

With you every step of the way

From the first day of period to the last, PureDays sanitary pads are designed to keep you comfortable all day, in every way.

Protecting you always

We understand there is no one-size-fits-all when it comes to periods. Flows may vary according to time, day, activity or simply differ from person to person. That's why PureDays has developed a comprehensive range of sanitary pads to ensure optimal protection at all times.

Panty liner	15.5cm
Regular flow	24cm
Heavy flow	29cm Long
Super heavy flow	33cm Extra long



NEW
With more protection

PANTY
LINER

LONG

EXTRA
LONG
night use



PureDays

Protection & Comfort
Sanitary Pads

A girl's first choice

Ultra
Absorbent
Core



Marketed by:  PANAMEX GROUP
More info: www.puredayscomfort.com
Email us on info@panamexgroup.com

Understanding your period

First things first - what you are experiencing is **NORMAL**.

All girls experience periods. It is part of puberty as you grow from a girl to a young woman. The better you understand it, the easier it is for you to know what's normal, who to talk to, and how to manage it. It's not as complicated as it seems - we're here to help you stay informed!



Signs of a first period

How do you know you're about to experience your first period? Here are some common signs:



Developing breasts

Generally you can expect to have your first period in about 2 years after your breasts start developing.



Growing pubic hair

You may start growing pubic hair, and your first period usually follows in 1 or 2 years after this development.



Vaginal discharge

If you begin to find white or yellowish liquid vaginal discharge, your first period may be only a few months away - it's time to get your first sanitary pad.

Common period questions

1. What is a period?

A period is a release of blood from a girl's uterus through her vagina. A period is a sign of transition into womanhood.

2. When do most girls get their first period?

Every girl's body has its own schedule. Most girls usually get their first period between 10 to 15 years old.

3. Do periods hurt?

The period itself shouldn't hurt but some girls may experience cramps. This discomfort will usually subside after a few days.

4. What should I use for periods?

A sanitary pad is one of the most used period products as they are the easiest to find, use and change.

5. How long does a period last?

Periods usually happen once every 4-5 weeks with each lasting about 5 days. Regular periods are a sign of good health.

Who to talk to & what's next?

The first go-to person is of course your mom. Your mom will be able to provide all the answers and help you find the correct products to prepare for your period. Remember, periods are a normal, natural part of a healthy girl's life. It should never prevent you from doing what you want to do or going where you want to go.

