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26th July 2023

Endorsement for the MCUP

I would highly endorse the use of medical grade silicon menstrual Cups as a non-absorbent reusable barrier cup approved by the FDA. There are 2 sizes available - light flow size at 18 ml and standard flow size at 27 ml. They are safe, easy to use with training and cost effective. The Menstrual Cup was rated better in respect of comfort, quality, menstrual blood collection capacity, appearance, and preference than the use of menstrual pads and tampons. Women find this device appealing and acceptable. There is less leakage than pads and tampons and there is a low incidence of toxic shock syndrome or other infectious sequelae resulting from use.

They are eco-friendly with a low environmental impact and a cost-effective alternative to pads and tampons as they can be reused for life and for many people replace disposable products. Menstrual pads, tampons and rags routinely block pipes and joints, which is costly, takes time to resolve and imposes health hazards and impacts sewage systems. Menstrual cups are easy to clean and reuse. They can be emptied and wiped out during the day and washed later.

Dr Julie Hennegan from the Johns Hopkins Bloomberg School of Public Health, USA, suggested that: "For consumers purchasing menstrual products, the results highlight cups as a safe and cost-effective option." Menstrual cups are ideal to empower young woman in resource poor settings to be able to continue their education and work without period disruption. I highly endorse their use and distribution.

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