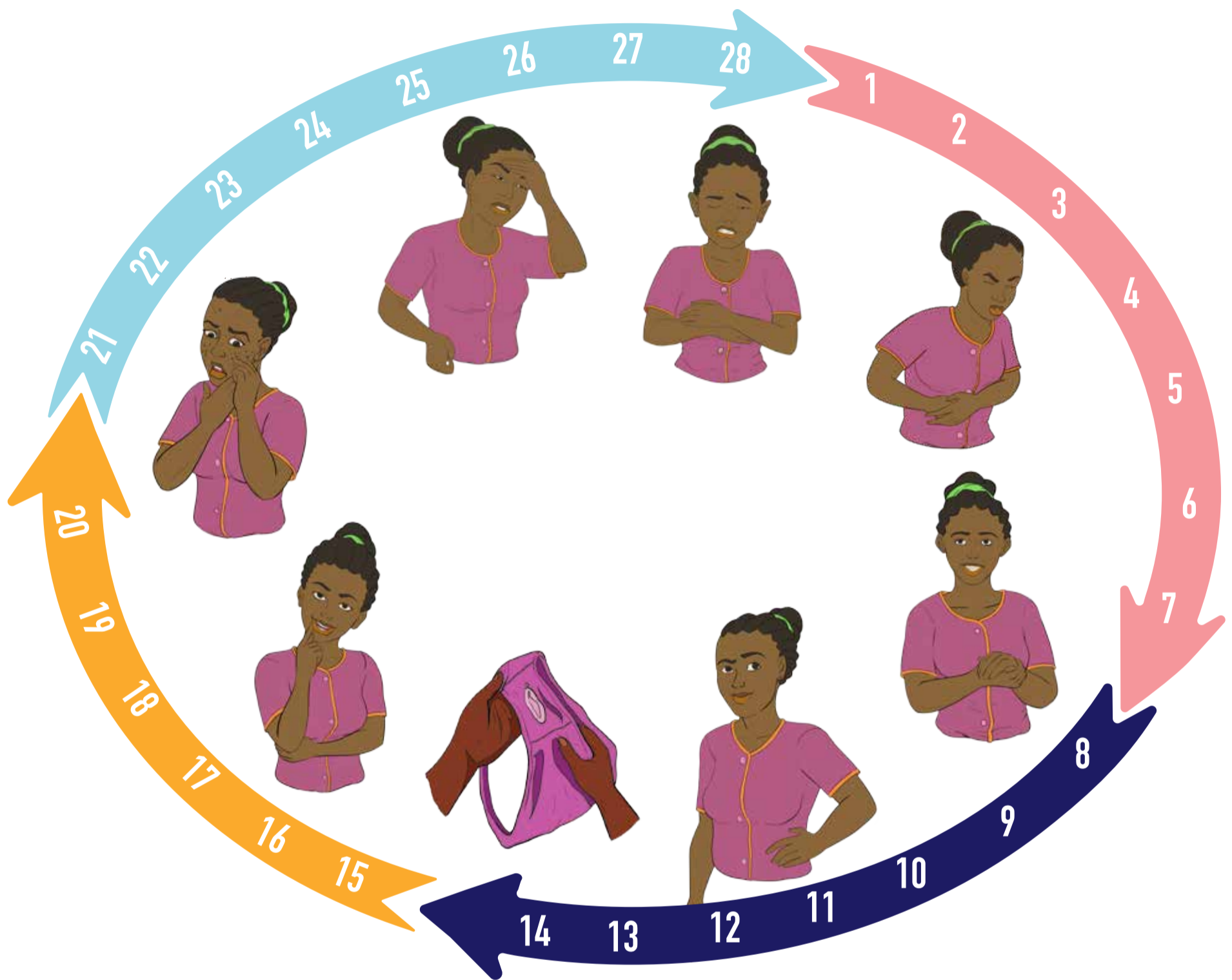
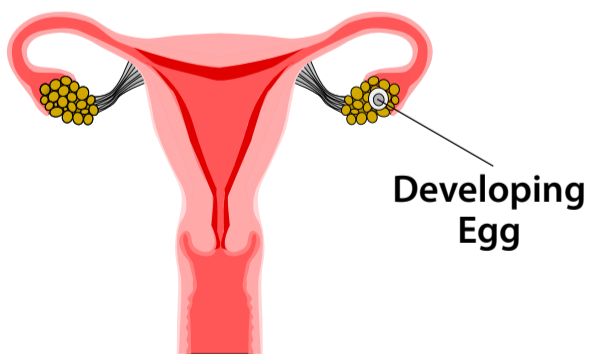


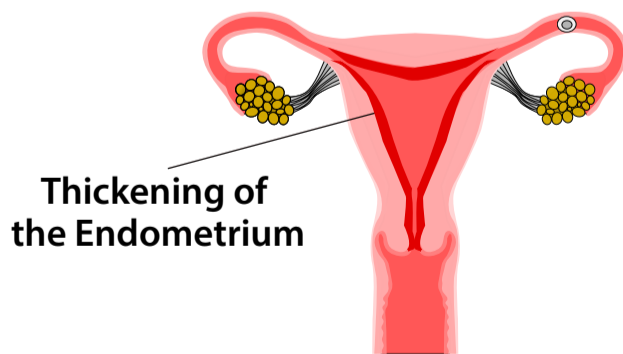
UNDERSTANDING MY CYCLE!



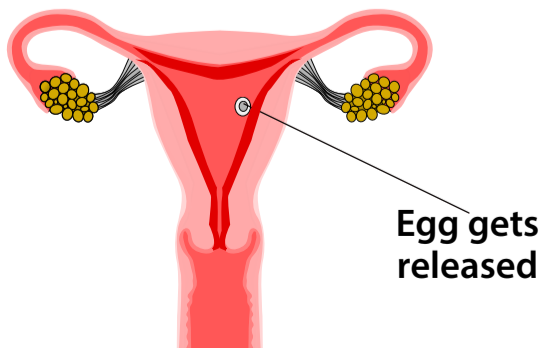
① Follicular Phase



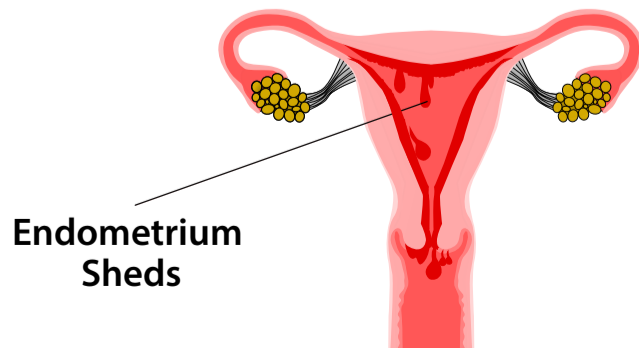
② Ovulation Phase



③ Luteal Phase



④ Menstrual Phase



Did you know that the menstrual cycle can last between 21 and 35 days?



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