpwa

FPWA provides sexual health services, information and training for men and women of all ages.

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how down there works

Vaginas are as individual as their owners, so don't worry if yours looks different to the ones you see in pictures. The most important thing to know is what it looks like when it's healthy, and what to look out for when it's not.

vaginal anatomy

Many women feel uncomfortable talking about or looking at their genital area, and as a result are unsure of the difference between their vulva and vagina¹. The vulva is the external part of the female genital area, which includes the labia majora and labia minora (inner and outer lips), clitoris, urethra and vaginal opening.

The vagina is a muscular tube which leads from the vulva to the cervix, the lowest part of the uterus (womb).

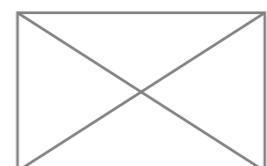
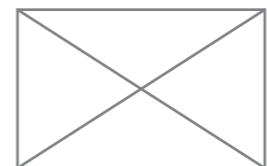
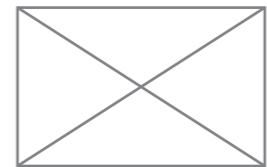
The fact that the genital area is not easy to see also makes it difficult for women to easily identify the different parts. It can be useful to have a look with a mirror if you are unsure about your genital area.

According to the sexual health experts, Marie Stopes International², the key bits you need to know about down there include:

1. Ovaries: These are two tiny organs (about the size of a baked bean) that lie on either end of the fallopian tubes. Their job is to hold the thousands of unripe eggs every girl is born with. The ovaries release one egg a month.
2. Fallopian tubes: These two tubes connect the ovaries to the womb. It is through these tubes that an egg travels on its way to the womb.
3. Uterus: Also known as the womb. This is an upside down pear shaped organ, where a foetus grows during pregnancy. If conception does not occur, the uterus sheds its lining during menstruation (a period).
4. Cervix: Also known as the mouth of the womb (uterus). It opens into the top of the vagina.
5. Labia: The folds of the external part of the female genitals. Labia minorum are the two lips of skin on either side of the entrance to the vagina. Labia majorum are the two outer folds of skin.
6. Clitoris: Small pea-shaped bit, situated near where you urinate - very sensitive during sex.
7. Urethra: The tube that urine passes through out of the body.
8. Vagina: The passage leading from the womb to the outside of your body.
9. Perineum: The region of skin between the anus and the genitals.
10. Anus: The end of the digestive tract, where the solid waste leaves the bowel.

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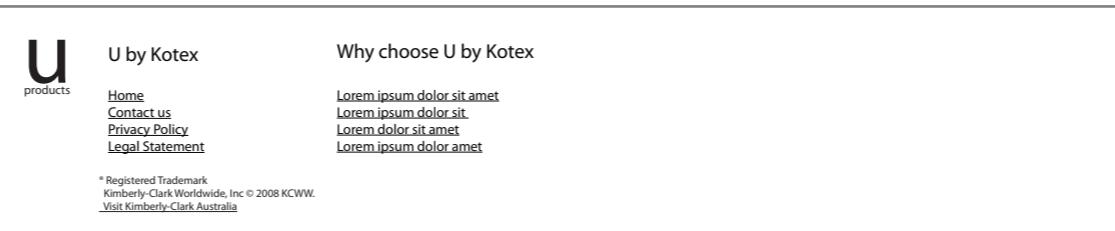
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Vagina discharge – what is it?

Secretions from the cervix and the glands at the entrance of the vagina help to keep it clean and healthy. These secretions vary during the menstrual cycle and are part of a normal, healthy vagina. Fluid also passes through the vaginal walls in response to physical activity and sexual arousal.

All these secretions make up the vaginal discharge and fluid that a woman normally notices. Usually discharge is whitish, drying yellowish on underwear, and varying in amount throughout the month. It has a characteristic (but not bad) smell unnoticeable to you or others if you shower or wash regularly.



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Fact Sheets

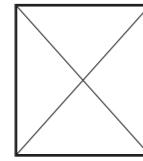
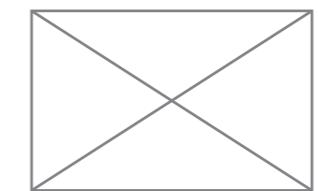
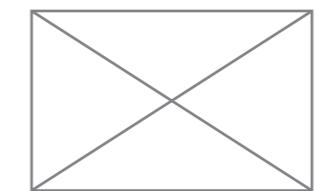
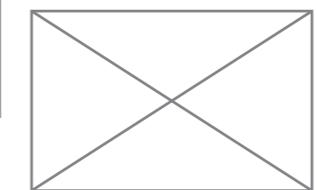
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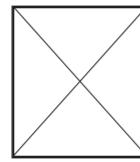
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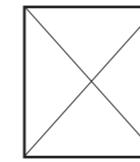
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Lesson plans

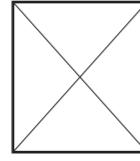
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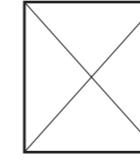
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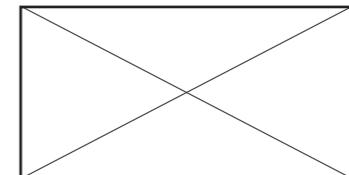
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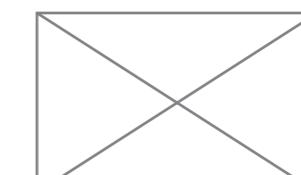
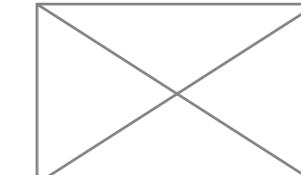
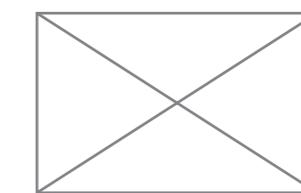
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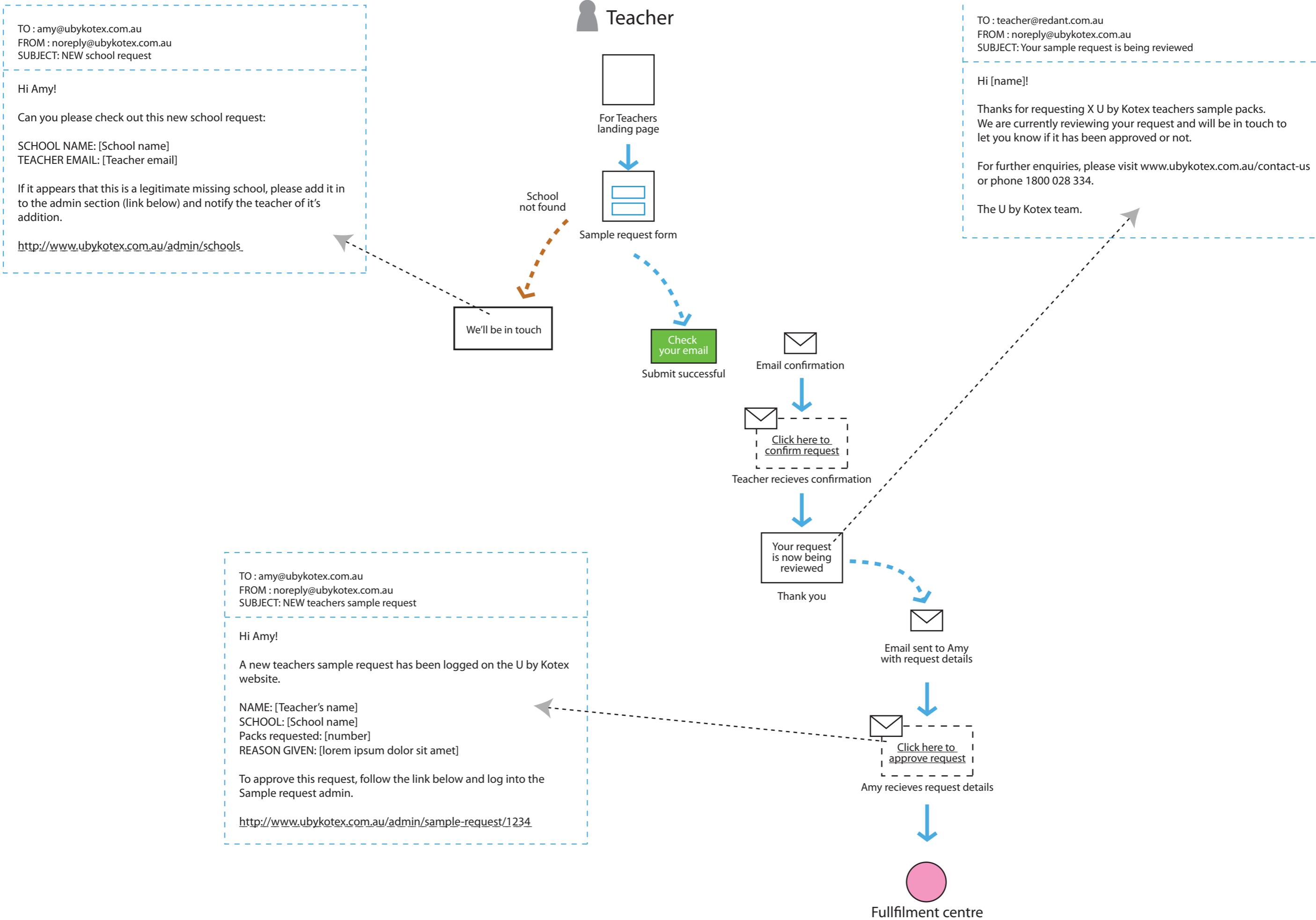
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Request a free U By Kotex sample

The wrapping on most femcare products can be bit of a trick to open and often dull to look at! So we've taken the step of making products easy to unwrap and easier to find in your bag with the bright coloured wrappers. The tampon wrappers open with one easy twist and the ultrathin easy-peel wrap is removed with one quick action.

1 TELL US ABOUT YOUR SCHOOL

You must have school authority to place a sample request

2 TELL US ABOUT YOU

Please provide us with your contact information, request size, class type etc

3 WE'LL REVIEW

Due to demand, we need to check all requests. Once your request is made, we will need to check the details before sending your sample.

OK, let's go to step 1!



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School details

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Your email



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School details

Name **Bomaderry High**
Address **255 Cambewarra Rd
Bomaderry, NSW
2540**

Phone number **02 4423 1111**

[OK, let's go to step 2!](#)



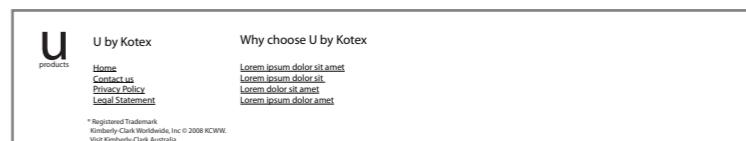
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Thank you for letting us know your school's details.
We have your email address and will contact you once
your school has been added into our list.



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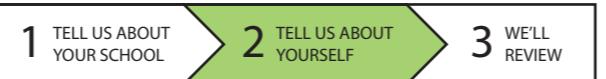
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About you

Name	First Name	Surname
Email		
Address	Street Address	
	Suburb	Postcode
Country	Australia	
Phone number		

Purpose of samples	please choose one	
Tell us a bit more about what you'll be using these samples.		
Age group of class		
<input type="radio"/> Mixed	<input type="radio"/> Girls	<input type="radio"/> Boys
How many packs will you need?		

Some more info

Have you requested samples from other brands to teach your class? If so, we'd be really interested to find out more about these.	
How did you hear about our U by Kotex teacher's sampling programme?	
What do you find challenging when teaching your puberty education classes?	
Where do you/ where have you requested teaching aids for your puberty education classes in the past?	
Where do / where have you requested feminine hygiene samples for your puberty education classes in the past?	
Do you intend to utilise the teaching resources available on the U by Kotex (R) website?	
Would you be happy to receive a short survey after receipt of the samples?	<input type="radio"/> Yes <input type="radio"/> No

Stay in touch

Please keep me up to date with news about teacher resources from U by Kotex (R) Yes No

OK, all done!

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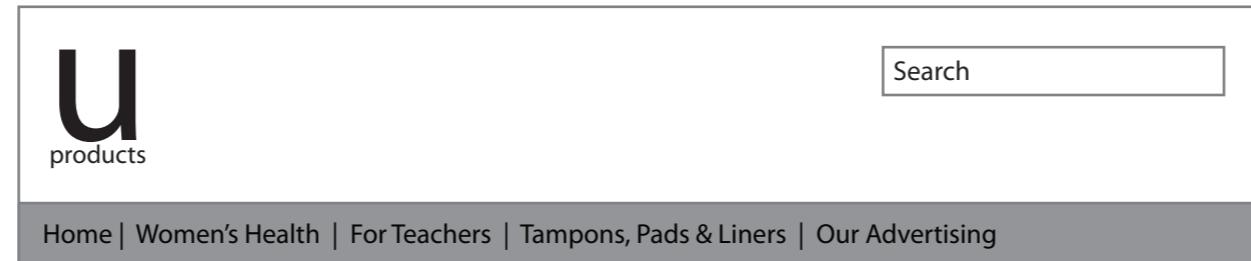
Please check your email inbox.

Follow any instructions in the email to complete your request.

U U by Kotex Why choose U by Kotex

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The header features the 'U products' logo in a stylized 'U' and lowercase 'products' text. To the right is a search bar labeled 'Search'. Below the header is a grey navigation bar containing links: Home | Women's Health | For Teachers | Tampons, Pads & Liners | Our Advertising.

Home > sub-section > child-page

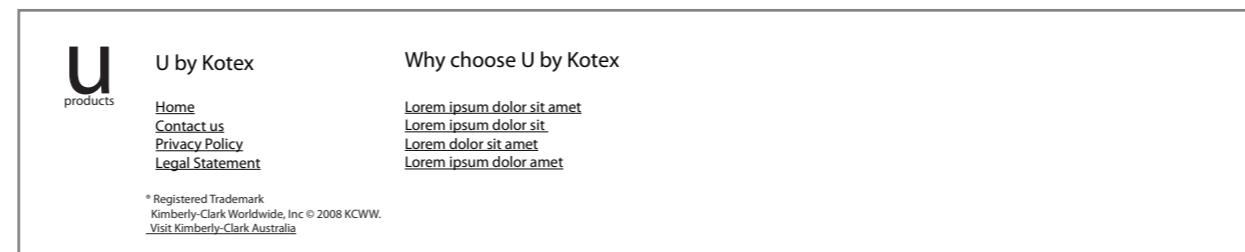
Request a free U By Kotex sample

The wrapping on most femcare products can be bit of a trick to open and often dull to look at! So we've taken the step of making products easy to unwrap and easier to find in your bag with the bright coloured wrappers. The tampon wrappers open with one easy twist and the ultrathin easy-peel wrap is removed with one quick action.



Thanks,

We are now reviewing your request. You will receive an email letting you know if your request has been successful.



The footer includes the 'U products' logo, a link to 'U by Kotex', and a 'Why choose U by Kotex' section. It also lists links for Home, Contact us, Privacy Policy, Legal Statement, and a registered trademark notice. The 'Why choose U by Kotex' section contains placeholder text: 'Lorem ipsum dolor sit amet', 'Lorem ipsum dolor sit', 'Lorem dolor sit amet', and 'Lorem ipsum dolor amet'.

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

[Download CSV](#)

644 requests for 1904 samples have been approved.

RequestID	Requested by	School	Number of packs	Send resource kit	Request on	Samples requested in 2010
# 123	Urna non	Urna non	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	sem	sem	5	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sollicitudin	sollicitudin	3	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	tempor.	tempor.	2	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	In hac habitasse	In hac habitasse	3	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	platea dictumst.	platea dictumst.	5	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	Cras egestas	Cras egestas	2	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 124	elit	elit	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sed	sed	5	Yes	Thu mar 17 04:14:25 UTC 2009	No

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [next](#)

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

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Sample request -#663 { APPROVED }.

School Name
Address
phone

Request by
name
request time

Packs request 5
other pack information

Decline reason

Teacher sample Request

[teachers](#) > [Quota](#) > [Unconfirmed](#) > [Pending](#) > [Approved](#) > [Declined](#) > [School](#)

First Name	Last Name	Email	School adress	Suburb	Postcode	State	Phone
Urna non	Urna non	Urna non@com.au	Urna non	Urna non	1201	NSW	9500 1245
sem	sem	sem@com.au	sem	sem	2000	ACT	9624 2347
sollicitudin	sollicitudin	sollicitudin @com.au	sollicitudin	sollicitudin	1234	ACT	9500 1245
tempor.	tempor.	tempor.@com.au	tempor.	tempor.	1231	LA	9624 2347
In hac habitasse	In hac habitasse	In hac habitasse @com.au	In hac habitasse	In hac habitasse	1213	ACT	9500 1245
platea dictumst.	platea dictumst.	platea dictumst.@com.au	platea dictumst.	platea dictumst.	1201	ACT	9624 2347
Cras egestas	Cras egestas	Cras egestas@com.au	Cras egestas	Cras egestas	2000	LA	9500 1245
elit	elit	elit @com.au	elit	elit	1234	NSW	9624 2347
sed	sed	sed@com.au	sed	sed	1231	NSW	9500 1241

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [next](#)

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

Sample request quotas > order size distribution > Request history

State	Pack Allocation (click to edit)	Request pack	Verify pack	Percentage verify packs
NSW	1234	245	245	45%
VIC	23	45	45	4%
QLD	332	56	56	51%
SA	3435	67	67	67%
WA	676	78	78	78%
TAS	787	35	35	32%
ACT	7867	565	565	58%
NT	676	67	67	67%
TOTAL	78	234	234	23%

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

Sample request quotas > order size distribution > Request history

Number of packs	Fraction of orders
5	5%
6	17%
1	5%
2	17%
3	5%
4	17%

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

Sample request quotas > order size distribution > Request history

User	Action	Date
user name	Approved 1 pack request for xxxx school	Thu mar 17 04:14:25 UTC 2009
user name	Approved 1 pack request for xxxx school	Thu mar 17 04:14:25 UTC 2009
user name	Approved 1 pack request for xxxx school	Thu mar 17 04:14:25 UTC 2009
user name	Approved 1 pack request for xxxx school	Thu mar 17 04:14:25 UTC 2009
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user name	Approved 1 pack request for xxxx school	Thu mar 17 04:14:25 UTC 2009
user name	Approved 1 pack request for xxxx school	Thu mar 17 04:14:25 UTC 2009

1 2 3 4 5 6 [next](#)

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

RequestID	Requested by	School	Number of packs	Send resource kit	Request on	Samples requested in 2010
# 123	Urna non	Urna non	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	sem	sem	5	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sollicitudin	sollicitudin	3	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	tempor.	tempor.	2	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	In hac habitasse	In hac habitasse	3	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	platea dictumst.	platea dictumst.	5	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	Cras egestas	Cras egestas	2	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 124	elit	elit	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sed	sed	5	Yes	Thu mar 17 04:14:25 UTC 2009	No

1 2 3 4 5 6 [next](#)

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

New request (awaiting approval)

RequestID	Requested by	School	Number of packs	Send resource kit	Request on	Samples requested in 2010
# 123	Urna non	Urna non	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	sem	sem	5	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sollicitudin	sollicitudin	3	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	tempor.	tempor.	2	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	In hac habitasse	In hac habitasse	3	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	platea dictumst.	platea dictumst.	5	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	Cras egestas	Cras egestas	2	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 124	elit	elit	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sed	sed	5	Yes	Thu mar 17 04:14:25 UTC 2009	No

1 2 3 4 5 6 [next](#)

Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

[Download CSV](#)

RequestID	Requested by	School	Number of packs	Send resource kit	Request on	Samples requested in 2010
# 123	Urna non	Urna non	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	sem	sem	5	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sollicitudin	sollicitudin	3	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	tempor.	tempor.	2	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 124	In hac habitasse	In hac habitasse	3	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	platea dictumst.	platea dictumst.	5	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	Cras egestas	Cras egestas	2	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 124	elit	elit	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sed	sed	5	Yes	Thu mar 17 04:14:25 UTC 2009	No

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Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

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RequestID	Requested by	School	Number of packs	Send resource kit	Request on	Samples requested in 2010
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# 124	In hac habitasse	In hac habitasse	3	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	platea dictumst.	platea dictumst.	5	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 123	Cras egestas	Cras egestas	2	Yes	Thu mar 17 04:14:25 UTC 2009	No
# 124	elit	elit	1	Yes	Thu mar 17 04:14:25 UTC 2009	Yes
# 125	sed	sed	5	Yes	Thu mar 17 04:14:25 UTC 2009	No

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [next](#)

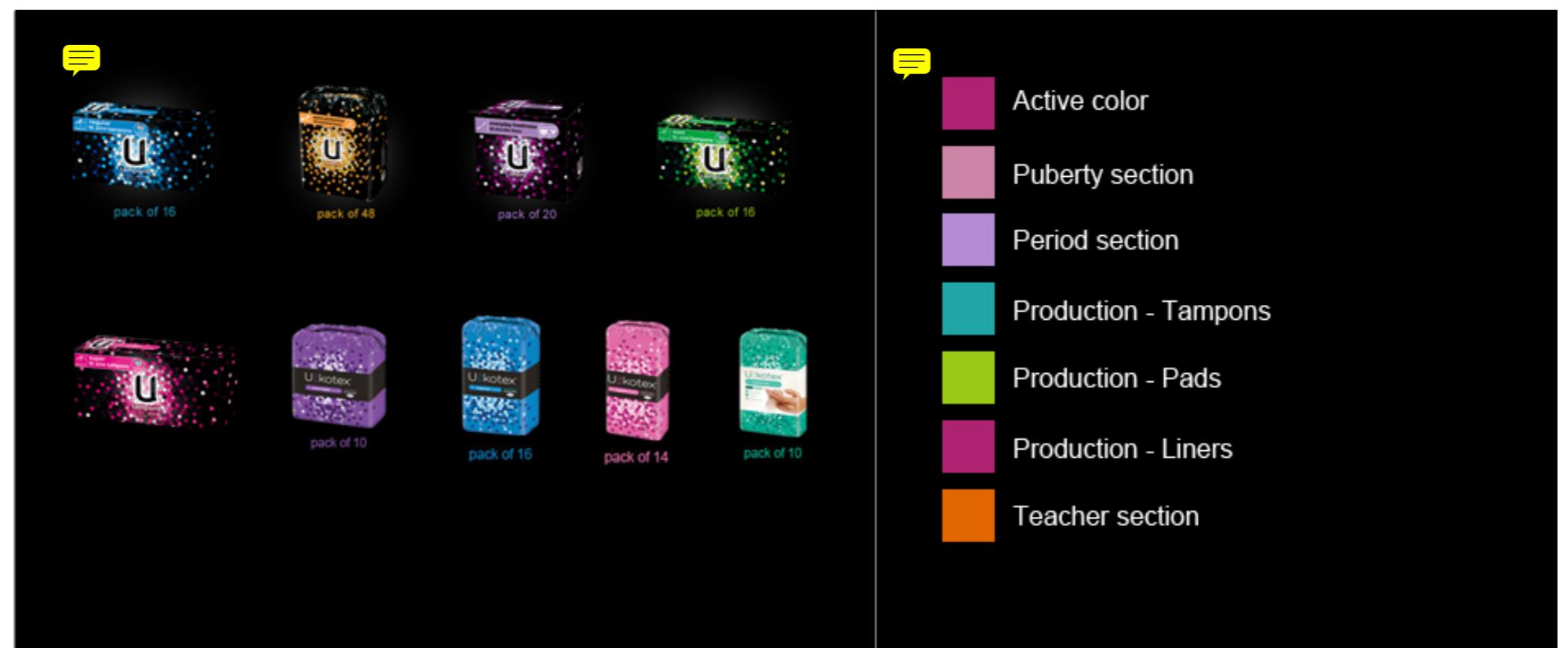
Teacher sample Request

teachers > Quota > Unconfirmed > Pending > Approved > Declined > School

NSW VIC QLD SA WA TAS ACT NT

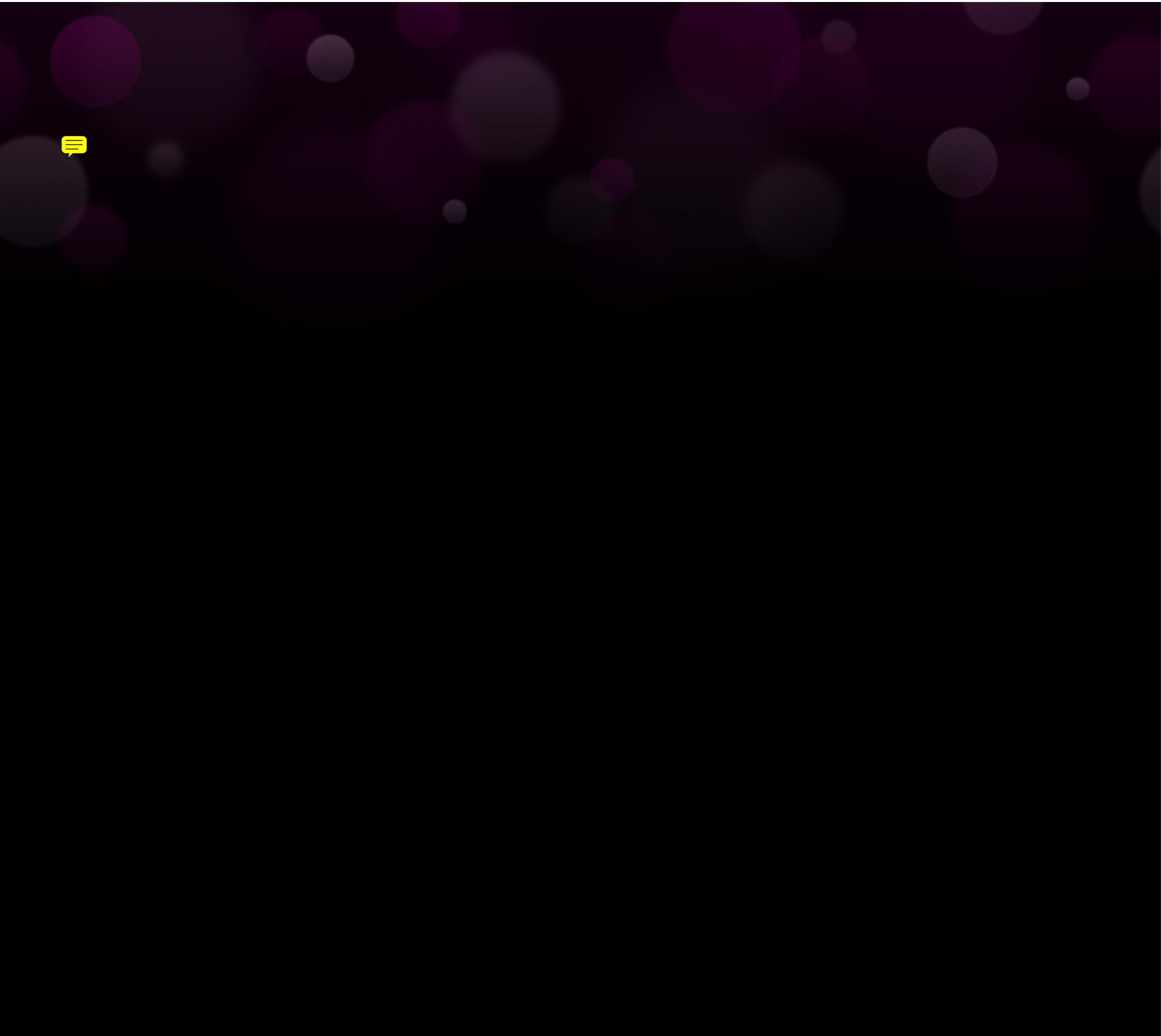
Name	Suburb	Phone	Sample sent	show	edit	detete
Urna non sem	Urna non sem	9652 1254	1	show	edit	detete
sollicitudin tempor	sollicitudin tempor	9568 1578	5	show	edit	detete
In hac habitasse	In hac habitasse	9652 1254	5	show	edit	detete
platea dictumst	platea dictumst	9568 1578	9	show	edit	detete
Cras egestas	Cras egestas	9652 1254	7	show	edit	detete
elit sed vestibulum	elit sed vestibulum	9568 1578	6	show	edit	detete
mollis, sapien nibh	mollis, sapien nibh	9652 1254	3	show	edit	detete
fermentum arcu	fermentum arcu	9568 1578	2	show	edit	detete
ut auctor arcu	ut auctor arcu	9652 1254	1	show	edit	detete

1 2 3 4 5 6 [next](#)











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First Period

Menstruation

Vaginal Health

For Teachers

Tampons, Pad & Liners

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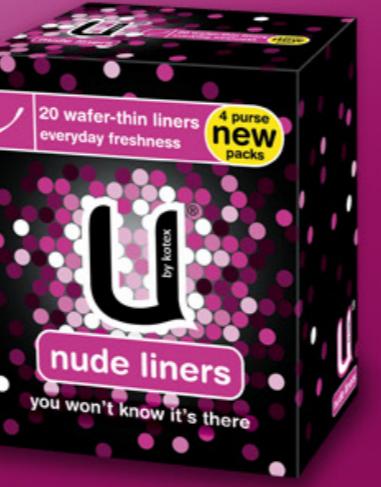


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new

nude liners

So thin, you won't even know it's there



The box is black with a pattern of small, colorful dots. It features the 'U by Kotex' logo at the top, followed by 'nude liners' and the tagline 'you won't know it's there'. A yellow speech bubble icon is positioned next to the 'So thin...' text.



For the ultimate care down there



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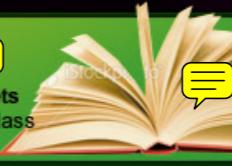
new
nude liners

So thin, you won't even know it's there



for teachers

Lesson plan, fact sheets and samples for your class





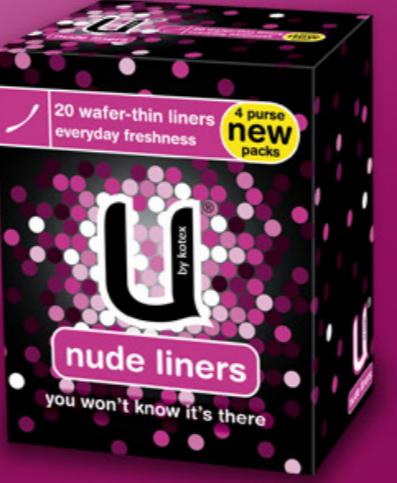
For the ultimate care down there



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new **nude liners**

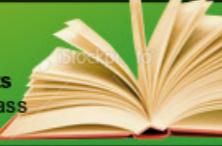
So thin, you won't even know it's there



20 wafer-thin liners everyday freshness 4 purse new packs

you won't know it's there

for teachers →



Lesson plan, fact sheets and samples for your class

our advertising



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.



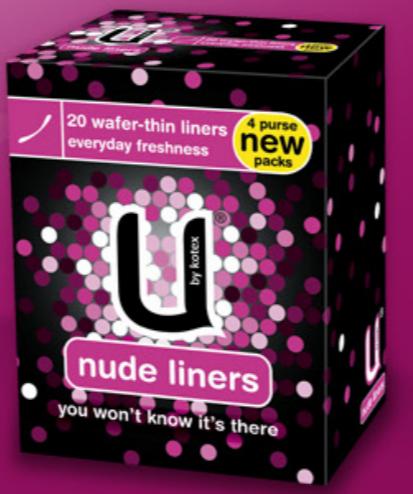
For the ultimate care down there



Home First Period Menstruation Vaginal Health For Teachers Tampons, Pad & Liners Our Advertising

new **nude liners**

So thin, you won't even know it's there



20 wafer-thin liners everyday freshness **4 purse new packs**

U by Kotex
nude liners
you won't know it's there

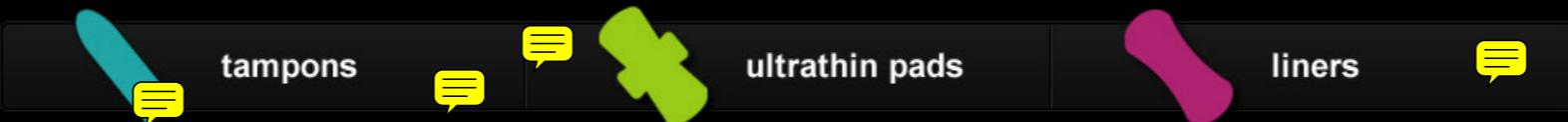
for teachers 

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our advertising



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For the ultimate care down there



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new **nude liners**

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20 wafer-thin liners everyday freshness 4 purse new packs

u by Kotex
nude liners
you won't know it's there

for teachers →

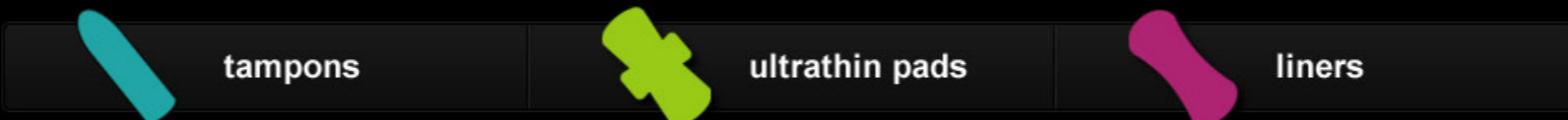


Lesson plan, fact sheets and samples for your class

our advertising



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.



why U is worth switching

- Hassle-free periods
- Total protection
- Always innovating
- A brand that's not bland

Not convinced? Try U now for free!

women's health

How down there works

Taking care of down there

What happens at the GP?

When things aren't so normal

Must know period facts

Contraception and your cycle



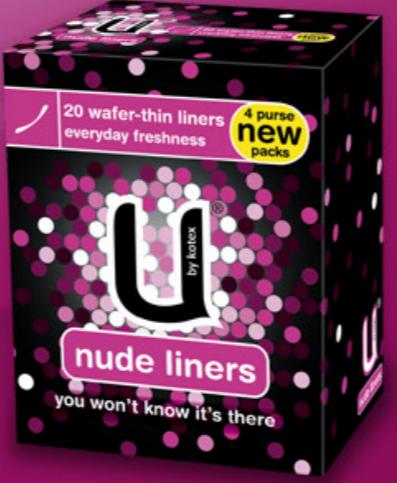
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Home First Period Menstruation Vaginal Health For Teachers Tampons, Pad & Liners Our Advertising

new **nude liners**

So thin, you won't even know it's there



20 wafer-thin liners everyday freshness 4 purse new packs

U by Kotex
nude liners
you won't know it's there

for teachers →

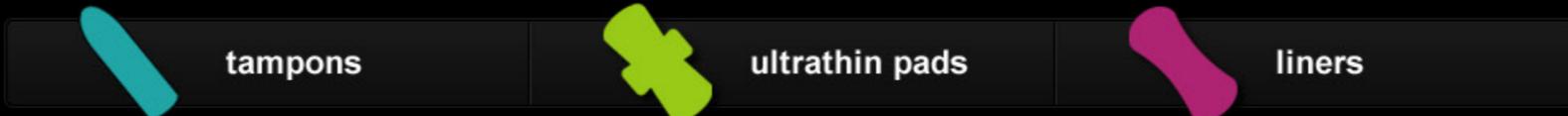
Lesson plan, fact sheets and samples for your class



our advertising



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

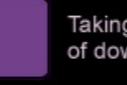
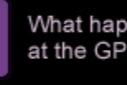
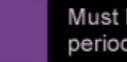
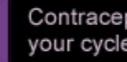


why U is worth switching

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Not convinced? Try U now for free!

women's health

- | | | |
|--|---|--|
|  How down there works |  Taking care of down there |  What happens at the GP? |
|  When things aren't so normal |  Must know period facts |  Contraception and your cycle |



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For Teachers

Lorem ipsum
Dolor sit amet
Morbi lacus felis
Euismod at
Pulvinar sit amet

Women's Health

Morbi lacus felis
Euismod at
Consectetuer adipiscing
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Euismod at
Pulvinar sit amet

U Products

Morbi lacus felis
Euismod at
Pulvinar sit amet

U products

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▲ Home ▲ Teacher

For teacher we're here to help

request samples for your class

Get sample for your class

fact sheets

Pulvinar purus, vel hendrerit ipsum tellus at ante.

lesson plans

Pulvinar purus, vel hendrerit ipsum tellus at ante.

True / False?

Pulvinar purus, vel hendrerit ipsum tellus at ante.

Pulvinar purus, vel hendrerit ipsum tellus at ante.

Pulvinar purus, vel hendrerit ipsum tellus at ante.

U by Kotex difference

Nam vestibulum porttitor urna. Phasellus aliquet pretium quam. Proin pharetra, wisi nec tristique accumsan, magna sapien

liners

Lesson plan, fact sheets and samples for your class

Jasmine, New South Wales

"*Lorem ipsum dolor sit amet, consectetur adipiscing elit. Morbi lacus felis,*

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For Teachers

Women's Health

U Products

Morbi lacus felis Euismod at Pulvinar sit amet

Dolor sit amet Morbi lacus felis Euismod at Pulvinar sit amet

Dolor sit amet Consectetur adipiscing Morbi lacus felis Euismod at Pulvinar sit amet

U products

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Home | Women's Health | For Teachers | Tampons, Pads & Liners | Our Advertising

Home > sub-section

IN THIS SECTION...

- Uma non sem
- Uma non sem
- Uma non sem

banner

Request a sample for your class

Fact Sheets

Tauris in iacus. Suspendisse ipsum. Mauris et nisl. Maecenas congue sem sit amet ante. Maecenas ante. Aliquam lobortis volutpat diam. Quisque ultrices. Vivamus auctor magna. Nulla iaculis est feugiat metus. Donec iaculis, dolor in euismod eleifend, turpis metus laoreet libero, quis interdum urna enim id tellus. Class

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Lesson plans

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Uma non sem

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Uma non sem

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U by Kotex

Why choose U by Kotex

Uma non sem

Uma non sem

Uma non sem

Uma non sem

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▲ Home ▶ For teacher

more in fact sheets

Lorem ipsum dolor sit amet, consectetur.

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Morbi lacus felis, euismod at, pulvinar sit amet, dapibus eu, eros. Etiam tellus. Nam vestibulum porttitor.

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for teachers ↗
Lesson plan, fact sheets and samples for your class

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Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

why choose U?



- Hassle-free periods
- Total protection
- Always innovating
- A brand that's not bland

new pack design!

tampons ↗
Lesson plan, fact sheets and samples for your class

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- Always innovating
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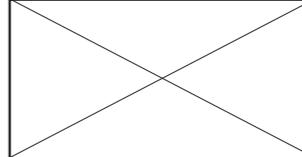
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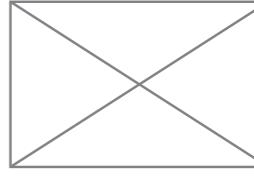
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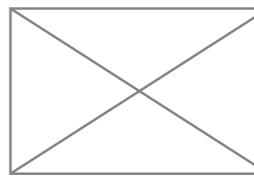
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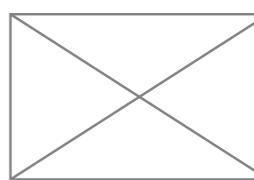
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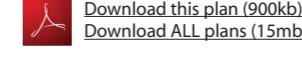
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Home For teachers Sample request

Request free U by Kotex® product samples for your class

As well as the teacher resources, U by Kotex® has class kits available containing hands on student packs with all the information and products for girls to refer to as they need.

A teacher's kit is also included with the resources providing product examples for display and demonstration.

But don't delay, stock is limited!



Sample Pack (clutch bag) Contains:

4 x Mini Tampons
2 x Regular Ultrathins
1 x Overnight Ultrathin
2 x Extra Protection Standard Liners
2 x Everyday Freshness Xtra-thin Liners
1 x All About You Educational Info Booklet
1 x Product Pamphlet

A teacher's master pack is included in your delivery and contains printed copies of these documents:

Lesson Plan & teacher's notes: Puberty & Menstruation
Worksheet 1: True/False Quiz - 'Your changing body'
Worksheet 2: Changes to the body (Girl & Boy)
Worksheet 3: The Menstrual Cycle
Worksheet 4: Now you know crossword & clues
A2 Poster: Changes to the body



"I love the whole U by Kotex range and I will continue to use the products"

Rochelle,
New South Wales

1 tell us about your school

You must have school authority to place a sample request

2 tell us about yourself

Please provide us with your contact information, request size, class type etc

3 we'll review

Due to demand, we need to check all requests. Once your request is made, we will need to check the details before sending your sample.

Ok, let's go to step 1

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Request a free U By Kotex sample

The wrapping on most femcare products can be bit of a trick to open and often dull to look at! So we've taken the step of making products easy to unwrap and easier to find in your bag with the bright coloured wrappers. The tampon wrappers open with one easy twist and the ultrathin easy-peel wrap is removed with one quick action.

1 TELL US ABOUT YOUR SCHOOL

You must have school authority to place a sample request

2 TELL US ABOUT YOU

Please provide us with your contact information, request size, class type etc

3 WE'LL REVIEW

Due to demand, we need to check all requests. Once your request is made, we will need to check the details before sending your sample.

OK, let's go to step 1!

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your school

2

tell us about
yourself

3

we'll
review

About you

name:

first name

Sera

last name

email:

street address

address:

suburb

postcode

state

Australia

Phone number:

Samples request

Purpose of samples:

Tell us a bit more about what you'll be using these samples:

Age group of class:

Mixed Boys Girls

How many packs will you need:

Some more info

Do your students currently use any brands? If so, we'd be really interested to find out more about these:

How did you hear about our U by Kotex teacher's sampling programme:

Stay in touch

Please keep me up to date with news, special offers and promotions from the U by Kotex brand:

Yes No

Ok, let's go to step 3

for teachers

Lesson plan, fact sheets and samples for your class

Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

"I love the whole U by Kotex range and I will continue to use the products"

Rochelle,
New South Wales

why choose U?

- Hassle-free periods
- Total protection
- Always innovating
- A brand that's not bland

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request a free U by Kotex sample

1 tell us about your school 2 tell us about yourself 3 we'll review

About you

name: first name: Sera | last name:

email:

address: street address:

suburb: postcode:

state: Australia

Phone number:

Samples request

Purpose of samples:

Tell us a bit more about what you'll be using these samples:

Age group of class:

Mixed Boys Girls

How many packs will you need:

Some more info

Do your students currently use any brands? If so, we'd be really interested to find out more about these:

How did you hear about our U by Kotex teacher's sampling programme:

Stay in touch

Please keep me up to date with news, special offers and promotions from the U by Kotex brand: Yes No

Ok, lets go to step 3

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The wrapping on most femcare products can be bit of a trick to open and often dull to look at! So we've taken the step of making products easy to unwrap and easier to find in your bag with the bright coloured wrappers. The tampon wrappers open with one easy twist and the ultrathin easy-peel wrap is removed with one quick action.

- 1 TELL US ABOUT YOUR SCHOOL 2 TELL US ABOUT YOURSELF 3 WE'LL REVIEW

About you

Name: First Name: Surname:
 Email:
 Address: Street Address:
 Suburb: Postcode: State:
 Country: Australia
 Phone number:

Purpose of samples

please choose one

 Tell us a bit more about what you'll be using these samples.
 Age group of class:
 Mixed Girls Boys
 How many packs will you need: Packs

Some more info

Have you requested samples from other brands to teach your class? If so, we'd be really interested to find out more about these:

 How did you hear about our U by Kotex teacher's sampling programme?

 What do you find challenging when teaching your puberty education classes?

 Where do you/ where have you requested teaching aids for your puberty education classes in the past?

 Where do you/ where have you requested feminine hygiene samples for your puberty education classes in the past?

 Do you intend to utilise the teaching resources available on the U by Kotex (R) website?

 Would you be happy to receive a short survey after receipt of the samples?
 Yes No

Stay in touch

Please keep me up to date with news about teacher resources from U by Kotex (R) Yes No

OK, all done!

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Request a free U By Kotex sample

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- 1 TELL US ABOUT YOUR SCHOOL 2 TELL US ABOUT YOURSELF 3 WE'LL REVIEW

Please check your email inbox.
 Follow any instructions in the email to complete your request.

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we have something for you

Pads, liners, tampons... whatever it is you're into, the U by Kotex® range, has something to keep you on the move and feeling fresh, no matter what time of the month.

We can't promise they'll make you want to go rollerblading by the beach in bright pink hot pants, but maybe that's for the best.



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

tampons



Unlike rock-chick skinny jeans, when it comes to U tampons, 'slim' means 'comfortable'. U tampons also come with a slender tip because, let's face it, when you're suffering period pain, a fat, blunt tampon is the last thing you want to deal with.

mini →
regular →
super →

ultrathin pads



It's good to know that should you ever feel the need to wack on some gold spandex hot pants and hit the dance floor Kylie-style, with our micro slim max protection, you can!

regular →
regular with wings →
super with wings →
overnight with wings →

liners



It's perfectly normal to have days where, even if you're not menstruating, things feel less than fresh down there, but with U liners, no one need know. They're also great if you just want a little extra protection while using tampons.

xtra thin scented →
xtra thin unscented →
standard →
breathable →

"I love the whole U by Kotex range and I will continue to use the products"

Rochelle,
New South Wales



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

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we have something for you

Pads, liners, tampons... whatever it is you're into, the U by Kotex® range, has something to keep you on the move and feeling fresh, no matter what time of the month.

We can't promise they'll make you want to go rollerblading by the beach in bright pink hot pants, but maybe that's for the best.

tampons **ultrathin pads** **liners**

"I love the whole U by Kotex range and I will continue to use the products"

Rochelle,
New South Wales

Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

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Tampons, Pads & Liners

make it u

Pads, liners, tampons... whatever it is you're into, the U by Kotex® range, has something to keep you on the move and feeling fresh, no matter what time of the month.

We can't promise they'll make you want to go rollerblading by the beach in bright pink hot pants, but maybe that's for the best.

Tampons

- Mini tampons**
- Regular tampons**
- Super tampons**

Ultrathin pads

- Ultrathin regular pads with wings**
- Ultrathin regular pads without wings**
- Ultrathin super pads**
- Ultrathin overnight pads**

Liners

- xtra thin scented**
- xtra thin unscented**
- standard**
- breathable**

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liners

These super thin liners will keep things fresh all month long

It's perfectly normal to have days where, even if you're not menstruating, things feel less than fresh down there, but with U liners, no one need know. They're also great if you just want a little extra protection while using tampons.



xtra-thin unscented

the comfort factor



These unbelievably thin and breathable liners are designed to feel just like your knickers.

the clever factor



The only 2 in 1 liners that can be used on both normal knickers and G-strings.

the cool factor



Individually wrapped and packaged in a convenient drawstring bag.

xtra-thin scented

Scented, these are great for everyday freshness, and so thin, they feel just like your knickers (well, maybe not as frilly).



pack of 20

Everyday freshness from a liner your pants will love.

xtra-thin unscented

Unscented, these are great for everyday freshness, and so thin, they feel just like your knickers (well, maybe not as frilly).



pack of 20



pack of 42

Everyday freshness from a liner your pants will love.

standard

Ideal for the light days of your period.



pack of 48

Super thin and comfy way to handle light flow.

breathable

There's nothing like a bit of airflow down there to keep things feeling really really fresh (just ask Britney!).



pack of 30

The ultimate in everyday freshness.

Other U products:

- [tampons](#) →
- [ultrathin pads](#) →

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ultrathin pads

Comfy, thin, flexible and designed to move with you.

It's good to know that should you ever feel the need to wack on some gold spandex hot pants and hit the dance floor Kylie-style, with our micro slim max protection, you can!

Not only are our pads super thin, they're also super comfy and super absorbent – so no matter what's going on down there, the spandex is safe.

Our regular pads come with or without wings, because although we love wings for keeping the pad in place, we love our miniskirts too.



regular

the comfort factor



These unbelievably thin and breathable liners are designed to feel just like your knickers.

the clever factor



The only 2 in 1 liners that can be used on both normal knickers and G-strings.

the cool factor



Individually wrapped and packaged in a convenient drawstring bag.

regular

An everyday wardrobe essential.

Great for everyday 'regular-flow' use, there's nothing regular about these super slim hot pant savers.



pack of 14

regular with wings

An everyday wardrobe essential.

Great for everyday 'regular-flow' use, especially when you're on the move.



pack of 14

super with wings

The superhero of the super pad world.

If you feel the need to go rock climbing during heavy flow (don't we all), then these winged pads are perfect.



pack of 12

overnight with wings

The secret to a more comfortable night's sleep.

They're perfect for heavy flow and overnight use.



pack of 10

Other U products:

[tampons](#) → [liners](#) →

for teachers →

Lesson plan, fact sheets and samples for your class



our advertising



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

**"Love your product.
Love the one-handed,
opens in one move..."**

*Simone,
New South Wales*

are you a teacher?



Nam vestibulum porttitor urna. Phasellus aliquet pretium quam. Proin.

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U by Kotex

For the ultimate care down there

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▲ Home > Tampons, Pad & Liners > Tampons

tampons

One quick twist and it's open

Unlike rock-chick skinny jeans, when it comes to U tampons, 'slim' means 'comfortable'. U tampons also come with a slender tip because, let's face it, when you're suffering period pain, a fat, blunt tampon is the last thing you want to deal with.

And because we know you've got better things to do than sit on a toilet scratching away at the side of a tampon wrapper, we've made our wrappers super easy to get off - just one quick twist and you're ready to go.

 mini tampons

the comfort factor

Slender design with tapered tip makes them more comfortable and easier to use.

the clever factor

Great protection in a slim and comfortable design.

the cool factor

Twist-open wrappers in 7 funky colours, plus cool new packing design that's easy to spot.

mini your little secret for light-flow days

Use for light flow or in the first or last days of your period. 8g absorbency - just so you know, that's about 2 teaspoons.

 pack of 16  clear pack of 16

regular this season's must-have period accessory

Use for medium flow. For some, these little beauties may be all you need, for others they're perfect for those middle days. 11g - this is about 2.5 teaspoons.

 pack of 16  clear pack of 16  pack of 32

super this season's must-have period accessory

Great for heavy flow, particularly in the middle of your period. 14g - this is about 3.5 teaspoons.

 pack of 16  clear pack of 16  pack of 32

Other U products: [ultrathin pads](#) [liners](#)

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our advertising 

Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

"The coloured wrappers are great, they're so easy to find in your handbag..."

*Karen,
South Australia*

why choose U?



- Hassle-free periods
- Total protection
- Always innovating
- A brand that's not bland



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liners

These super thin liners will keep things fresh all month long.

It's perfectly normal to have days where, even if you're not menstruating, things feel less than fresh down there, but with U liners, no one need know. They're also great if you just want a little extra protection while using tampons.

xtra-thin unscented

the comfort factor

the clever factor

the cool factor

'Great I can buy 1 pack of liners that work for both g-strings and undies!'

Rebecca, New South Wales

U by Kotex difference

xtra-thin scented

xtra-thin unscented

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Comfort factor **Cool factor** **Clever factor**

Mini tampons

When to use :

Use for light flow or in the first or last days of your period. 8g absorbency - just so you know, that's about 2 teaspoons.

Available in :

16 Pack | 16 Pack (clear)

Regular tampons

When to use :

Use for medium flow. For some, these little beauties may be all you need, for others they're perfect for those middle days. 11g - this is about 2.5 teaspoons.

Available in :

16 Pack | 16 Pack (clear) | 32 Pack

Super tampons

When to use :

Great for heavy flow, particularly in the middle of your period. 14g - this is about 3.5 teaspoons

Available in :

16 Pack | 16 Pack (clear) | 32 Pack

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Thanks to fab mags and fab friends, we all know everything there is to know about looking after our hair, skin and nails, but when it comes to our vaginas, we're as in the dark as the vaginas themselves. So spend a few minutes looking through this section of the website and get to know what's going on down there.



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when things aren't so normal

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health resources

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FPWA Sexual Health Services

The sexual health experts providing a range of reproductive health services for women and men around Australia.



FPWA provides sexual health services, information and training for men and women of all ages.



"I love it!! Not only is it unique, it has captured how every woman should feel"

Jasmine,
New South Wales

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must know period facts

So what causes a period?

We have one each month, but what exactly causes it? Every month, a single egg leaves your ovaries and makes the long trip down the fallopian tubes, landing in your uterus. Your uterus has been hanging out for its arrival, developing a thick cushioning of blood-filled tissue incase of fertilisation by sperm. If the egg isn't fertilised then the uterus lining will break down and come out through the vagina – and this is your period.

How long does a period last?

Most of us have periods that are from 3 to 8 days in length. **The average is 6 days.**

The average length of the menstrual cycle is 28 days, although this can vary from woman to woman, and even from cycle to cycle. The length of the menstrual cycle is calculated from the first day of your period to the day before your next period begins.

but wait, there's more...

Your period (menstruation) may be the only part of your menstrual cycle that you can see, but there's a lot more happening behind the scenes over the course of the month.

Follicular phase

The follicular phase happens from the first day of menstruation until ovulation. It's called the follicular phase because growth or maturation of the egg takes place inside the follicle, which is a small sac where the egg matures. During the follicular phase, the ripening follicle causes a rise in the level of the sex hormone oestrogen.

Ovulation

Ovulation occurs roughly at mid-cycle, around day 14. Around this period of time the pituitary gland produces boosted levels of luteinising hormone and this triggers ovulation.

Luteal phase

The luteal phase is the time from ovulation until the first day of menstruation when you get your period.

During ovulation, the egg bursts from its follicle but the ruptured follicle remains on the surface of the ovary.

For the next two weeks, the follicle transforms into a structure known as the corpus luteum. This structure starts releasing the sex hormone progesterone, along with small amounts of oestrogen, which maintains the thickened uterine lining and awaits implantation of the fertilised egg.

The corpus luteum needs the presence of an implanted fertilised egg to maintain the thickened uterine lining. If pregnancy doesn't occur, the corpus luteum withers and dies. The result of it not being around to produce progesterone anymore is that the uterine lining comes away.

and that is when you get your period!

Top tips

1. You should wash your hands before and after changing pads or tampons.
2. During the day you should change pads and tampons every two or four hours – or more if needed.
3. Tampons should not be worn overnight – use overnight pads instead.
4. Use the lowest absorbency tampon for your level of blood flow and comfort. Only use a super tampon on your really heavy days and on light days use light tampons or a pad. Change your tampons regularly (3–6 times a day) and never leave a tampon in for more than 8 hours.
5. Do not flush pads or tampons down the toilet. Dispose of pads and tampons in sanitary bins, or wrap them in paper and put them in the garbage.

Thanks to Marie Stopes International, the sexual health experts, for providing this information. For more sexual health information, check out mariestopes.com.au

9 Annoying symptoms of a period

You may have to deal with a few annoying premenstrual (PMS) symptoms before you get your period. These vary from woman to woman but can include:

1. cramps
2. pimples
3. headaches
4. cravings
5. mood swings
6. weight gain or bloating
7. sore breasts
8. tiredness
9. poor concentration

PMS usually goes away soon after a period begins, but it can come back month after month. Exercising, eating well, and getting heaps of rest can help with the symptoms of PMS. Visit your doctor if you are finding it hard to deal with PMS.

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must know period facts

So what causes a period?

We have one each month, but what exactly causes it? Every month, a small egg leaves the ovaries and moves along the tube down the fallopian tubes, landing in your uterus. Your uterus has been hanging out for its arrival, developing a thick cushioning of blood-filled tissue in case of fertilisation by sperm. If the egg isn't fertilised then the uterus lining will break down and come out through the vagina – and this is your period.

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how down there works

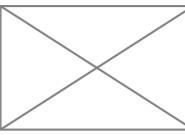
Vaginas are as individual as their owners, so don't worry if yours looks different to the ones you see in pictures. The most important thing to know is what it looks like when it's healthy, and what to look out for when it's not.

vaginal anatomy

Many women feel uncomfortable talking about or looking at their genital area, and as a result are unsure of the difference between their vulva and vagina¹. The vulva is the external part of the female genital area, which includes the labia majora and labia minora (inner and outer lips), clitoris, urethra and vaginal opening.

IN THIS SECTION...

Uma non sem
Uma non sem
Uma non sem



The vagina is a muscular tube which leads from the vulva to the cervix, the lowest part of the uterus (womb).

The fact that the genital area is not easy to see also makes it difficult for women to easily identify the different parts.

It can be useful to have a look with a mirror if you are unsure about your genital area.

According to the sexual health experts, Marie Stopes International², the key bits you need to know about down there include:

1. Ovaries: These are two tiny organs (about the size of a baked bean) that lie on either end of the fallopian tubes. Their job is to hold the thousands of unripe eggs every girl is born with. The ovaries release one egg a month.
2. Fallopian tubes: These two tubes connect the ovaries to the womb. It is through these tubes that an egg travels on its way to the womb.
3. Uterus: Also known as the womb. This is an upside down pear shaped organ, where a foetus grows during pregnancy. If conception does not occur, the uterus sheds its lining during menstruation (a period).
4. Cervix: Also known as the mouth of the womb (uterus). It opens into the top of the vagina.
5. Labia: The folds of the external part of the female genitals. Labia minora are the two lips of skin on either side of the entrance to the vagina. Labia majora are the two outer folds of skin.
6. Clitoris: Small pea-shaped bit, situated near where you urinate - very sensitive during sex.
7. Urethra: The tube that urine passes through out of the body.
8. Vagina: The passage leading from the womb to the outside of your body.
9. Perineum: The region of skin between the anus and the genitals.
10. Anus: The end of the digestive tract, where the solid waste leaves the bowel.

Vagina discharge – what is it?

Secretions from the cervix and the glands at the entrance of the vagina help to keep it clean and healthy. These secretions vary during the menstrual cycle and are part of a normal, healthy vagina. Fluid also passes through the vaginal walls in response to physical activity and sexual arousal.

All these secretions make up the vaginal discharge and fluid that a woman normally notices. Usually discharge is whitish, drying yellowish on underwear, and varying in amount throughout the month. It has a characteristic (but not bad) smell unnoticeable to you or others if you shower or wash regularly.

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At U by Kotex®, we think it's high time we all stopped being so damn shy about our vaginas. You don't need to do a Paris or Britney, but being able to talk about it without going red is a good start. After all, we've all got one. In fact, we've only got one, so make sure you take good care of it with U by Kotex.

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behind the scenes



Whether you're a pads, tampons or liners girl, or use a combination of them all, we have something for U.

“...the ad isn't trying to be rude nor does it deserve the bad publicity”

Rochelle,
New South Wales

liners ↗



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One quick twist and it's open.



ultrathin pads ↗

Comfy, thin, flexible and designed to move with you.



liners ↗

Xtra-thin liners will keep things fresh all month long.



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Info about you and your body to help you take the ultimate care down there.



The latest U by Kotex advertising - For the ultimate care down there.



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behind the scenes

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why choose U?



- Hassle-free periods
- Total protection
- Always innovating
- A brand that's not bland

U by Kotex® difference



U by Kotex products offer hassle free protection, is always innovating and adds a bit of colour to your day!

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new **nude liners**

So thin, you won't even know it's there

20 liner than before everyday freshness

Available in Woolworths & Independent Supermarkets

free storage tin

Look out for U by Kotex® Flexilight® Overnight Ultrathins in a free storage tin - available from selected supermarkets during August (or while stocks last)

Try U for the ultimate care down there

U by Kotex offers total protection across the range of tampons, ultrathin pads and liners. Not only do tampons and ultrathins have wings, they're also flexible and you can choose which colour suits your mood through the multi-colour wrappers.

Ultrathins: microthin < Maximum protection
Tampons: microthin < Maximum protection

For teacher we're here to help

we have something for you

liners

These super thin liners will keep things fresh all month long

It's perfectly normal to have days where, even if you're not menstruating, things feel less than fresh down there, but with U liners, no one need know. They're also great if you just want a little extra protection while using tampons.

xtra-thin unscented

ultrathin pads

Comfy, thin, flexible and designed to move with you.

It's good to know that should you ever feel the need to wack on some gold spandex hot pants and hit the dance floor, you've got a reliable, winged, ultra-slim max protection you can.

Not only are our pads super thin, they're also super comfy and super absorbent – so no matter what's going on down there, the spandex is safe.

Our regular pads come with or without wings, because although we love wings for keeping the pad in place, we love our miniskirts too.

regular

tampons

One quick twist and it's open

Ultra cool-click slimy jeans, when it comes to U tampons, Y'know means comfortable. U tampons also come with a slender tip because, let's face it, when you're suffering period pain, a fat, blunt tampon is the last thing you want to deal with.

And because we know you've got better things to do than sit on a sofa screaming away at the end of a Tampon, Y'know means comfortable. U tampons are super easy to get off – just one quick twist and you're ready to go.

mini tampons

Women's Health taking care down there

Thanks to big mags and fab friends, we all know everything there is to know about looking after our hair, skin and nails, but when it comes to our vaginas, we're as in the dark as the vaginas themselves. So spend a few minutes scrolling through this section of the website and get to know what's going on down there.

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puberty

Increased oil production can cause pimples
Hair appears under the arms and around the pubic area
Sweat & body odour becomes more noticeable
Breasts grow (not always at the same time)
Hips become wider & body becomes more curvy
Ovulation begins & periods start
Hair on arms & legs becomes thicker & darker

menstruation

Illustration of the female reproductive system

tampons ultrathin pads liners

tampons ultrathin pads liners

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