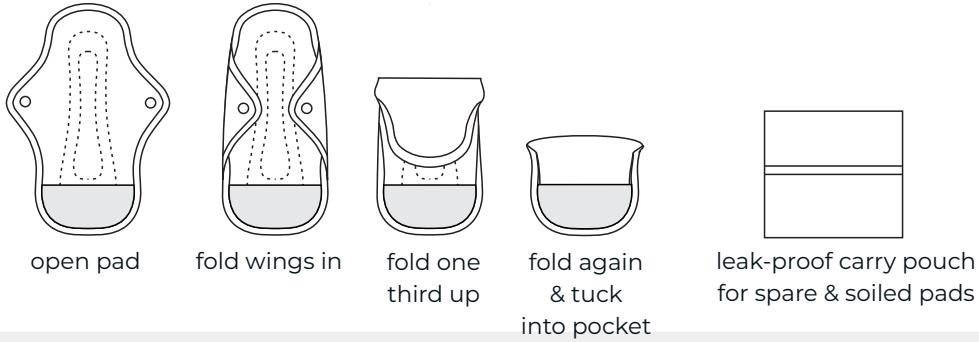




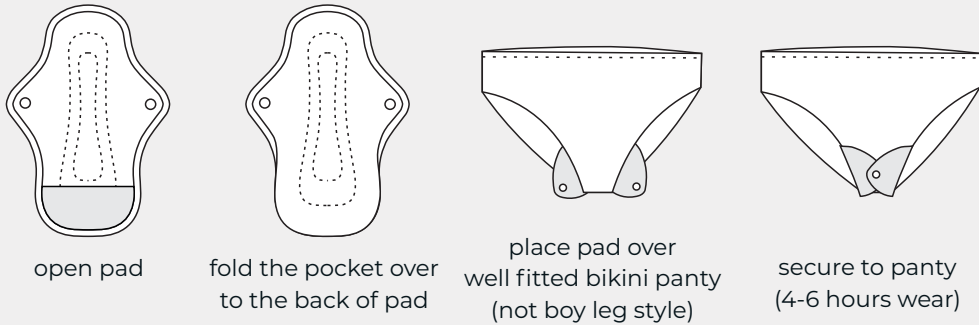
## INSTRUCTIONS FOR DIA REUSABLE PADS

**VERY IMPORTANT: wash before using the first time**

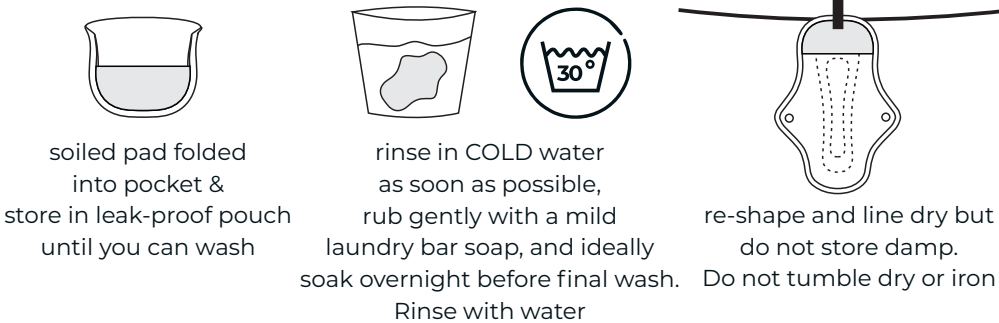
### EASY TO STORE



### EASY TO USE



### EASY TO WASH



## PERIOD TRACKER

YEAR: \_\_\_\_\_

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡
2	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡
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31	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡	♡

The **REUSABLE** bamboo sanitary pad