

# Be Prepared Period's #PeriodTalk Twitter Transcript

#PeriodTalk is held the 2nd Friday of the month at 2pm ET - New Topics Each Month!  
Upcoming Topics & Transcripts posted at [BePreparedPeriod.com](http://BePreparedPeriod.com)

**April 11, 2014**

## The 411 on #MenstrualCups

(Special instructions – to read in order, please scroll to the end of this document to reach the beginning of this TweetChat and scroll up to read.)

[InsteadSoftcup 2:03pm via HootSuite](#) RT [@bpreparedperiod](#): Don't forget to use our special promo code PERIODTALK for 10% off all our [#menstrualcups](#) (exp. 4/18) [#PeriodTalk](#)  
Retweeted by [sacollins3](#)

[InsteadSoftcup 2:04pm via HootSuite](#) RT [@periodwise](#): Awesome [#PeriodTalk](#) - thanks everyone!

[Lunettecup 2:03pm via Web](#) [@MissHeardMag](#) [@AuntFlo\\_28](#)- Select Planned Parenthoods now carry the Lunette menstrual cup! [plannedparenthood.org/rocky-mountain...](http://plannedparenthood.org/rocky-mountain...) [#PeriodTalk](#)

[AuntFlo\\_28 2:02pm via Twubs](#) RT [@bpreparedperiod](#) Don't forget to use our special promo code PERIODTALK for 10% off all our [#menstrualcups](#) (exp. 4/18) [#PeriodTalk](#)

[bpreparedperiod 2:00pm via TweetChat powered by oneQube](#) Don't forget to use our special promo code PERIODTALK for 10% off all our [#menstrualcups](#) (exp. 4/18) [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[PeriodPanteez 2:01pm via Web](#) [@InsteadSoftcup](#) [@bpreparedperiod](#) [@Lunapads](#) [@Lunettecup](#)  
Awe! Thank you, Sweetie!! Love & light to you!! X0!! [#periodtalk](#)

[bpreparedperiod 2:01pm via TweetChat powered by oneQube](#) Have a great weekend everyone!  
xx RT [@Lunettecup](#) [@DivaCup](#) [@bpreparedperiod](#) [@InsteadSoftcup](#) So fun chatting with all of you! [#PeriodTalk](#)

[bpreparedperiod 2:00pm via TweetChat powered by oneQube](#) Don't forget to use our special promo code PERIODTALK for 10% off all our [#menstrualcups](#) (exp. 4/18) [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[PeriodPanteez 2:01pm via Web](#) @ [InsteadSoftcup](#) @ [bpreparedperiod](#) @ [Lunapads](#) @ [Lunettecup](#)  
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you! [#PeriodTalk](#)

[bpreparedperiod 2:00pm via TweetChat powered by oneQube](#) Don't forget to use our special  
promo code PERIODTALK for 10% off all our [#menstrualcups](#) (exp. 4/18) [#PeriodTalk](#)  
Retweeted by [ohmygodiane](#)

[Lunettecup 2:00pm via Web](#) @ [DivaCup](#) @ [bpreparedperiod](#) @ [InsteadSoftcup](#) So fun chatting  
with all of you! [#PeriodTalk](#)

[bpreparedperiod 2:00pm via TweetChat powered by oneQube](#) Don't forget to use our special  
promo code PERIODTALK for 10% off all our [#menstrualcups](#) (exp. 4/18) [#PeriodTalk](#)  
1 retweets

[gfreemaui 2:00pm via Twitter for iPad](#) Congratulations winners! Thanks to everyone for the  
great chat. [#PeriodTalk](#) Definitely need to order another cup!

[bpreparedperiod 2:00pm via TweetChat powered by oneQube](#) For more info on all things  
menstrual visit us @ [BePreparedPeriod.com](#) or on FB @ [facebook.com/BePreparedPeri...](#)  
[#PeriodTalk](#)

[PeriodPanteez 2:00pm via Web](#) @ [Tsukichan90](#) @ [DivaCup](#) Us too! [#periodtalk](#)

[bpreparedperiod 2:00pm via TweetChat powered by oneQube](#) Thank you all for such wonderful  
conversation. It gives us great pleasure to chat with those open to speaking about menstruation  
[#PeriodTalk](#)

[DivaCup 2:00pm via HootSuite](#) Special thanks to @ [bpreparedperiod](#), @ [Lunettecup](#) &  
@ [InsteadSoftcup](#) for hosting! Learn more [divacup.com](#) [#PeriodTalk](#)

[AuntFlo\\_28 2:00pm via Twubs](#) Congrats to all of the winners! [#periodtalk](#)

[itssoeasy2me 2:00pm via Web](#) @ [bpreparedperiod](#) @ [Lunettecup](#) Thank you so much!!! I have  
wanted one for so long!!! [#PeriodTalk](#)

[bpreparedperiod 1:59pm via TweetChat powered by oneQube](#) Help spread the word about  
[#PeriodTalk](#) by tweeting, posting on FB, blogging, pinning etc. Break the silence on this taboo  
topic!

[bpreparedperiod 1:59pm via TweetChat powered by oneQube](#) A big THANK YOU to this  
month's special guests @ [DivaCup](#), @ [Lunettecup](#) & @ [InsteadSoftcup](#)– we greatly appreciate all  
your work [#PeriodTalk](#)

Retweeted by [fingerscrossed](#) and 1 others

[InsteadSoftcup](#) 1:59pm via HootSuite @[bpreparedperiod](#) Thank you for having us! [#periodtalk](#)

[bpreparedperiod](#) 1:59pm via TweetChat powered by oneQube If you have any questions about any of these awesome products, we at @[bpreparedperiod](#) are always happy to help! [#PeriodTalk](#)  
Retweeted by [gfreemaui](#)

[bpreparedperiod](#) 1:59pm via TweetChat powered by oneQube For more [#giveaways](#) be sure to check out [bpreparedperiod.com/blog/?cat=199](#) [#PeriodTalk](#)

[bpreparedperiod](#) 1:58pm via TweetChat powered by oneQube And winner of giveaway #3: The DivaCup Prize Pack, compliments of @[DivaCup](#) is @[sarahismathy](#) - congratulations!!  
[#PeriodTalk](#)

Retweeted by [DivaCup](#) and 1 others

[bpreparedperiod](#) 1:59pm via TweetChat powered by oneQube A big THANK YOU to this month's special guests @[DivaCup](#), @[Lunettecup](#) & @[InsteadSoftcup](#)– we greatly appreciate all your work [#PeriodTalk](#)

Retweeted by [sacollins3](#) and 1 others

[bpreparedperiod](#) 1:59pm via TweetChat powered by oneQube If you have any questions about any of these awesome products, we at @[bpreparedperiod](#) are always happy to help! [#PeriodTalk](#)  
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[#PeriodTalk](#)

Retweeted by [gfreemaui](#) and 1 others

[bpreparedperiod](#) 1:58pm via TweetChat powered by oneQube Winner of giveaway #2: The [#LunetteCup](#) + Wipes, compliments of @ is @[itssoeasy2me](#) - congratulations!! [#PeriodTalk](#)  
Retweeted by [Lunettecup](#) and 1 others

[bpreparedperiod](#) 1:58pm via TweetChat powered by oneQube Winner of giveaway #2: The [#LunetteCup](#) + Wipes, compliments of @ is @[itssoeasy2me](#) - congratulations!! [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[PeriodPanteez](#) 1:59pm via Web @[bpreparedperiod](#) Thanks, Love!! [#periodtalk](#)

[bpreparedperiod](#) 1:59pm via TweetChat powered by oneQube A big THANK YOU to this month's special guests @[DivaCup](#), @[Lunettecup](#) & @[InsteadSoftcup](#)– we greatly appreciate all your work [#PeriodTalk](#)

2 retweets

[DivaCup 1:53pm via HootSuite](#) Educating women about the menstrual cycle & charting is the best way to encourage positive period talk! [#PeriodTalk](#) <http://goo.gl/ikJ7ox>

[Lunettecup 1:58pm via Web](#) [@bpreparedperiod](#) [@itssoeasy2me](#)- Congratulations!! [#PeriodTalk](#)

[bpreparedperiod 1:58pm via TweetChat powered by oneQube](#) And winner of giveaway #3: The DivaCup Prize Pack, compliments of [@DivaCup](#) is [@sarahismathy](#) - congratulations!!  
[#PeriodTalk](#)

[bpreparedperiod 1:57pm via TweetChat powered by oneQube](#) The winners of giveaway #1: The Softcup +Purse Pack, compliments of [@InsteadSoftcup](#) are [@sacollins3](#) & [@sarahismathy](#)- congrats!! [#PeriodTalk](#)  
Retweeted by [gfreemaui](#)

[PeriodPanteez 1:58pm via Web](#) [@DivaCup](#) [@AuntFlo\\_28](#) GREAT for you all!! That's wonderful to hear!! XO!! [#periodtalk](#)

[bpreparedperiod 1:58pm via TweetChat powered by oneQube](#) Winner of giveaway #2: The [#LunetteCup](#) + Wipes, compliments of @ is [@itssoeasy2me](#) - congratulations!! [#PeriodTalk](#)

[InsteadSoftcup 1:58pm via HootSuite](#) The winners of giveaway #1: The Softcup +Purse Pack, compliments of [@InsteadSoftcup](#) are [@sacollins3](#) & [@sarahismathy](#)- congrats!! [#PeriodTalk](#)

[bpreparedperiod 1:56pm via TweetChat powered by oneQube](#) WINNER! WINNER! WINNER! Who is ready to hear who has won our great giveaways? [#PeriodTalk](#)  
Retweeted by [sacollins3](#)

[bpreparedperiod 1:57pm via TweetChat powered by oneQube](#) The winners of giveaway #1: The Softcup +Purse Pack, compliments of [@InsteadSoftcup](#) are [@sacollins3](#) & [@sarahismathy](#)- congrats!! [#PeriodTalk](#)  
1 retweets

[bpreparedperiod 1:56pm via TweetChat powered by oneQube](#) REMINDER: [#PeriodTalk](#) is going on 24/7 @ [ow.ly/f8KGN](http://ow.ly/f8KGN) Post questions or contribute answers/suggestions & keep the convo going!  
Retweeted by [gfreemaui](#)

[bpreparedperiod 1:56pm via TweetChat powered by oneQube](#) Drum roll please . . . (note: we will be in touch privately with each winner) [#PeriodTalk](#)

[InsteadSoftcup 1:56pm via HootSuite](#) RT [@bpreparedperiod](#): WINNER! WINNER! WINNER! Who is ready to hear who has won our great giveaways? [#PeriodTalk](#)

[bpreparedperiod 1:56pm via TweetChat powered by oneQube](#) Back atcha! :) RT [@PeriodPanteez](#) Wishing everyone a BEAUTIFUL Friday!! Hope your spring is going wonderfully thus far!! XO! [#periodtalk](#)

[PeriodPanteez](#) 1:56pm via [Web](#) Wishing everyone a BEAUTIFUL Friday!! Hope your spring is going wonderfully thus far!! XO! [#periodtalk](#)

[bpreparedperiod](#) 1:56pm via [TweetChat powered by oneQube](#) WINNER! WINNER! WINNER! Who is ready to hear who has won our great giveaways?

[bpreparedperiod](#) 1:56pm via [TweetChat powered by oneQube](#) REMINDER: [#PeriodTalk](#) is going on 24/7 @ [ow.ly/f8KGN](#) Post questions or contribute answers/suggestions & keep the convo going!

[itssoeasy2me](#) 1:55pm via [Web](#) @ [InsteadSoftcup](#) Ill check it out [#PeriodTalk](#)

[PeriodPanteez](#) 1:55pm via [Web](#) @ [bpreparedperiod](#) @ [Lunapads](#) @ [Lunettecup](#) @ [InsteadSoftcup](#) Happy Friday, Lovelies!! Been slammed & just saw y'all! [#periodtalk](#)

[InsteadSoftcup](#) 1:54pm via [HootSuite](#) @ [gfreemaui](#) No menstrual cup is recyclable as they contain human waste after use [#periodtalk](#)

[bpreparedperiod](#) 1:54pm via [TweetChat powered by oneQube](#) So what did y'all think of today's chat? Did you learn anything new? If so, what? [#PeriodTalk](#)

[InsteadSoftcup](#) 1:54pm via [HootSuite](#) RT @ [DivaCup](#): Educating women about the menstrual cycle & charting is the best way to encourage positive period talk! [#PeriodTalk](#)  
Retweeted by [gfreemaui](#)

[DivaCup](#) 1:53pm via [HootSuite](#) Educating women about the menstrual cycle & charting is the best way to encourage positive period talk! [#PeriodTalk](#) [http://goo.gl/ikJ7ox](#)  
Retweeted by [Lunapads](#)

[bpreparedperiod](#) 1:53pm via [TweetChat powered by oneQube](#) @ [AuntFlo\\_28](#) Great Q! We too are helping to educate these groups w/webinars, brochures, samples... [#periodtalk](#)  
Retweeted by [AuntFlo\\_28](#)

[InsteadSoftcup](#) 1:54pm via [HootSuite](#) RT @ [DivaCup](#): Educating women about the menstrual cycle & charting is the best way to encourage positive period talk! [#PeriodTalk](#)

[InsteadSoftcup](#) 1:53pm via [HootSuite](#) @ [AuntFlo\\_28](#) @ [InsteadSoftcup](#) samples on college campuses and to high school and university athletic departments and health centers [#periodtalk](#)  
Retweeted by [AuntFlo\\_28](#)

[InsteadSoftcup](#) 1:44pm via [HootSuite](#) For every box of Softcup bought in the U.S., we'll donate a reusable Softcup to an underprivileged woman or girl [#periodtalk](#)  
Retweeted by [runitbymom](#) and 3 others

[bpreparedperiod](#) 1:53pm via TweetChat powered by oneQube @AuntFlo\_28 Great Q! We too are helping to educate these groups w/webinars, brochures, samples... [#periodtalk](#)  
1 retweets [Show Conversation](#)

[gfreemaui](#) 1:53pm via Twitter for iPad @InsteadSoftcup Are they biodegradable? Recyclable? [#PeriodTalk](#)

[DivaCup](#) 1:52pm via HootSuite @AuntFlo\_28 Each yr Diva distributes 1000s of Educator Kits 2 schools & medical offices around the world! [#PeriodTalk](#) [goo.gl/oOxKXi](http://goo.gl/oOxKXi)

[AuntFlo\\_28](#) 1:53pm via Twubs I wonder how many here are part of a family that includes more than 1 generation of cup users [#periodtalk](#)

[DivaCup](#) 1:53pm via HootSuite Educating women about the menstrual cycle & charting is the best way to encourage positive period talk! [#PeriodTalk](#) <http://goo.gl/ikJ7ox>

[InsteadSoftcup](#) 1:53pm via HootSuite @AuntFlo\_28 @InsteadSoftcup samples on college campuses and to high school and university athletic departments and health centers [#periodtalk](#)  
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[DivaCup](#) 1:52pm via HootSuite @AuntFlo\_28 Each yr Diva distributes 1000s of Educator Kits 2 schools & medical offices around the world! [#PeriodTalk](#) [goo.gl/oOxKXi](http://goo.gl/oOxKXi)  
1 retweets

[AuntFlo\\_28](#) 1:52pm via HootSuite @The\_Sub\_Mission great question! I wonder what the experts have to add from @Lunettecup @DivaCup & @InsteadSoftcup [#PeriodTalk](#)

[InsteadSoftcup](#) 1:51pm via HootSuite @The\_Sub\_Mission Try a few varieties of [#menstrualcups](#). You'll likely just have to play with insertion to get the right angle [#periodtalk](#)

[AuntFlo\\_28](#) 1:51pm via HootSuite I wonder what educational & outreach work @Lunettecup @DivaCup & @InsteadSoftcup are doing with tweens, teens & college [#PeriodTalk](#)

[bpreparedperiod](#) 1:44pm via TweetChat powered by oneQube @InsteadSoftcup A9: I actually got my mom using [#menstrualcups](#) before she went into [#menopause](#) - she loved them! [#periodtalk](#)

[InsteadSoftcup](#) 1:50pm via HootSuite RT @runitbymom: @InsteadSoftcup q8 once I switched, I'll never go back [#PeriodTalk](#)

[Lunapads](#) 1:50pm via HootSuite The [#DivaCup](#) is a product we believe in and know to be a fantastic alternative to [#tampons](#)! [ow.ly/vFL22](http://ow.ly/vFL22) [#periodtalk](#)

[InsteadSoftcup](#) 1:50pm via HootSuite @gfreemaui The good news is women use fewer disposable @InsteadSoftcup than tampons or pads! [#periodtalk](#)

[AuntFlo 28 1:46pm via Twubs](#) Cups can be great options for you, but also for your daughter & your mom. [#periodtalk](#)  
Retweeted by [Lunapads](#) and 2 others

[runitbymom 1:49pm via Twitter for iPhone](#) @[InsteadSoftcup](#) q8 once I switched, I'll never go back [#PeriodTalk](#)

[bpreparedperiod 1:48pm via TweetChat powered by oneQube](#) We'd like to now open up the chat for some free "flow" conversation. Please share your comments or questions [#PeriodTalk](#)  
Retweeted by [gfreemaui](#)

[The Sub Mission 1:49pm via Web](#) @[AuntFlo 28](#) I have heard that cups are good for women with a tilted uterus. I tried Diva Cup and it didn't work. Ideas? [#PeriodTalk](#)

[gfreemaui 1:48pm via Twitter for iPad](#) @[bpreparedperiod](#) @[InsteadSoftcup](#) I worry about the eco impact of disposable cups. [#PeriodTalk](#)

[bpreparedperiod 1:47pm via TweetChat powered by oneQube](#) We're not the only ones who love [#MenstrualCups](#), you can read the many reviews at BPP - [shar.es/THr76](#) [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[bpreparedperiod 1:48pm via TweetChat powered by oneQube](#) Everyone is welcome to respond to questions unless a question is directed to a specific person (@[name](#)) [#PeriodTalk](#)

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)

[bpreparedperiod 1:48pm via TweetChat powered by oneQube](#) We'd like to now open up the chat for some free "flow" conversation. Please share your comments or questions [#PeriodTalk](#)

[InsteadSoftcup 1:47pm via HootSuite](#) RT @[bpreparedperiod](#): Multiple options make [#menstrualcups](#) great for a variety of women [#periodtalk](#)  
Retweeted by [sacollins3](#)

[bpreparedperiod 1:47pm via TweetChat powered by oneQube](#) Disposable + [#Reusable](#) [#MenstrualCups](#) = awesome, healthy, convenient eco alternatives to fem care! [#PeriodTalk](#)  
Retweeted by [itssoeasy2me](#)

[InsteadSoftcup 1:42pm via HootSuite](#) Best of all, you can enjoy mess-free sex on your period with Softcup! [#periodtalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[InsteadSoftcup 1:43pm via HootSuite](#) Since it's worn around the cervix, not in the vaginal canal, intercourse during your period is a benefit unique to Softcup [#periodtalk](#)  
Retweeted by [gfreemaui](#)

[bpreparedperiod](#) 1:47pm via [TweetChat powered by oneQube](#) We're not the only ones who love [#MenstrualCups](#), you can read the many reviews at BPP - [shar.es/THr76](http://shar.es/THr76) [#periodtalk](#)

[AuntFlo\\_28](#) 1:46pm via [Twubs](#) Cups don't discriminate. All flows are welcome. [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[bpreparedperiod](#) 1:46pm via [TweetChat powered by oneQube](#) Multiple options make [#menstrualcups](#) great for a variety of women [#periodtalk](#)  
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[bpreparedperiod](#) 1:47pm via [TweetChat powered by oneQube](#) Disposable + [#Reusable](#) [#MenstrualCups](#) = awesome, healthy, convenient eco alternatives to fem care! [#PeriodTalk](#)  
1 retweets

[periodwise](#) 1:47pm via [HootSuite](#) Whoo hoo!!!! RT @[InsteadSoftcup](#): Best of all, you can enjoy mess-free sex on your period with Softcup! [#periodtalk](#)

[AuntFlo\\_28](#) 1:46pm via [Twubs](#) Cups can be great options for you, but also for your daughter & your mom. [#periodtalk](#)  
Retweeted by [gfreemaui](#)

[AuntFlo\\_28](#) 1:46pm via [Twubs](#) Cups don't discriminate. All flows are welcome. [#periodtalk](#)

[InsteadSoftcup](#) 1:46pm via [HootSuite](#) Visit [bpreparedperiod.com](http://bpreparedperiod.com) to learn more [#periodtalk](#)  
Retweeted by [sacollins3](#)

[bpreparedperiod](#) 1:46pm via [TweetChat powered by oneQube](#) Multiple options make [#menstrualcups](#) great for a variety of women [#periodtalk](#)

[DivaCup](#) 1:15pm via [HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
Retweeted by [Lunapads](#) and 5 others

[jujuharis4321](#) 1:46pm via [Twitter for iPad](#) Pager rid of at tampons and switch you'll feel better after [#periodtalk](#)

[InsteadSoftcup](#) 1:46pm via [HootSuite](#) Be Prepared Period is offering a special discount on Softcup for a limited time [#periodtalk](#)  
Retweeted by [gfreemaui](#)



[bpreparedperiod](#) 1:46pm via [TweetChat](#) powered by [oneQube](#) Thank you @[InsteadSoftcup](#) for sharing a little more about the options available [#periodtalk](#)

[InsteadSoftcup](#) 1:46pm via [HootSuite](#) Visit [bpreparedperiod.com](#) to learn more [#periodtalk](#)  
1 retweets

[AuntFlo\\_28](#) 1:46pm via [Twubs](#) Cups can be great options for you, but also for your daughter & your mom. [#periodtalk](#)  
1 retweets

[InsteadSoftcup](#) 1:44pm via [HootSuite](#) For every box of Softcup bought in the U.S., we'll donate a reusable Softcup to an underprivileged woman or girl [#periodtalk](#)  
Retweeted by [gfreemaui](#) and 2 others

[AuntFlo\\_28](#) 1:45pm via [Twubs](#) Cups don't discriminate. Anyone of any age who menstruates can benefit. [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[InsteadSoftcup](#) 1:44pm via [HootSuite](#) For every box of Softcup bought in the U.S., we'll donate a reusable Softcup to an underprivileged woman or girl [#periodtalk](#)  
Retweeted by [l8nitefistfight](#) and 2 others

[InsteadSoftcup](#) 1:46pm via [HootSuite](#) Be Prepared Period is offering a special discount on Softcup for a limited time [#periodtalk](#)  
1 retweets

[periodwise](#) 1:30pm via [HootSuite](#) RT @[jujuharis4321](#): Can be used while sleeping, playing sports, or swimming! No need for Tampax Sports Haha! [#periodtalk](#) -- LOL Good POINT!  
Retweeted by [Lunapads](#)

[InsteadSoftcup](#) 1:44pm via [HootSuite](#) For every box of Softcup bought in the U.S., we'll donate a reusable Softcup to an underprivileged woman or girl [#periodtalk](#)  
Retweeted by [sacollins3](#) and 2 others

[ohmygodiane](#) 1:45pm via [Twitter for iPhone](#) @[InsteadSoftcup](#) I just haven't got to it. There's always tampons in the house but I hate them! [#PeriodTalk](#)

[InsteadSoftcup](#) 1:45pm via [HootSuite](#) Both disposable and reusable Softcup are also available on [bpreparedperiod.com](#) [#periodtalk](#)

[itssoeasy2me](#) 1:45pm via [Web](#) @[InsteadSoftcup](#) Q9. No we don't use the same thing [#PeriodTalk](#)

[InsteadSoftcup](#) 1:45pm via [HootSuite](#) Reusable Softcup is available at Whole Foods markets and online. It retails for \$6.19 for two cups...just \$3.10 per cycle! [#periodtalk](#)

[AuntFlo\\_28 1:45pm via Twubs](#) Cups don't discriminate. Anyone of any age who menstruates can benefit. [#periodtalk](#)  
1 retweets

[InsteadSoftcup 1:45pm via HootSuite](#) Disposable Softcup is available at nationwide drugstores and retails between \$5.69-9.99 depending on the retailer [#periodtalk](#)

[Lunapads 1:40pm via HootSuite](#) Ending [#Period](#) Shame: Starting a New Cycle by [@shannonfisher ow.ly/vFKJc](#) [#periodtalk](#)

[InsteadSoftcup 1:44pm via HootSuite](#) Visit [Softcup.com/give](#) to learn how YOU can help! [#periodtalk](#)

[InsteadSoftcup 1:43pm via HootSuite](#) Bell-shaped cups like Diva & Lunette are rinsed and reused during your cycle then stored until the next cycle [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[InsteadSoftcup 1:44pm via HootSuite](#) For every box of Softcup bought in the U.S., we'll donate a reusable Softcup to an underprivileged woman or girl [#periodtalk](#)

[bpreparedperiod 1:44pm via TweetChat powered by oneQube @InsteadSoftcup](#) A9: I actually got my mom using [#menstrualcups](#) before she went into [#menopause](#) - she loved them! [#periodtalk](#)

[InsteadSoftcup 1:44pm via HootSuite](#) Softcup recently launched Project Dignity to keep girls in developing countries in school [#periodtalk](#)

[InsteadSoftcup 1:42pm via HootSuite](#) Best of all, you can enjoy mess-free sex on your period with Softcup! [#periodtalk](#)  
Retweeted by [lordskelebot](#)

[AuntFlo\\_28 1:44pm via Twubs](#) Q9: Not me [#periodtalk](#)

[InsteadSoftcup 1:44pm via HootSuite](#) Softcup has a disposable one-time wear cup, as well as a reusable cup that can be rinsed and reused for one cycle [#periodtalk](#)

[InsteadSoftcup 1:43pm via HootSuite](#) Bell-shaped cups like Diva & Lunette are rinsed and reused during your cycle then stored until the next cycle [#periodtalk](#)

[InsteadSoftcup 1:43pm via HootSuite](#) Q9: Do you find you use the same period protection as your mother? [#periodtalk](#)

[InsteadSoftcup 1:42pm via HootSuite](#) Softcup is worn around the cervix, while tampons and other menstrual cups, are worn in the vaginal canal [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[InsteadSoftcup 1:43pm via HootSuite](#) Since it's worn around the cervix, not in the vaginal canal, intercourse during your period is a benefit unique to Softcup [#periodtalk](#)

[InsteadSoftcup 1:42pm via HootSuite](#) Best of all, you can enjoy mess-free sex on your period with Softcup! [#periodtalk](#)

[bpreparedperiod 1:20pm via HootSuite](#) We too believe it is important for more women to think about the impact the accumulated waste disposable products are having [#periodtalk](#)  
Retweeted by [gfreemaui](#) and 3 others

[InsteadSoftcup 1:40pm via HootSuite](#) RT @ [AuntFlo\\_28](#): Q8: Glad to be a user & an advocate [#periodtalk](#)  
Retweeted by [sacollins3](#)

[InsteadSoftcup 1:42pm via HootSuite](#) Since Softcup is worn around the cervix, most users can't feel it at all, like the Nuvaring (Softcup is NOT a contraceptive) [#periodtalk](#)

[InsteadSoftcup 1:42pm via HootSuite](#) Softcup is worn around the cervix, while tampons and other menstrual cups, are worn in the vaginal canal [#periodtalk](#)

[InsteadSoftcup 1:42pm via HootSuite](#) To insert a bell shaped cup, pinch, fold and twist the cup into place [#periodtalk](#)

[itssoeasy2me 1:42pm via Web](#) @ [InsteadSoftcup](#) Q8 Honestly, the only thing stopping me from switching to a menstrual cup is I can't afford one. [#PeriodTalk](#)

[bpreparedperiod 1:41pm via TweetChat powered by oneQube](#) Love to hear that. We need more help sharing about [#MenstrualCups](#)! RT @ [AuntFlo\\_28](#) Q8: Glad to be a user & an advocate [#periodtalk](#)

[InsteadSoftcup 1:41pm via HootSuite](#) Softcup is inserted similar to a tampon—squeeze the rim together and insert it back and down towards your tailbone [#periodtalk](#)

[InsteadSoftcup 1:38pm via HootSuite](#) All menstrual cups, including Softcup, can be worn for up to 12 hours and it's not linked to Toxic Shock Syndrome (TSS) [#periodtalk](#)

[InsteadSoftcup 1:40pm via HootSuite](#) RT @ [AuntFlo\\_28](#): Q8: Glad to be a user & an advocate [#periodtalk](#)

[AuntFlo\\_28 1:40pm via Twubs](#) Q8: Glad to be a user & an advocate [#periodtalk](#)

[Lunapads 1:40pm via HootSuite](#) Ending [#Period](#) Shame: Starting a New Cycle by @[shannonfisher](#) [ow.ly/vFKJc](#) [#periodtalk](#)

[InsteadSoftcup 1:40pm via HootSuite](#) There are two styles of menstrual cups, bell-shaped (Diva and Lunette) and round (Softcup) [#periodtalk](#)

[InsteadSoftcup 1:39pm via HootSuite](#) Q8: If you haven't tried menstrual cups, what's stopping you? [#periodtalk](#)

[InsteadSoftcup 1:38pm via HootSuite](#) All menstrual cups, including Softcup, can be worn for up to 12 hours and it's not linked to Toxic Shock Syndrome (TSS) [#periodtalk](#)  
Retweeted by [itssoeasy2me](#) and 1 others

[InsteadSoftcup 1:39pm via HootSuite](#) Q8: If you haven't tried menstrual cups, what's stopping you? [#periodtalk](#)  
1 retweets

[InsteadSoftcup 1:38pm via HootSuite](#) Softcup launched in 1996 and was created by a female triathlete who experienced discomfort with tampons during competition [#periodtalk](#)  
Retweeted by [sacollins3](#)

[InsteadSoftcup 1:37pm via HootSuite](#) RT @[bpreparedperiod](#): Last but certainly not least, we have special guest @[InsteadSoftcup](#) [#periodtalk](#)  
Retweeted by [sacollins3](#)

[InsteadSoftcup 1:38pm via HootSuite](#) All menstrual cups, including Softcup, can be worn for up to 12 hours and it's not linked to Toxic Shock Syndrome (TSS) [#periodtalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[jujuharis4321 1:39pm via Twitter for iPad](#) [#PeriodTalk](#) was great

[gfreemaui 1:39pm via Twitter for iPad](#) @[Lunettecup](#) I was! I was in a crazy time of time. Swamped. Easy to lose my marbles, and my tampon. Can't lose a cup! [#periodtalk](#)

[fingerscrossed 1:38pm via Web](#) @[bpreparedperiod](#) Q7 Healthier and less expensive over all [#PeriodTalk](#)

[InsteadSoftcup 1:38pm via HootSuite](#) All menstrual cups, including Softcup, can be worn for up to 12 hours and it's not linked to Toxic Shock Syndrome (TSS) [#periodtalk](#)

[InsteadSoftcup 1:38pm via HootSuite](#) Softcup launched in 1996 and was created by a female triathlete who experienced discomfort with tampons during competition [#periodtalk](#)

[itssoeasy2me 1:38pm via Web](#) @[bpreparedperiod](#) Q7 I like that they are better for my body and the planet. I love the money I would end up saving. [#PeriodTalk](#)

[InsteadSoftcup 1:37pm via HootSuite](#) RT @[bpreparedperiod](#): Last but certainly not least, we have special guest @[InsteadSoftcup](#) [#periodtalk](#)

[bpreparedperiod 1:35pm via TweetChat powered by oneQube](#) My favorite is only having to check it 2x a day! [#ultimateCONVENIENCE](#) [#MenstrualCups](#) [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[InsteadSoftcup 1:37pm via HootSuite](#) Hi, I'm Kaitlin with @InsteadSoftcup [#periodtalk](#)

[gfreemaui 1:37pm via Twitter for iPad](#) @bpreparedperiod A7 Less waste! Less chemicals in me! Helping all girls & women around the world have truly happy periods. [#periodtalk](#)

[bpreparedperiod 1:37pm via TweetChat powered by oneQube](#) .@InsteadSoftcup, are you ready to share a little about your company and the different styles of [#menstrualcups](#) available? [#periodtalk](#)

[DivaCup 1:16pm via HootSuite](#) Women are more aware of what is in femcare products & the effects they have & are looking for change. [goo.gl/02Egzo](#) [#PeriodTalk](#)

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
Retweeted by [DarDarla](#) and 4 others

[bpreparedperiod 1:37pm via TweetChat powered by oneQube](#) Last but certainly not least, we have special guest @InsteadSoftcup [#periodtalk](#)

[AuntFlo 28 1:36pm via Twubs](#) Q7: healthier me & happier planet [#periodtalk](#)

[bpreparedperiod 1:35pm via TweetChat powered by oneQube](#) My favorite is only having to check it 2x a day! [#ultimateCONVENIENCE](#) [#MenstrualCups](#) [#PeriodTalk](#)  
Retweeted by [MenMenstruation](#)

[bpreparedperiod 1:36pm via TweetChat powered by oneQube](#) Happy to help shed some light :) RT @SarahBorrows a7. All of it. I did not know how much I did not know... [#PeriodTalk](#)

[bpreparedperiod 1:20pm via HootSuite](#) We too believe it is important for more women to think about the impact the accumulated waste disposable products are having [#periodtalk](#)  
Retweeted by [DarDarla](#) and 2 others

[Lunettecup 1:35pm via Web](#) @gfreemaui - You were really lucky! [#periodtalk](#)  
[Show Conversation](#)

[Lunapads 1:35pm via HootSuite](#) Healthy Periods: A Doctor's Global Perspective [ift.tt/1hmN1IW](#) [#periodtalk](#)

[SarahBorrows 1:35pm via TweetChat powered by oneQube](#) a7. All of it. I did not know how much I did not know... [#PeriodTalk](#)

[bpreparedperiod 1:35pm via TweetChat powered by oneQube](#) My favorite is only having to check it 2x a day! [#ultimateCONVENIENCE](#) [#MenstrualCups](#) [#PeriodTalk](#)  
1 retweets

[Lunettecup](#) 1:32pm via Web There have been no reported cases of TSS associated with [#menstrualcup](#) use. [#PeriodTalk](#)  
Retweeted by [KimRosas](#) and 1 others

[bpreparedperiod](#) 1:34pm via TweetChat powered by oneQube Q7: What [#health](#) / [#eco](#) benefit(s) interest you most about [#menstrualcups](#)? [#Periodtalk](#)

[Lunettecup](#) 1:33pm via Web @[bpreparedperiod](#) is offering 10% off Lunette with promo code: [#LUNETTE\\$\\$](#) [bpreparedperiod.com/blog/?p=4795](#) good through 4/18. [#PeriodTalk](#)  
Retweeted by [gfreemaui](#)

[bpreparedperiod](#) 1:34pm via TweetChat powered by oneQube There are so many wonderful health & environmental benefits to [#menstrualcups](#) – thank you for sharing @[Lunettecup](#)!  
[#Periodtalk](#)

[itssoeasy2me](#) 1:34pm via Web @[Lunettecup](#) I am ready! [#PeriodTalk](#)

[Lunettecup](#) 1:32pm via Web There have been no reported cases of TSS associated with [#menstrualcup](#) use. [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[Lunettecup](#) 1:32pm via Web With menstrual cups there are no fibers to remain within you like with tampons (fibers can be TSS source) [#justsaying](#) [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[bpreparedperiod](#) 1:34pm via TweetChat powered by oneQube Thank YOU - we love [#PeriodTalk!](#) :) RT @[Lunettecup](#) Thanks for having us @[bpreparedperiod](#)! This has been so much fun! [#PeriodTalk](#)

[InsteadSoftcup](#) 1:32pm via HootSuite RT @[Lunettecup](#): Alarmingly, half of known cases of TSS are women using tampons. [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[gfreemaui](#) 1:34pm via Twitter for iPad @[Lunettecup](#) A6 That certainly could have led to TSS. Thankfully it didn't. [#periodtalk](#)

[Lunettecup](#) 1:33pm via Web Thanks for having us @[bpreparedperiod](#)! This has been so much fun! [#PeriodTalk](#)

[fingerscrossed](#) 1:33pm via Web @[Lunettecup](#) Q6: No. [#PeriodTalk](#)

[InsteadSoftcup](#) 1:33pm via HootSuite RT @[Lunettecup](#): Are you ready to make the menstrual cup switch? [#PeriodTalk](#)

[gfreemaui](#) 1:33pm via Twitter for iPad @[Lunettecup](#) A6 Thankfully I have been wearing cloth pads, but once lost a tampon inside for days! So had two tampons in. [#periodtalk](#)

[Lunettecup](#) 1:33pm via [Web](#) @[bpreparedperiod](#) is offering 10% off Lunette with promo code: #LUNETTE\$\$ [bpreparedperiod.com/blog/?p=4795](#) good through 4/18. [#PeriodTalk](#)

[SarahBorrows](#) 1:33pm via [TweetChat](#) powered by [oneQube](#) nope @[Lunettecup](#): Q6: Do your menstrual products put you at risk for Toxic Shock Syndrome, or increase it? [#periodtalk](#)

[periodwise](#) 1:33pm via [HootSuite](#) @[youarelovedTSS](#) RT @[Lunettecup](#): Alarmingly, half of known cases of TSS are women using tampons. [#PeriodTalk](#)

[Lunettecup](#) 1:32pm via [Web](#) With menstrual cups there are no fibers to remain within you like with tampons (fibers can be TSS source) [#justsaying](#) [#PeriodTalk](#)

[Lunettecup](#) 1:32pm via [Web](#) Are you ready to make the menstrual cup switch? [#PeriodTalk](#)

[itssoeasy2me](#) 1:32pm via [Web](#) @[Lunettecup](#) Q6 Thankfully, no. [#PeriodTalk](#)

[Lunettecup](#) 1:32pm via [Web](#) There have been no reported cases of TSS associated with [#menstrualcup](#) use. [#PeriodTalk](#)

[InsteadSoftcup](#) 1:32pm via [HootSuite](#) RT @[Lunettecup](#): Alarmingly, half of known cases of TSS are women using tampons. [#PeriodTalk](#)  
Retweeted by [sacollins3](#)

[Lunettecup](#) 1:32pm via [Web](#) With menstrual cups there are no fibers to remain within you like with tampons (fibers can be TSS source) [#justsaying](#) [#PeriodTalk](#)  
1 retweets

[InsteadSoftcup](#) 1:32pm via [HootSuite](#) RT @[Lunettecup](#): Alarmingly, half of known cases of TSS are women using tampons. [#PeriodTalk](#)  
1 retweets

[Lunettecup](#) 1:30pm via [Web](#) Q6: Do your menstrual products put you at risk for Toxic Shock Syndrome, or increase it? [#periodtalk](#)  
Retweeted by [gfreemaui](#)

[InsteadSoftcup](#) 1:28pm via [HootSuite](#) RT @[Lunettecup](#): We believe that menstrual cups are the future of feminine protection! [#PeriodTalk](#)  
Retweeted by [sacollins3](#)

[Lunettecup](#) 1:31pm via [Web](#) Alarmingly, half of known cases of TSS are women using tampons. [#PeriodTalk](#)

[AuntFlo\\_28](#) 1:31pm via [Twubs](#) Q6: As a general rule, no [#periodtalk](#)

[Lunapads](#) 1:30pm via [HootSuite](#) 8 reasons to ditch o.b. for the [#DivaCup](#) [ow.ly/vFKx9](#)  
[#periodtalk](#) [#femhygiene](#) [#womenshealth](#)

[periodwise](#) 1:30pm via [HootSuite](#) RT @jujuharis4321: Can be used while sleeping, playing sports, or swimming! No need for Tampax Sports Haha! [#periodtalk](#) -- LOL Good POINT!

[Lunettecup](#) 1:30pm via [Web](#) Q6: Do your menstrual products put you at risk for Toxic Shock Syndrome, or increase it? [#periodtalk](#)

[Lunettecup](#) 1:30pm via [Web](#) Menstrual cups really are a sanitary and healthy alternative to disposable tampons and pads. [#PeriodTalk](#)

[Lunettecup](#) 1:29pm via [Web](#) Menstrual cups collect fluid internally, rather than holding it against the body like wet pads. Less chaffing and irritation! [#PeriodTalk](#)

Retweeted by [gfreemaui](#)

[Lunettecup](#) 1:28pm via [Web](#) Medical grade silicone cups make an inhospitable place for yeast! That's great especially if you're prone to yeast infections. [#periodtalk](#)

Retweeted by [gfreemaui](#)

[ohmygodiane](#) 1:29pm via [Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ @bpreparedperiod & @DivaCup in Today's [#TweetChat](#)! + [#giveaway](#) [#PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)

[Lunettecup](#) 1:28pm via [Web](#) [#Menstrualcups](#) won't dry out your vaginal membranes like tampons. [#periodtalk](#)

Retweeted by [gfreemaui](#)

[Lunettecup](#) 1:29pm via [Web](#) Menstrual cups collect fluid internally, rather than holding it against the body like wet pads. Less chaffing and irritation! [#PeriodTalk](#)

1 retweets

[gfreemaui](#) 1:29pm via [Twitter for iPad](#)

[Lunettecup](#) 1:31pm via [Web](#) Alarmingly, half of known cases of TSS are women using tampons. [#PeriodTalk](#)

[AuntFlo\\_28](#) 1:31pm via [Twubs](#) Q6: As a general rule, no [#periodtalk](#)

[Lunapads](#) 1:30pm via [HootSuite](#) 8 reasons to ditch o.b. for the [#DivaCup](#) [ow.ly/vFKx9](#)  
[#periodtalk](#) [#femhygiene](#) [#womenshealth](#)

[periodwise](#) 1:30pm via [HootSuite](#) RT @jujuharis4321: Can be used while sleeping, playing sports, or swimming! No need for Tampax Sports Haha! [#periodtalk](#) -- LOL Good POINT!

[Lunettecup](#) 1:30pm via [Web](#) Q6: Do your menstrual products put you at risk for Toxic Shock Syndrome, or increase it? [#periodtalk](#)



@[Lunettecup](#) A5 Not much. When I switched to organic cotton tampons my cramps reduced. Chemicals? Much less now w/ cloth pads. [#periodtalk](#)

[fingerscrossed](#) 1:29pm via Web @[Lunettecup](#) Q5 Yes [#periodtalk](#)

[Lunettecup](#) 1:28pm via Web Medical grade silicone cups make an inhospitable place for yeast! That's great especially if you're prone to yeast infections. [#periodtalk](#)  
1 retweets

[itssoeasy2me](#) 1:28pm via Web @[Lunettecup](#) Q5 pads are irritating [#PeriodTalk](#)

[jujuharis4321](#) 1:28pm via Twitter for iPad Can be used while sleeping, playing sports, or swimming! No need for Tampax Sports Haha! [#periodtalk](#)

[Lunettecup](#) 1:28pm via Web [#Menstrualcups](#) won't dry out your vaginal membranes like tampons. [#periodtalk](#)

[InsteadSoftcup](#) 1:28pm via HootSuite RT @[Lunettecup](#): We believe that menstrual cups are the future of feminine protection! [#PeriodTalk](#)

[DivaCup](#) 1:11pm via HootSuite Multiplied by the # of women who have periods = billions of products being thrown into landfills yearly! [goo.gl/u9zUVs](http://goo.gl/u9zUVs) [#PeriodTalk](#)  
Retweeted by [kutie55boutique](#) and 4 others

[InsteadSoftcup](#) 1:28pm via HootSuite @[Lunettecup](#) AMEN! [#periodtalk](#)

[KimRosas](#) 1:27pm via Web @[Lunettecup](#) I agree! I tell anyone who will listen about menstrual cups. [#periodtalk](#)

[KimRosas](#) 1:27pm via Web @[Lunettecup](#) I agree! I tell anyone who will listen about menstrual cups. [#periodtalk](#)  
1 retweets

[Lunettecup](#) 1:26pm via Web Q5: Have you experienced irritation or an allergic reaction to disposable menstrual products? [#PeriodTalk](#)  
Retweeted by [periodwise](#) and 1 others

[AuntFlo\\_28](#) 1:27pm via Twubs Q5: When I was quite young and had very long periods, I often would [#periodtalk](#)

[Lunettecup](#) 1:26pm via Web Q5: Have you experienced irritation or an allergic reaction to disposable menstrual products? [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[Lunettecup](#) 1:25pm via [Web](#) We believe that menstrual cups are the future of feminine protection! [#PeriodTalk](#)  
Retweeted by [KimRosas](#)

[Lunettecup](#) 1:25pm via [Web](#) [#Menstrualcups](#) are easy-to-use, practical, comfortable. Empty only two to four times a day, and can be used overnight [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 2 others

[SarahBorrows](#) 1:27pm via [TweetChat](#) powered by [oneQube](#) [@Lunettecup](#) thankfully, no. [#PeriodTalk](#)

[Lunettecup](#) 1:25pm via [Web](#) [#Menstrualcups](#) are easy-to-use, practical, comfortable. Empty only two to four times a day, and can be used overnight [#PeriodTalk](#)

[l8nitefistfight](#) 1:26pm via [Twitter for iPhone](#) [@InsteadSoftcup](#) I was totally skeptical at first, but after trying softcup and experiencing all the benefits, I'm sold! [#periodtalk](#) □

[Lunettecup](#) 1:25pm via [Web](#) [#Menstrualcups](#) are easy-to-use, practical, comfortable. Empty only two to four times a day, and can be used overnight [#PeriodTalk](#)  
Retweeted by [InsteadSoftcup](#) and 1 others

[Lunettecup](#) 1:26pm via [Web](#) Q5: Have you experienced irritation or an allergic reaction to disposable menstrual products? [#PeriodTalk](#)

[Lunapads](#) 1:25pm via [HootSuite](#) Here are 5 reasons we love the menstrual cup! [ow.ly/vFKoy](#)  
[#DivaCup](#) [#Periodtalk](#) [#menstruationmatters](#)  
Retweeted by [gfreemaui](#)

[Lunettecup](#) 1:25pm via [Web](#) [#Menstrualcups](#) are easy-to-use, practical, comfortable. Empty only two to four times a day, and can be used overnight [#PeriodTalk](#)

[gfreemaui](#) 1:25pm via [Twitter for iPad](#) [@itssoeasy2me](#) Don't feel guilt. Just make a change! [#periodtalk](#)

[InsteadSoftcup](#) 1:25pm via [HootSuite](#) RT [@sacollins3](#): Thank you [@InsteadSoftcup](#) 4 the cool [#Softcup](#) Purse Pack [#Giveaway](#) w/ [@bpreparedperiod](#)!!! [#periodtalk](#)

[jujuharis4321](#) 1:25pm via [Twitter for iPad](#) If you like to be Eco Friendly then Menstrual Cups Are The Way To Go Save Money Too! [#periodtalk](#)

[Lunapads](#) 1:25pm via [HootSuite](#) Here are 5 reasons we love the menstrual cup! [ow.ly/vFKoy](#)  
[#DivaCup](#) [#Periodtalk](#) [#menstruationmatters](#)  
1 retweets

[Lunettecup](#) 1:25pm via [Web](#) We believe that menstrual cups are the future of feminine protection! [#PeriodTalk](#)

[gfreemaui](#) 1:25pm via [Twitter for iPad](#) Menstrual cups seem expensive, but the money that would be spent on tampons is recouped in a few months or less! [#periodtalk](#)

[sacollins3](#) 1:25pm via [Linkis.com](#) Get the 411 on [#MenstrualCups](#) w/ [@bpreparedperiod](#) & [@InsteadSoftcup](#) in Todays [#TweetChat!](#) + [#giveaway](#) [#PeriodTalk](#) [ln.is/bpreparedperi...](#)

[sacollins3](#) 1:24pm via [Linkis.com](#) Thank you [@InsteadSoftcup](#) 4 the cool [#Softcup](#) /Purse Pack [#Giveaway](#) w/ [@bpreparedperiod!!!](#) [#periodtalk](#) [#menstrual](#) [ln.is/bpreparedperi...](#)

[Lunettecup](#) 1:24pm via [Web](#) The team at Lunette [#LOVE](#) talking about periods...and menstrual cups! [#PeriodTalk](#)

[itssoeasy2me](#) 1:24pm via [Web](#) [@bpreparedperiod](#) Q4 I feel bad because I know what I am using now isn't good for my body or for the planet [#PeriodTalk](#)

[AuntFlo\\_28](#) 1:24pm via [Twubs](#) RT [@Lunettecup](#) Lunette strives to make periods nicer, more eco and to save women money! [#PeriodTalk](#)

[InsteadSoftcup](#) 1:24pm via [HootSuite](#) RT [@StarofZ](#): Been using a menstrual cup for years. So many advantages for me & environment. [#periodtalk](#)

[jujuharis4321](#) 1:22pm via [Twitter for iPad](#) Say Bye Tampon and Hello To Menstrual Cups! [#periodtalk](#)

[gfreemaui](#) 1:23pm via [Twitter for iPad](#) [@bpreparedperiod](#) A4: Yes! But, I didn't for most of my menstruating life. [#periodtalk](#)

[StarofZ](#) 1:23pm via [Twitter for iPhone](#) Been using a menstrual cup for years. So many advantages for me & environment. [#periodtalk](#)

[Lunettecup](#) 1:23pm via [Web](#) Lunette strives to make periods nicer, more eco and to save women money! [#PeriodTalk](#)

[fingerscrossed](#) 1:23pm via [Web](#) [@bpreparedperiod](#) Q4: Not until a few years ago [#PeriodTalk](#)

[Lunettecup](#) 1:23pm via [Web](#) Hi! Cathy here from [@Lunettecup!](#) [#PeriodTalk](#)

[jujuharis4321](#) 1:22pm via [Twitter for iPad](#) Say Bye Tampon and Hello To Menstrual Cups! [#periodtalk](#)

[Lunapads](#) 1:20pm via [HootSuite](#) Great guest post: Stranded on a Tropical Island With a [#DivaCup](#) [ow.ly/vFKAL](#) [#periodtalk](#)  
Retweeted by [gfreemaui](#)

[AuntFlo\\_28 1:22pm via Twubs](#) Q4: The impact my periods have on me, and my choices of products have on the earth = of great importance to me for many yrs [#periodtalk](#)

[bpreparedperiod 1:22pm via HootSuite](#) .@[Lunettecup](#) are you ready to share a little about your company and the personal/health benefits of [#menstrualcups?](#) [#PeriodTalk](#)

[SarahBorrows 1:22pm via TweetChat powered by oneQube](#) @[bpreparedperiod](#) a4. occasionally but not really when i was younger [#PeriodTalk](#)

[DivaCup 1:16pm via HootSuite](#) Made of healthcare grade silicone, menstrual cups are free of chemicals, synthetic fibers & plastics. [#PeriodTalk](#)

Retweeted by [Lunapads](#) and 1 others

[bpreparedperiod 1:20pm via HootSuite](#) We too believe it is important for more women to think about the impact the accumulated waste disposable products are having [#periodtalk](#)

Retweeted by [DivaCup](#) and 1 others

[bpreparedperiod 1:20pm via HootSuite](#) We too believe it is important for more women to think about the impact the accumulated waste disposable products are having [#periodtalk](#)

Retweeted by [InsteadSoftcup](#) and 1 others

[bpreparedperiod 1:21pm via HootSuite](#) Q4: Before today, had you ever thought about the impact your period products were having on the planet? [#PeriodTalk](#)

[jujuharis4321 1:21pm via Twitter for iPad](#) They are many benefits as well, some say they get less cramps. How much better can they get [#periodtalk](#)

[bpreparedperiod 1:20pm via HootSuite](#) We too believe it is important for more women to think about the impact the accumulated waste disposable products are having [#periodtalk](#)

2 retweets

[gfreemaui 1:19pm via Twitter for iPad](#) A menstrual cup was convenient when I was in culinary school. It didn't need emptied as often as a tampon would need changed. [#periodtalk](#)

Retweeted by [Lunettecup](#)

[AuntFlo\\_28 1:17pm via Twubs](#) not knowing is not okay when it comes to what is in my fem hygiene products [#periodtalk](#)

Retweeted by [Lunapads](#) and 1 others

[AuntFlo\\_28 1:19pm via Twubs](#) too many women wrongly assume if it is on the shelf at their fave store, then it must be safe [#periodtalk](#)

Retweeted by [Lunettecup](#)

[Lunapads 1:20pm via HootSuite](#) Great guest post: Stranded on a Tropical Island With a [#DivaCup](#) [ow.ly/vFKAL](#) [#periodtalk](#)

[gfreemaui 1:19pm via Twitter for iPad](#) A menstrual cup was convenient when I was in culinary school. It didn't need emptied as often as a tampon would need changed. [#periodtalk](#)  
1 retweets

[bpreparedperiod 1:19pm via HootSuite](#) Thanks @DivaCup for sharing some of the awesome [#environmental](#) benefits of [#menstrualcups](#) [#periodtalk](#)

[DivaCup 1:19pm via HootSuite](#) Sustainable period care products like menstrual cups empower & educate girls & women w/ a better period care experience! [#PeriodTalk](#)

[AuntFlo 28 1:19pm via Twubs](#) too many women wrongly assume if it is on the shelf at their fave store, then it must be safe [#periodtalk](#)  
1 retweets

[Miss\\_Wilhelmina 1:19pm via Web](#) @bpreparedperiod Johannah, and yes, a divacup. [#PeriodTalk](#)

[AuntFlo 28 1:17pm via Twubs](#) not knowing is not okay when it comes to what is in my fem hygiene products [#periodtalk](#)  
Retweeted by [gfreemaui](#)

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 3 others

[DivaCup 1:16pm via HootSuite](#) Women are more aware of what is in femcare products & the effects they have & are looking for change. [goo.gl/02Egzo](#) [#PeriodTalk](#)  
Retweeted by [Lunapads](#)

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
Retweeted by [KimRosas](#) and 3 others

[Lunapads 1:15pm via HootSuite](#) Difference between the [#DivaCup](#) and [#tampons](#)? Find out here: [ow.ly/vFKhh](#) [#BeInTheKnow](#) [#periodtalk](#)  
Retweeted by [gfreemaui](#)

[jujuharis4321 1:17pm via Twitter for iPad](#) Free of mess or chemicals! Perfect [#periodtalk](#)

[DivaCup 1:17pm via HootSuite](#) Together we can encourage a change in fem hygiene labeling. Have ur say by signing the petition here: [goo.gl/lwV1YZ](#) [#PeriodTalk](#).

[DivaCup 1:16pm via HootSuite](#) Made of healthcare grade silicone, menstrual cups are free of chemicals, synthetic fibers & plastics. [#PeriodTalk](#)  
Retweeted by [itssoeasy2me](#)

[DivaCup 1:12pm via HootSuite](#) Length of cycle and flow changes play a part, but on average women will use 15-20 products per menstrual cycle. [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[AuntFlo 28 1:17pm via Twubs](#) not knowing is not okay when it comes to what is in my fem hygiene products [#periodtalk](#)  
1 retweets

[DivaCup 1:16pm via HootSuite](#) Women are more aware of what is in femcare products & the effects they have & are looking for change. [goo.gl/02Egzo](#) [#PeriodTalk](#)  
1 retweets

[jujuharis4321 1:16pm via Twitter for iPad](#) Definitely False [#periodtalk](#)

[DivaCup 1:16pm via HootSuite](#) Made of healthcare grade silicone, menstrual cups are free of chemicals, synthetic fibers & plastics. [#PeriodTalk](#)  
1 retweets

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
Retweeted by [missing\\_chapter](#) and 3 others

[gfreemaui 1:16pm via Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ [@bpreparedperiod](#) & [@DivaCup](#) in Today's [#TweetChat!](#) + [#giveaway](#) [#PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
Retweeted by [VeganBeautyBlog](#) and 3 others

[gfreemaui 1:16pm via Giveaway Tools Confirmation](#) Thank u [@DivaCup](#) 4 the awesome [#DivaCup](#) Prize Pack [#Giveaway](#) w/ [@bpreparedperiod!!!](#) [#periodtalk](#) [#womenshealth](#)  
[bpreparedperiod.com/blog/](#)

[DivaCup 1:13pm via HootSuite](#) Q3: True or False. Tampon and pad manufacturers must disclose the full ingredient list on the product box? [#PeriodTalk](#)

[fingerscrossed 1:16pm via Web](#) [@DivaCup](#) Q3: False [#PeriodTalk](#)

[DivaCup 1:15pm via HootSuite](#) Concern why? Tampon & pad ingredients (pesticides, perfumes, plastics & dyes) are harmful to women's bodies & our environment. [#PeriodTalk](#)  
1 retweets

[Lunettecup 1:15pm via Web](#) [@PasandTeam](#) There menstrual wipes that you can use that are biodegradable. Otherwise, boil for 10 min. [#PeriodTalk](#)

[DivaCup 1:12pm via HootSuite](#) Length of cycle and flow changes play a part, but on average women will use 15-20 products per menstrual cycle. [#PeriodTalk](#)  
Retweeted by [Lunapads](#)

[Lunapads 1:15pm via HootSuite](#) Difference between the [#DivaCup](#) and [#tampons](#)? Find out here: [ow.ly/vFKhh](#) [#BeInTheKnow](#) [#periodtalk](#)

[itssoeasy2me 1:15pm via Web](#) @DivaCup Q3 False [#PeriodTalk](#)

[bpreparedperiod 1:15pm via HootSuite](#) We've got some great Q&A time coming up, if you want to hold your q's for just a bit! :) [#periodtalk](#)

[jujuharis4321 1:15pm via Twitter for iPad](#) Maybe They Are Expensive but they are worth it! [#periodtalk](#)

[InsteadSoftcup 1:14pm via HootSuite](#) Q3: False...SCARY! [#periodtalk](#)

[DivaCup 1:11pm via HootSuite](#) Multiplied by the # of women who have periods = billions of products being thrown into landfills yearly! [goo.gl/u9zUVs](#) [#PeriodTalk](#)  
Retweeted by [Lunapads](#) and 3 others

[AuntFlo 28 1:14pm via Twubs](#) Q3: False now, false in the past, we must work to make it become true in the future [#periodtalk](#)

[jujuharis4321 1:13pm via Twitter for iPad](#) Some people don't like using tampons because they are scared of TSS or they don't feel comfortable. Go Diva [#periodtalk](#)

[PasandTeam 1:13pm via Web](#) What's the recommended washing/sanitation protocol on [#menstrualcups](#)? esp. for those without clean water access? [#PeriodTalk](#)

[DivaCup 1:13pm via HootSuite](#) Q3: True or False. Tampon and pad manufacturers must disclose the full ingredient list on the product box? [#PeriodTalk](#)

[bpreparedperiod 1:03pm via TweetChat powered by oneQube](#) Giveaway #2: A [#LunetteCup](#) + Wipes, compliments of @[Lunettecup](#) – Enter the [#giveaway](#) @ [ow.ly/vCJ8A](#) [#PeriodTalk](#)  
Retweeted by [Lunettecup](#)

[DivaCup 1:08pm via HootSuite](#) Reusable menstrual cups like The DivaCup r made of healthcare grade silicone & are free of chemicals, plastics & dyes. [#PeriodTalk](#)  
Retweeted by [gfreemaui](#) and 2 others

[runitbymom 1:12pm via Twitter for iPhone](#) @[InsteadSoftcup](#) I really love that I don't have to think about my period at all during the day! [#periodtalk](#)  
Retweeted by [InsteadSoftcup](#)

[Lunapads 1:10pm via HootSuite](#) RT @[KimRosas](#): Anyone looking for more information on reusable menstrual products should join in the discussion! [#periodtalk](#)  
Retweeted by [gfreemaui](#) and 1 others

[DivaCup 1:12pm via HootSuite](#) Length of cycle and flow changes play a part, but on average women will use 15-20 products per menstrual cycle. [#PeriodTalk](#)

[DivaCup 1:11pm via HootSuite](#) Multiplied by the # of women who have periods = billions of products being thrown into landfills yearly! [goo.gl/u9zUVs](#) [#PeriodTalk](#)

[fingerscrossed 1:12pm via Web](#) @[DivaCup](#) Q2: C? [#PeriodTalk](#)

[gfreemaui 1:12pm via Twitter for iPad](#) Good morning [#periodtalk](#)!

[DivaCup 1:11pm via HootSuite](#) Multiplied by the # of women who have periods = billions of products being thrown into landfills yearly! [goo.gl/u9zUVs](#) [#PeriodTalk](#)  
Retweeted by [KimRosas](#) and 1 others

[runitbymom 1:12pm via Twitter for iPhone](#) @[InsteadSoftcup](#) I really love that I don't have to think about my period at all during the day! [#periodtalk](#)

[DivaCup 1:08pm via HootSuite](#) Reusable menstrual cups like The DivaCup r made of healthcare grade silicone & are free of chemicals, plastics & dyes. [#PeriodTalk](#)  
Retweeted by [Lunapads](#) and 1 others

[InsteadSoftcup 1:10pm via HootSuite](#) RT @[runitbymom](#): @[InsteadSoftcup](#) I only use softcups! [#periodtalk](#)  
Retweeted by [sacollins3](#)

[AuntFlo 28 1:12pm via Twubs](#) Q2 - C/200 - [#periodtalk](#)

[DivaCup 1:11pm via HootSuite](#) Multiplied by the # of women who have periods = billions of products being thrown into landfills yearly! [goo.gl/u9zUVs](#) [#PeriodTalk](#)

[itssoeasy2me 1:11pm via Web](#) @[DivaCup](#) Q2. I am guessing C. 200 [#PeriodTalk](#)

[Lunapads 1:10pm via HootSuite](#) RT @[KimRosas](#): Anyone looking for more information on reusable menstrual products should join in the discussion! [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[SarahBorrows 1:11pm via TweetChat powered by oneQube](#) Really scary i knew that... RT @[InsteadSoftcup](#) Q2: 150+ [#periodtalk](#)

[DivaCup 1:11pm via HootSuite](#) A: C) 200. In addition to reducing landfill waste, menstrual cups offer longer protection (12 hour), r reusable & easy-to-use. [#PeriodTalk](#)



[sarahismathy](#) 1:11pm via [Web](#) @[DivaCup](#) Q2 D [#PeriodTalk](#)

[Lexipro27](#) 1:11pm via [Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ [@bpreparedperiod](#) & [@DivaCup](#) in Today's [#TweetChat!](#) + [#giveaway](#) [#PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)

[Lexipro27](#) 1:11pm via [Giveaway Tools Confirmation](#) Thank u [@DivaCup](#) 4 the awesome [#DivaCup](#) Prize Pack [#Giveaway](#) w/ [@bpreparedperiod!!!](#) [#periodtalk](#) [#womenshealth](#)  
[bpreparedperiod.com/blog/](#)

[InsteadSoftcup](#) 1:10pm via [HootSuite](#) RT [@runitbymom](#): [@InsteadSoftcup](#) I only use softcups!  
[#periodtalk](#)

[Lunapads](#) 1:10pm via [HootSuite](#) RT [@KimRosas](#): Anyone looking for more information on reusable menstrual products should join in the discussion! [#periodtalk](#)

[InsteadSoftcup](#) 1:10pm via [HootSuite](#) Q2: 150+ [#periodtalk](#)

[KimRosas](#) 1:10pm via [Web](#) I get a lot of questions on my YouTube videos about using cups with tilted cervix. Any good resources to share? [#periodtalk](#)

[SarahBorrows](#) 1:10pm via [TweetChat powered by oneQube](#) [@DivaCup](#) a2.150? [#periodtalk](#)

[jujuharis4321](#) 1:10pm via [Twitter for iPad](#) I like the idea how they are reusable and save money!  
[#periodtalk](#)

[runitbymom](#) 1:10pm via [Twitter for iPhone](#) [@InsteadSoftcup](#) I only use softcups! [#periodtalk](#)

[DivaCup](#) 1:08pm via [HootSuite](#) Reusable menstrual cups like The DivaCup r made of healthcare grade silicone & are free of chemicals, plastics & dyes. [#PeriodTalk](#)  
Retweeted by [itssoeasy2me](#)

[fingerscrossed](#) 1:01pm via [Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ [@bpreparedperiod](#) & [@Lunettecup](#) in Today's [#TweetChat!](#) + [#giveaway](#) [#PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)  
Retweeted by [deluxvivens](#) and 1 others

[DivaCup](#) 1:09pm via [HootSuite](#) Q2: On average how many tampons/pads will a woman use over the course of 1 year? A) 50 B) 150 C. 200 D) 300 + [#PeriodTalk](#)

[ohmygodiane](#) 1:05pm via [Twitter for iPhone](#) Tampons aren't for everyone but lots of girls shame girls who wear other hygiene products and that shouldn't happen [#periodtalk](#)  
Retweeted by [Lunapads](#)

[AmandaEastTN 1:09pm via Mobile Web \(M5\) #PeriodTalk](#) chat going on right now! Thanks for doing the giveaway!

[DivaCup 1:08pm via HootSuite](#) Reusable menstrual cups like The DivaCup r made of healthcare grade silicone & are free of chemicals, plastics & dyes. [#PeriodTalk](#)  
1 retweets

[DivaCup 1:07pm via HootSuite](#) The DivaCup's mother-daughter team empowers women w/ a period care solution that is eco-friendly & better for ur health. [#PeriodTalk](#)

Retweeted by [FebyTweets](#) and 1 others

[AuntFlo 28 12:56pm via Twubs](#) A cup is for something other than drinking - a menstrual cup is for flowing - join the [#periodtalk](#) starting in 5 mins

Retweeted by [deluxvivens](#) and 1 others

[DivaCup 1:08pm via HootSuite](#) Ideal for women all age, menstrual cups offer 12 hrs of leak-free protection, are reusable & save \$! [goo.gl/krT6Vy #PeriodTalk](#)

[DivaCup 1:07pm via HootSuite](#) The DivaCup's mother-daughter team empowers women w/ a period care solution that is eco-friendly & better for ur health. [#PeriodTalk](#)

Retweeted by [KimRosas](#) and 1 others

[bpreparedperiod 1:06pm via TweetChat powered by oneQube](#) Urging ladies to give [#MenstrualCups](#) a try we're offering 10% off all our cups w/promo code PERIODTALK (exp. 4/18) [#PeriodTalk](#)

[DivaCup 1:07pm via HootSuite](#) The DivaCup's mother-daughter team empowers women w/ a period care solution that is eco-friendly & better for ur health. [#PeriodTalk](#)

1 retweets

[fingerscrossed 1:07pm via Web @bpreparedperiod](#) Q1: Lace and Yes [#PeriodTalk](#)

[bpreparedperiod 1:07pm via TweetChat powered by oneQube](#) RT @[KimRosas](#) Forgot about [#periodtalk](#) today. Anyone looking 4more information on reusable menstrual products should join in the discussion!

[itssoeasy2me 1:07pm via Web @bpreparedperiod](#) Q1 Dawn. Not currently. But I have read about menstrual cups and am excited to try one! [#PeriodTalk](#)

[fingerscrossed 1:01pm via Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ @[bpreparedperiod](#) & @[Lunettecup](#) in Today's [#TweetChat!](#) + [#giveaway #PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)

Retweeted by [KimRosas](#)

[KimRosas 1:07pm via Web](#) Forgot about [#periodtalk](#) today. Anyone looking for more information on reusable menstrual products should join in the discussion!

[DivaCup 1:07pm via HootSuite](#) Sophie here from @[DivaCup](#). Yes, I currently use a DivaCup (and have for over 6 years) [#PeriodTalk](#)

[bpreparedperiod 1:07pm via TweetChat powered by oneQube](#). @[DivaCup](#) would you tell us a little about your company & the [#environmental](#) benefits of using [#MenstrualCups](#)? [#PeriodTalk](#)

[AuntFlo 28 1:07pm via Twubs](#) Hi, I'm Kylie - I love and regularly use cups [#periodtalk](#)

[bpreparedperiod 1:07pm via TweetChat powered by oneQube](#) So let's get started! I'd like to introduce our 1st special guest, @[DivaCup](#) [#PeriodTalk](#)

[DivaCup 1:02pm via HootSuite](#) The DivaCup is thrilled to be co-hosting today's [#PeriodTalk](#) tweet chat & r excited to talk about the many benefits of menstrual cups!  
Retweeted by [KimRosas](#)

[KristiMoua 1:06pm via Web](#) I've been trying to get my hands on a [#divacup](#) but the size one has been out for three months now where I live! [#PeriodTalk](#)

[InsteadSoftcup 1:06pm via HootSuite](#) Hi, I'm Kaitlin with Evofem, Inc., makers of Instead Softcup [#periodtalk](#)

[bpreparedperiod 1:06pm via TweetChat powered by oneQube](#) It's so great to see all of you on this Funtastic Friday [#FF](#)! Thanks for joining us! [#PeriodTalk](#)

[periodwise 1:06pm via HootSuite](#) @[rotesZelt](#) [#PeriodTalk](#) happening right now!

[bpreparedperiod 1:06pm via TweetChat powered by oneQube](#) Urging ladies to give [#MenstrualCups](#) a try we're offering 10% off all our cups w/promo code PERIODTALK (exp. 4/18) [#PeriodTalk](#)

[bpreparedperiod 1:06pm via TweetChat powered by oneQube](#) Offering healthy products, reviews, helpful articles, webinars, a Q&A forum & more, it's our goal to be a one stop shop! [#PeriodTalk](#)

[jujuharis4321 1:06pm via Twitter for iPad](#) Thanks For The Giveaway [#periodtalk](#)

[bpreparedperiod 1:05pm via TweetChat powered by oneQube](#) I'm Tara, founder of [BePreparedPeriod.com](#) - An online resource for all things menstrual [#PeriodTalk](#)

[ohmygodiane 1:05pm via Twitter for iPhone](#) Tampons aren't for everyone but lots of girls shame girls who wear other hygiene products and that shouldn't happen [#periodtalk](#)

[InsteadSoftcup 1:05pm via HootSuite](#) RT @[bpreparedperiod](#): To be eligible to win a giveaway you must register and make at least one [#PeriodTalk](#) tweet between 1:40 & 2:40pm ET

[bpreparedperiod 1:05pm via TweetChat powered by oneQube](#) Q1: Please share your first name & answer; Do you currently use a menstrual cup? [#PeriodTalk](#)

[InsteadSoftcup 1:05pm via HootSuite](#) Giveaway #1: A [#Softcup](#) + Purse Pack, compliments of @[InsteadSoftcup](#) – Enter the [#giveaway](#) @ [ow.ly/vCIYG](#) [#PeriodTalk](#)

[bpreparedperiod 1:05pm via TweetChat powered by oneQube](#) Let's begin by introducing ourselves [#PeriodTalk](#)

[bpreparedperiod 1:01pm via TweetChat powered by oneQube](#) Today's lineup features helpful info, a time for sharing, Q&A, and FUN giveaways [#PeriodTalk](#)

Retweeted by [fingerscrossed](#)

[bpreparedperiod 1:04pm via TweetChat powered by oneQube](#) Giveaway #3: A DivaCup Prize Pack, compliments of @[DivaCup](#) – Enter the [#giveaway](#) @ [ow.ly/vCMjU](#) [#PeriodTalk](#)

Retweeted by [DivaCup](#)

[bpreparedperiod 1:05pm via TweetChat powered by oneQube](#) You can now opt-in to receive 2 monthly emails w/info on our tweet chats & transcripts at [eepurl.com/kEth9](#) [#PeriodTalk](#)

[bpreparedperiod 1:04pm via TweetChat powered by oneQube](#) And for those of you that like reminders & copies of our tweet chat transcripts... [#PeriodTalk](#)

[bpreparedperiod 1:04pm via TweetChat powered by oneQube](#) If you are new to the tweet chat world we have some tips at [ow.ly/rIGBi](#) to help you w/your 1st chat [#PeriodTalk](#)

[bpreparedperiod 1:04pm via TweetChat powered by oneQube](#) Giveaway #3: A DivaCup Prize Pack, compliments of @[DivaCup](#) – Enter the [#giveaway](#) @ [ow.ly/vCMjU](#) [#PeriodTalk](#)

1 retweets

[bpreparedperiod 1:04pm via TweetChat powered by oneQube](#) Us too! :) RT @[Tsukichan90](#) Love all the guests on today's [#PeriodTalk](#)

[bpreparedperiod 1:03pm via TweetChat powered by oneQube](#) Giveaway #2: A [#LunetteCup](#) + Wipes, compliments of @[Lunettecup](#) – Enter the [#giveaway](#) @ [ow.ly/vCJ8A](#) [#PeriodTalk](#)

[Tsukichan90 1:03pm via Twitter for iPhone](#) Love all the guests on today's [#PeriodTalk](#)

[bpreparedperiod 1:03pm via TweetChat powered by oneQube](#) Giveaway #1: A [#Softcup](#) + Purse Pack, compliments of @[InsteadSoftcup](#) – Enter the [#giveaway](#) @ [ow.ly/vCIYG](#) [#PeriodTalk](#)

[bpreparedperiod 1:03pm via TweetChat powered by oneQube](#) To be eligible to win a giveaway you must register and make at least one [#PeriodTalk](#) tweet between 1:40 & 2:40pm ET

[bpreparedperiod 1:02pm via TweetChat powered by oneQube](#) Not only will they be sharing their expertise, but they've also generously provided some awesome [#giveaways!](#) [#periodtalk](#)

[DivaCup 1:02pm via HootSuite](#) The DivaCup is thrilled to be co-hosting today's [#PeriodTalk](#) tweet chat & r excited to talk about the many benefits of menstrual cups!

[AuntFlo 28 1:00pm via Twubs](#) If you menstruate, then a cup may be a good option for you regardless of age, flow, or any other variable [#periodtalk](#)  
Retweeted by [Lunettecup](#)

[bpreparedperiod 1:02pm via TweetChat powered by oneQube](#) Joining us to share all their [#MenstrualCup](#) wisdom, we'll be hearing from [@DivaCup](#), [@Lunettecup](#) & [@InsteadSoftcup](#) [#PeriodTalk](#)

[jujuharis4321 1:02pm via Twitter for iPad](#) I've always wanted to try the diva cup but it's also quite pricey [#periodtalk](#)

[bpreparedperiod 1:02pm via TweetChat powered by oneQube](#) Today, we have not 1 or 2, but 3 special guests! [#PeriodTalk](#)

[fingerscrossed 1:01pm via Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ [@bpreparedperiod](#) & [@DivaCup](#) in Today's [#TweetChat!](#) + [#giveaway](#) [#PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)

[fingerscrossed 1:01pm via Giveaway Tools Confirmation](#) Thank u [@DivaCup](#) 4 the awesome [#DivaCup](#) Prize Pack [#Giveaway](#) w/ [@bpreparedperiod!!!](#) [#periodtalk](#) [#womenshealth](#)  
[bpreparedperiod.com/blog/](#)

[fingerscrossed 1:01pm via Giveaway Tools Confirmation](#) Get the 411 on [#MenstrualCups](#) w/ [@bpreparedperiod](#) & [@Lunettecup](#) in Today's [#TweetChat!](#) + [#giveaway](#) [#PeriodTalk](#)  
[bpreparedperiod.com/blog/](#)

[bpreparedperiod 1:01pm via TweetChat powered by oneQube](#) Today's lineup features helpful info, a time for sharing, Q&A, and FUN giveaways [#PeriodTalk](#)

[Tsukichan90 1:01pm via Twitter for iPhone](#) Excited about this [#PeriodTalk](#) :-)

[fingerscrossed 1:01pm via Giveaway Tools Confirmation](#) Thank u [@Lunettecup](#) 4 the sweet [#MenstrualCup](#) [#Giveaway](#) w/ [@bpreparedperiod!!!](#) [#periodtalk](#) [#menstrual](#) [#womenshealth](#)  
[bpreparedperiod.com/blog/](#)

[InsteadSoftcup 1:01pm via HootSuite](#) Hi everyone, let's get this period party started! [#periodtalk](#)

[periodwise 1:01pm via HootSuite](#) Menstrual cup [#PeriodTalk](#) happening NOW!

[bpreparedperiod 1:01pm via TweetChat powered by oneQube](#) [#PeriodTalk](#) is a monthly chat designed to demonstrate our commitment to open menstrual conversation & education

[bpreparedperiod 1:01pm via TweetChat powered by oneQube](#) Welcome to today's [#PeriodTalk](#)  
Tweet Chat – The 411 on [#MenstrualCups](#)

