

|             |               |             |              |              |
|-------------|---------------|-------------|--------------|--------------|
| <b>B</b>    | <b>I</b>      | <b>N</b>    | <b>G</b>     | <b>O</b>     |
| Mood swings | Hormones      | Cravings    | Facial       | Headache     |
| Menstrual   | Comfort food  | Message     | Sleep        | Heavy        |
| Ovaries     | Menstrual cup | <b>FREE</b> | Bled through | Pressure     |
| Uterus      | Ice cream     | Cramps      | Body pain    | Vaginal pain |
| Tampon      | Chocolate     | Spa         | Period cycle | Light        |

|             |               |             |              |              |
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| Tampon      | Comfort food  | Message     | Bled through | Headache     |
| Uterus      | Menstrual cup | Cravings    | Sleep        | Vaginal pain |
| Ovaries     | Ice cream     | <b>FREE</b> | Body pain    | Heavy        |
| Menstrual   | Hormones      | Spa         | Facial       | Pressure     |
| Mood swings | Chocolate     | Bloody mess | Period cycle | Light        |

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| Ovaries        | Hormones         | Cramps         | Facial          | Pressure        |
| Uterus         | Comfort<br>food  | Bloody<br>mess | Period<br>cycle | Vaginal<br>pain |
| Mood<br>swings | Menstrual<br>cup | <b>FREE</b>    | Sleep           | Light           |
| Tampon         | Ice<br>cream     | Cravings       | Body<br>pain    | Headache        |
| Menstrual      | Chocolate        | Message        | Bled<br>through | Heavy           |