

# PERIOD CHECKLIST

**A BLEED AS A RESULT OF SUFFICIENT  
+ BALANCED HORMONES SHOULD:**

Last 3 - 7 days. Bleeding that lasts fewer than 3 days or longer than 7 days can indicate hormonal imbalance.

Be relatively pain-free. Minor cramping or pelvic pressure is normal.

Have a least 1 day of moderate or heavy flow.

Be bright red in color (some brown blood at the end is normal).

Have between 25-80 mL of blood loss. Can estimate this based on # of products used.

Not disrupt your normal day-to-day activities.