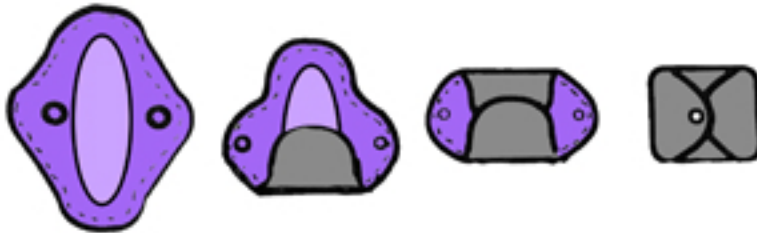




## How to Use and Care for Cloth Menstrual Pads

### How to Fold Pad for Discreet Carrying



### How to Wear a Cloth Pad



### How to Clean Cloth Pads

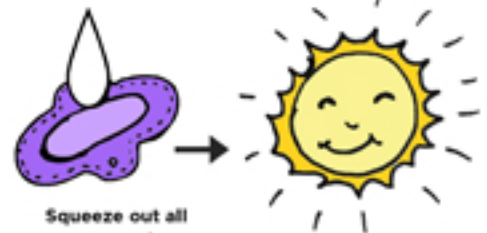


Soak in cold water with soap and a little bit of vinegar if you have it. Soak overnight for strong stains.



Scrub pads with soap.

Rinse thoroughly.



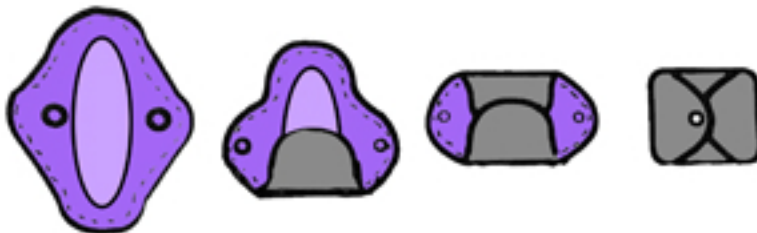
Squeeze out all excess water.

Hang to dry in the sun.



## How to Use and Care for Cloth Menstrual Pads

### How to Fold Pad for Discreet Carrying



### How to Wear a Cloth Pad



### How to Clean Cloth Pads

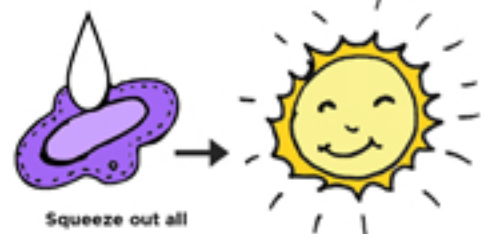


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