

# Menstrual cup size guide

## Mini, A or B – which size AllMatters cup should I choose?

A common and completely understandable question! The internet is flooded with menstrual cup comparison charts, guidelines and size guides.

The different menstrual cup brands take different factors into consideration when guiding their customers in which size to opt for.

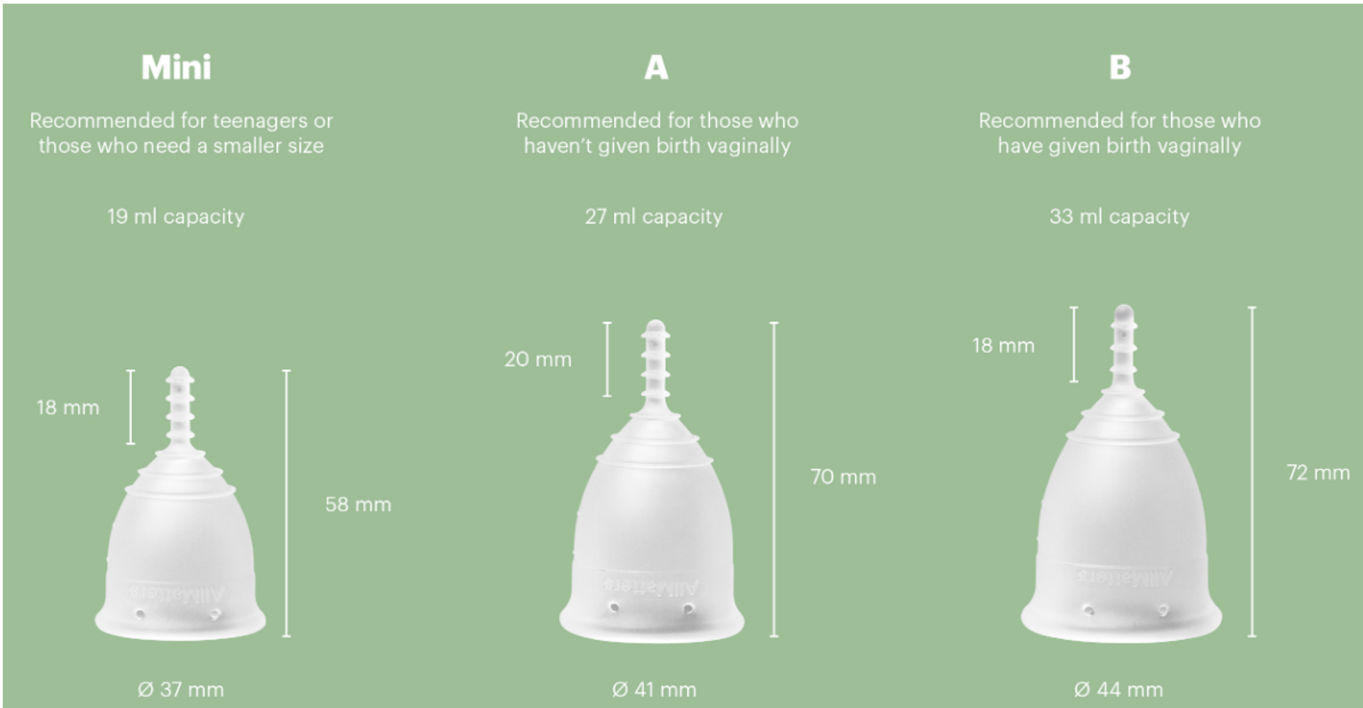
We're all built differently – luckily – and that's why we offer three different sizes of the AllMatters menstrual cup. Take our size quiz or continue reading for more information on which size to choose.

Some find this overly generalized; some even find it offensive.

That's completely understandable, but as the vagina is 100% unique to the individual, it will never be a one-size-fits-all product.

You might not notice a difference after having given birth vaginally, however, for most, the vagina will probably not return completely to its pre-birth shape and that is completely fine!

We wish to keep it easy for our customers to choose a size. Our research shows that one of the most important physiological factors to be considered when choosing cup size is whether or not you have given birth vaginally.



### Factors to consider

With that said, it doesn't necessarily mean that someone who has given birth vaginally can't use a Size A and that another user, who hasn't given birth vaginally, but who has a heavier flow, can't use a Size B.

We do offer a size guarantee, if you find that your cup is the wrong size.

Our guideline is not bullet proof so there are a couple of other factors you might want to consider when you're choosing the menstrual cup size for you.

#### Regular or heavy flow

The AllMatters cup can be used for up to 12 hours at a time – also during night – depending on your flow.

We recommend that you empty your menstrual cup more frequently in the beginning while you're getting to know the cup and your flow.

If you have a light or regular flow, we recommend the Size A or Size Mini for teens or those who need a smaller size.

However, if you have a heavier flow you might want to consider going with the Size B, which has a bigger capacity.

Some of our users like to use a few different cup sizes throughout their cycle. This is because, for some, their flow is heavier at the beginning of the menstrual cycle and they prefer to use the Size B. Then, as their flow becomes lighter towards the end of the cycle, they can switch to using the Size A.

#### First time cup users

We recommend the Size Mini or Size A for teens and young cup users. You can actually start using a menstrual cup as soon as you get your period.

Although there is no age limit, it does require that you are comfortable with your body and period. Read more about that here.

#### Mums

For mums, we generally recommend going with a Size B as per the above. However, if you have delivered your child/children by C-section, we recommend going with a Size A.

### Still not sure?

If you're in doubt and you end up getting the wrong size, there's no need to worry! We offer our customers a satisfaction guarantee – so if you have bought the wrong size, we'll exchange it for the right size free of charge or give you a full refund.



Our 90-day satisfaction guarantee

## Try the cup risk-free

1

Buy a cup online or in a store.

2

Use the cup for 3 periods (min. 90 days).

3

Not happy? We'll give you a different size or a refund.