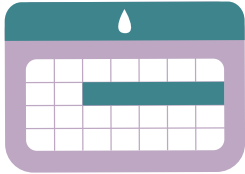
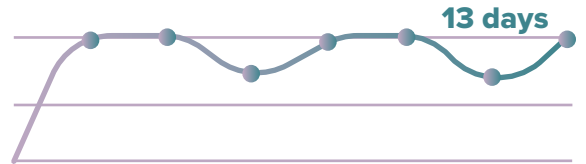


# YOUR menstrual cycle



## A NORMAL CYCLE

can last 21-35 days. For teens it can last 21-45 days.

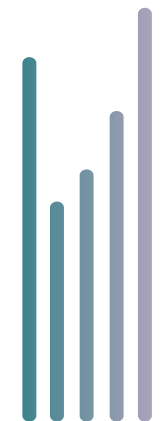
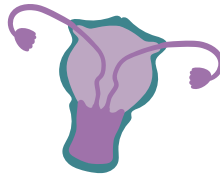


## YOUR POST-OVULATORY PHASE

can last 12-14 days with the average being 13 days.

## OVULATION

typically occurs day 10-23 with the average day being 14 or 15.



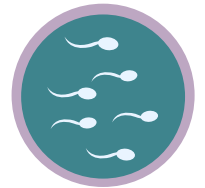
12-24 hours

## OVULATION

takes place on only 1 day of your cycle which means your egg can only be fertilized for 12-24 hours.

## CERVICAL FLUID

keeps sperm alive for up to 5 days.



## YOUR PERIOD

lasts 4-5 days on average with your first 2-3 days being the heaviest.

## NORMAL BLEEDING

ranges from 25 - 80 mL with the average being 50 mL, the equivalence of 3 tablespoons.



## THE OVULATION PREDICTOR KIT

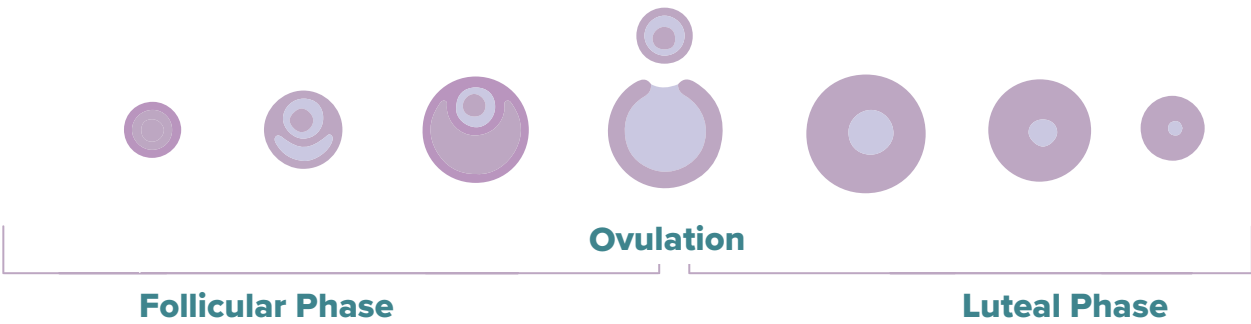
Start on day 8! Once you are positive, you will ovulate within the next 24-40 hours.



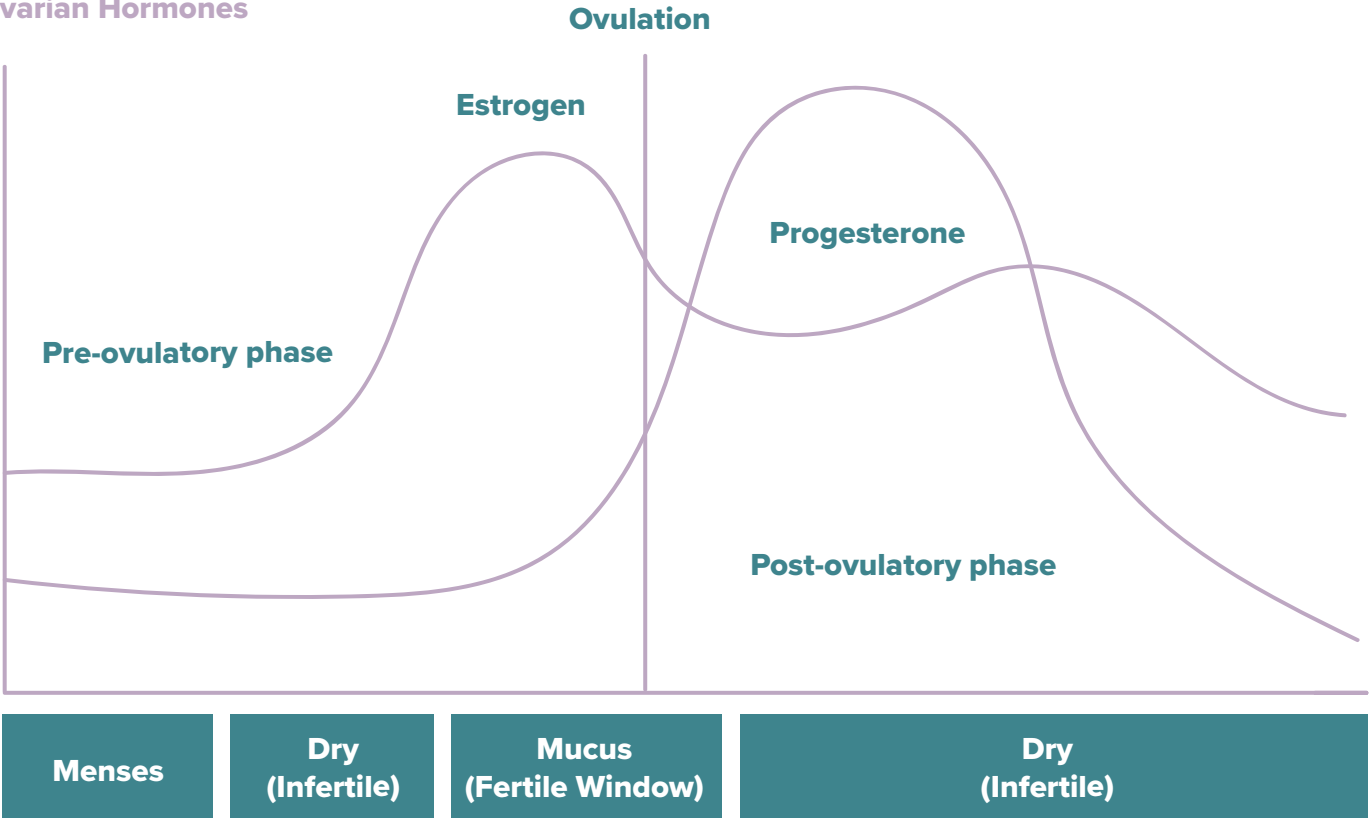
## 100 DAYS

It takes 100 days for follicles to go from dormant to ovulation.

Follicular Development



Ovarian Hormones



Endometrial Development

