



# Menstrual Care Products

	Common products		Cost* over lifetime**	Inhibits vaginal penetration	Hours between changes	User will likely touch***
reusable		Menstrual Cup	\$80	yes	6-12	vulva, vagina, blood
		Period Underwear	\$700	no	12-24	underwear, blood
		Reusable Pads	\$400	no	4-8	undewear, blood
disposable		Disposable Pads	\$4,000	no	4-8	underwear
		Tampons (with applicator)	\$3,000	yes	4-8	vulva, blood
		Tampons (no applicator)	\$2,300	yes	4-8	vulva, vagina, blood

\* These prices vary based on your location, taxes, and qty per box. You can look up your exact product cost here: [unhush.us/menstrual-info](https://unhush.us/menstrual-info)

\*\* Average of 50 years of menstruation, 5 days per cycle, 12 cycles per year.

\*\*\* When we say blood in this column we are actually referring to endometrium which is the thin layer of uterine lining. We are using the term blood because most people with a uterus are told that they “bleed” during their “period”. The correct terminology is that a person with a uterus sheds endometrium during menstruation.