



M Power

Menstrual Cup

What is it?

The M Power cup is an innovative menstrual product proudly made in South Africa.

The M Power cup is a reusable menstrual cup around two inches long and made from soft medical grade silicone. This form of silicone differs from the type used in implants and is healthy for internal wear. It is used in heart valves and contact lenses and causes no reaction in the body. It is worn internally like a tampon but collects menstrual fluid rather than absorbing. Unlike tampons the M Power cup is not a disposable product, so you only need to buy one.

The M Power menstrual cup will hold 30ml of fluid, which is roughly one third of the average total produced each period. A light seal is formed with your vaginal walls allowing your menstrual fluid to pass into the M Power cup without leakage or odour. You will probably find that you need to empty your M Power cup less frequently than you currently replace towels or tampons.

Safer

The M Power menstrual cup contains no bleaches, deodorisers or absorbency gels. It does not interfere with your healthy vaginal environment, nor has it been associated with toxic shock syndrome.

The smooth surface of the Mooncup allows the mucus membranes of your vaginal wall to continue their essential cleansing and protective functions. The Mooncup does not absorb your body's natural defence mechanisms and will not deposit fibres in your vaginal wall.

For your safety the Mooncup is made from a special medical grade non-allergic silicone. Silicone is derived from silica, which is one of the most abundant minerals on earth.

It will not cause irritation and is suitable for women with sensitive skin, thrush, eczema or allergy.

Greener

Unlike pads and tampons the M Power menstrual cup is reusable, eliminating the need to discard of endless disposables or carry bulky spares. With proper care your M Power cup will last for several years.

Imagine the towels and tampons deposited in landfill sites and in the water systems during those years!

The average woman disposes of 160 million pads and tampons every MONTH not to mention the packaging and waste created in the manufacturing of disposables. All this pollutes our land and waters and increases household waste. The mass-produced cotton grown for industry takes up a high percentage of the world's productive land and is environmentally unsustainable.

Cheaper

Your M Power menstrual cup will last several years and is over ten times more cost effective than disposable products purchased monthly. It is like spending R 3.00 a month on your sanitary protection! You are investing in an ethical product, which is concerned with your personal health and the well being of our planet.

The M Power cup will cost you R 285.00 + R 20.00 P/P = R 305.00

The bags the M Power cups come in are made by a community-women's project in Ottery. The original denim material has been replaced by locally produced cotton twill. The cotton twill is donated by a home-run business called Diapro. The money we are saving on material enables us to pay our machinists a better per bag rate.

Easy to Use

Correctly inserted, the M Power menstrual cup is so comfortable that you will forget it exists. It may take a little practice at first, as you need to find the angle and position that is right for you. Each M Power cup comes with detailed usage instructions.

Once you have perfected it you will be amazed at how simple the M Power cup is to use. You will need to empty, rinse or wipe, and reinsert your M Power cup every four to eight hours depending on your flow. The fluid remains inside the cup, and the process is not messy or uncomfortable.

The M Power cup can safely be used overnight and is great for all sports, swimming and travelling. Between cycles it can be sterilized by boiling for five minutes in an open pan of water or in the same way as baby equipment: with sterilizing fluid. Days of carrying bulky spares, rushing to the shops or being caught without, are left behind you. The M Power cup brings independence and empowerment to your menstruating time.

And lastly.. Some info on the Karabo Initiative

The Issue

Communities affected by poverty are largely held together by women and CBO's (Community Based Organizations). Most support given to CBO's is for basics such as food, clothing and pastoral care.

Women living in these communities do not have access to adequate sanitary ware (tampons/pads) if any at all.

They are stripped of their dignity and disempowered

They rely on donations of tampons/pads each month or have to use cloths/rags, toilet paper, newspaper or nothing at all. Young girls will miss up to 10 days of school each month!

The Solution

One Pledge, one woman, one 5 year empowerment plan!

Giving these women an M Power menstrual cup will afford them good menstrual health, social responsibility for their living environment, more cash for basics and most of all dignity

M Power will be distributing pledged menstrual cups through grass roots organizations, training a number of key women whom the community knows and trusts. Each and every one of your pledges will go through this system to ensure that the women in these communities receive an M Power menstrual cup.

Make Your Pledge

Deposit your pledge amount of R 195.00 per cup

Nedbank Southern Peninsula
Account name: MPower cup
Account No: 123 214 2239
Branch code: 123209

For reference please use your full name.
E-mail Glenda@mpowercup.co.za to notify us of your paid pledge