



ALL ABOUT ABSORBENCIES

From one day to the next, the amount of menstrual blood your body sheds changes. Learn how to pick the right absorbency for you.

YOUR PERIOD'S BIG 3

Once you know what products you like, you need to find the right absorbency/absorbencies for you. There are three absorbencies: For tampons, there are regular, super and super plus. For pads and liners, there are regular, heavy and overnight. When you're starting out, it's best to try regular first and see what's comfortable from there. It's all about what works for your life and body.

WHY AM I LEAKING?

If you find yourself leaking through your period products, you may just need to change the absorbency you're using.

For tampons: Normally, you should change your tampon every 4-8 hours. If you're leaking through, try switching to a higher absorbency, like super or super plus. Alternatively, if your tampon feels uncomfortable, you should size down your absorbency.

For pads: How often you change your pads depends on the heaviness of your flow and the type of pad you're using. Try matching the absorbency with your flow – on heavier days, use a more absorbent pad; on lighter days, a less absorbent pad will do. No matter what, you should change your pad every 3-4 hours.

Note: if you're already using the highest absorbency and you're soaking through a pad or tampon every hour or two, you should contact your healthcare provider.

FIND WHAT WORKS FOR YOU

U by Kotex® has the trusted protection you need to feel secure, from pads that are up to 100% leak free to tampons that help you move with outstanding comfort to liners that absorb quickly for an all-day fresh feeling. Check out our products and see what you like!

