

# USE OF MENSTRUAL CUP AND ITS EXPERIENCES WORLDWIDE

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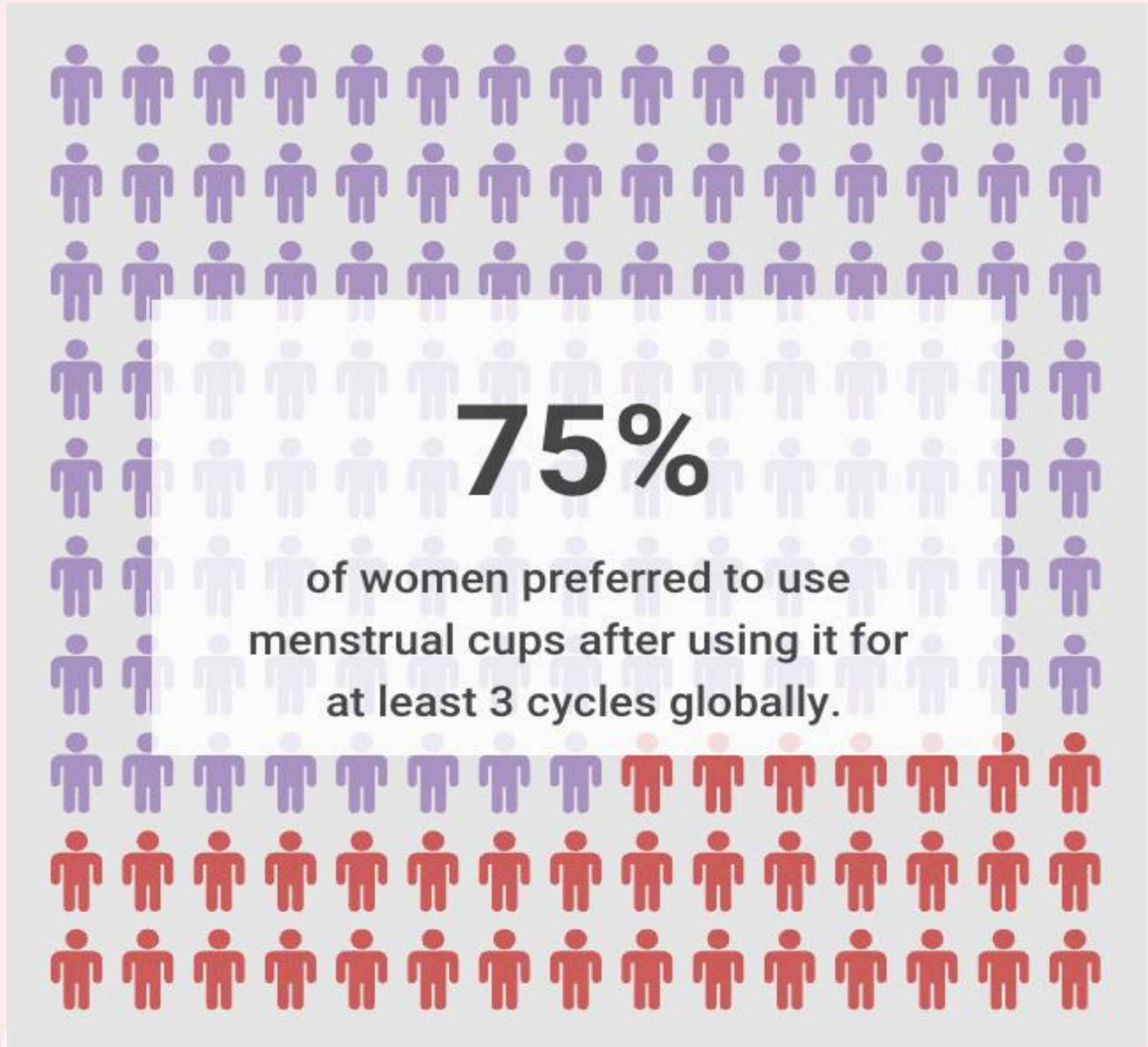
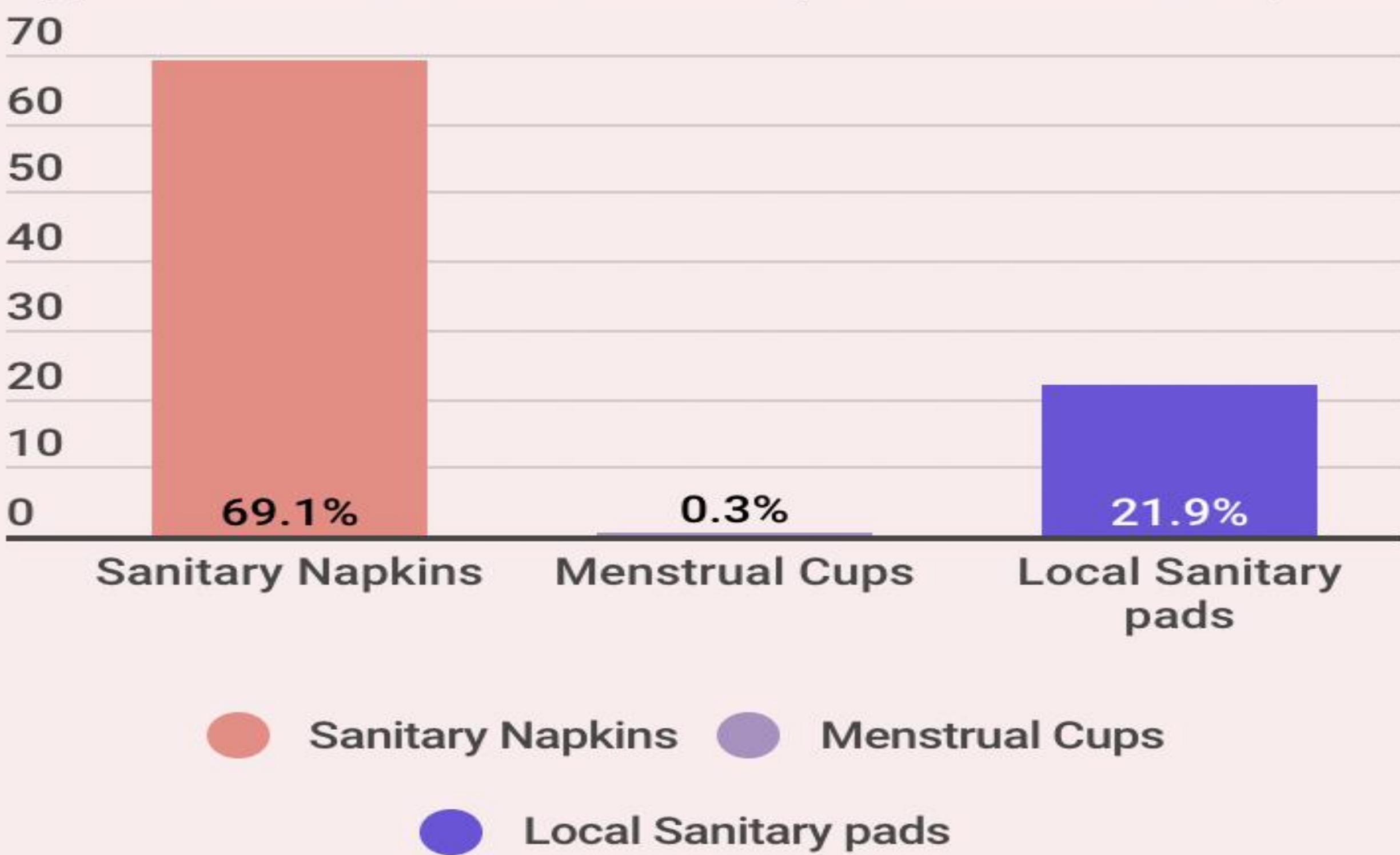


In Canada, menstruation typically begins between the **ages of 10-14 years** and ends at menopause, around **50 years of age**.

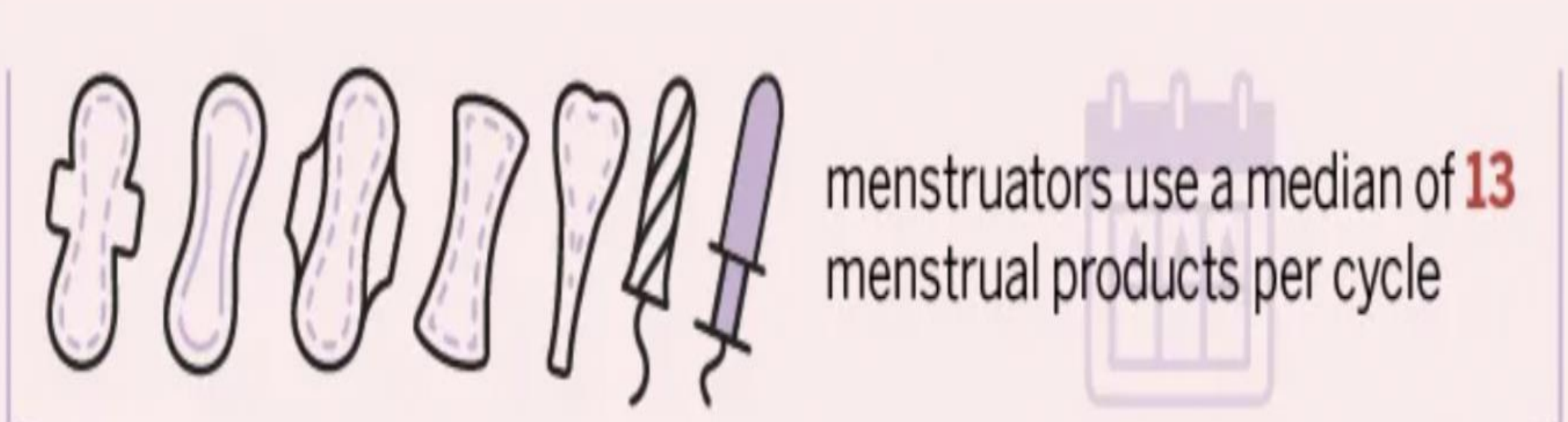


There were approximately **8,867,845** menstruators in Canada in 2016.

Types of Menstrual Products Used by Women in Karnataka, India



**Menstruators spend, on average, 6 years menstruating over the course of their lifetime**



Use of Menstrual Cups can help replace

- 12 Tampons per period at 6% of the plastic waste and 7% of the cost
- 12 pads per period at 0.4% of the plastic waste and 5% of the cost