

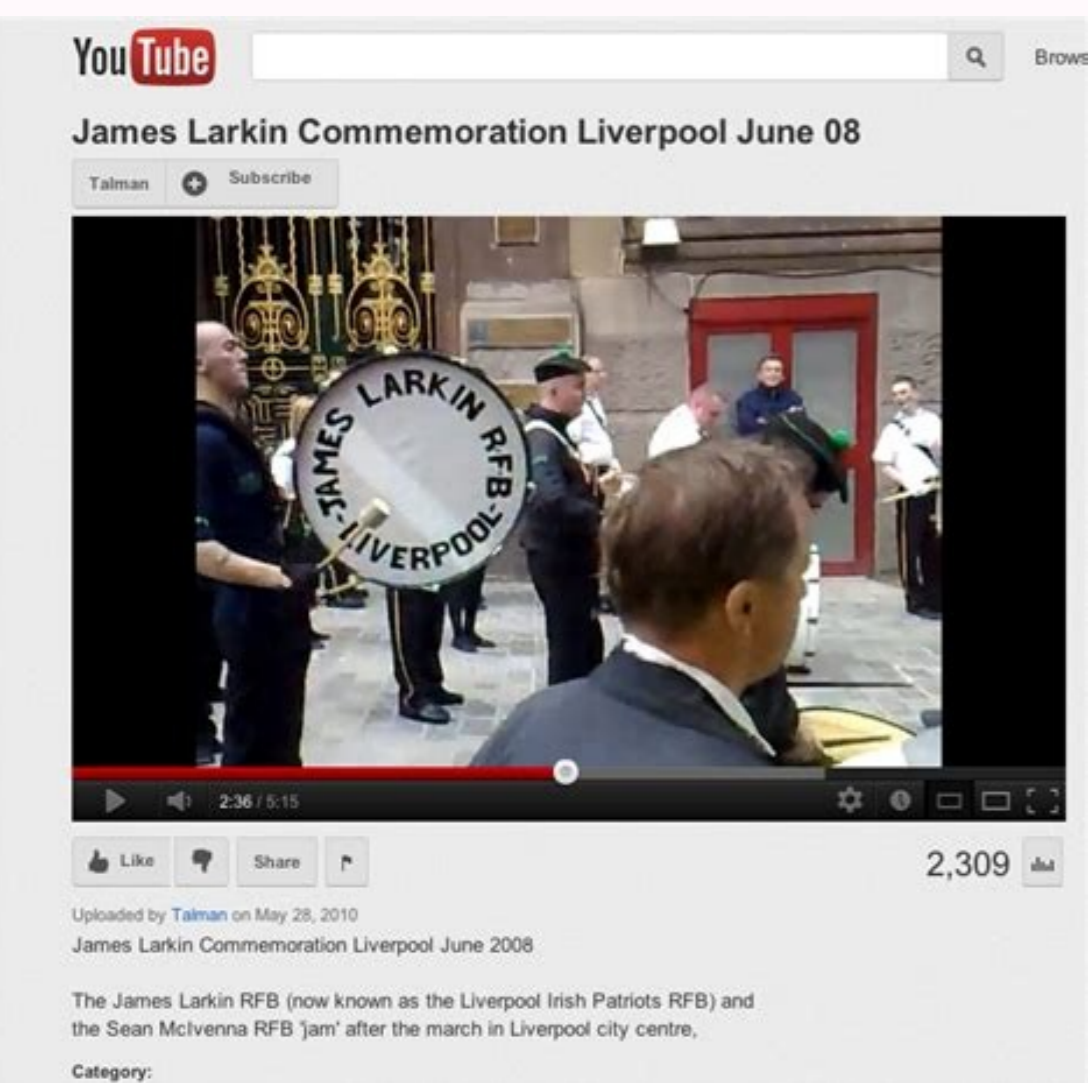
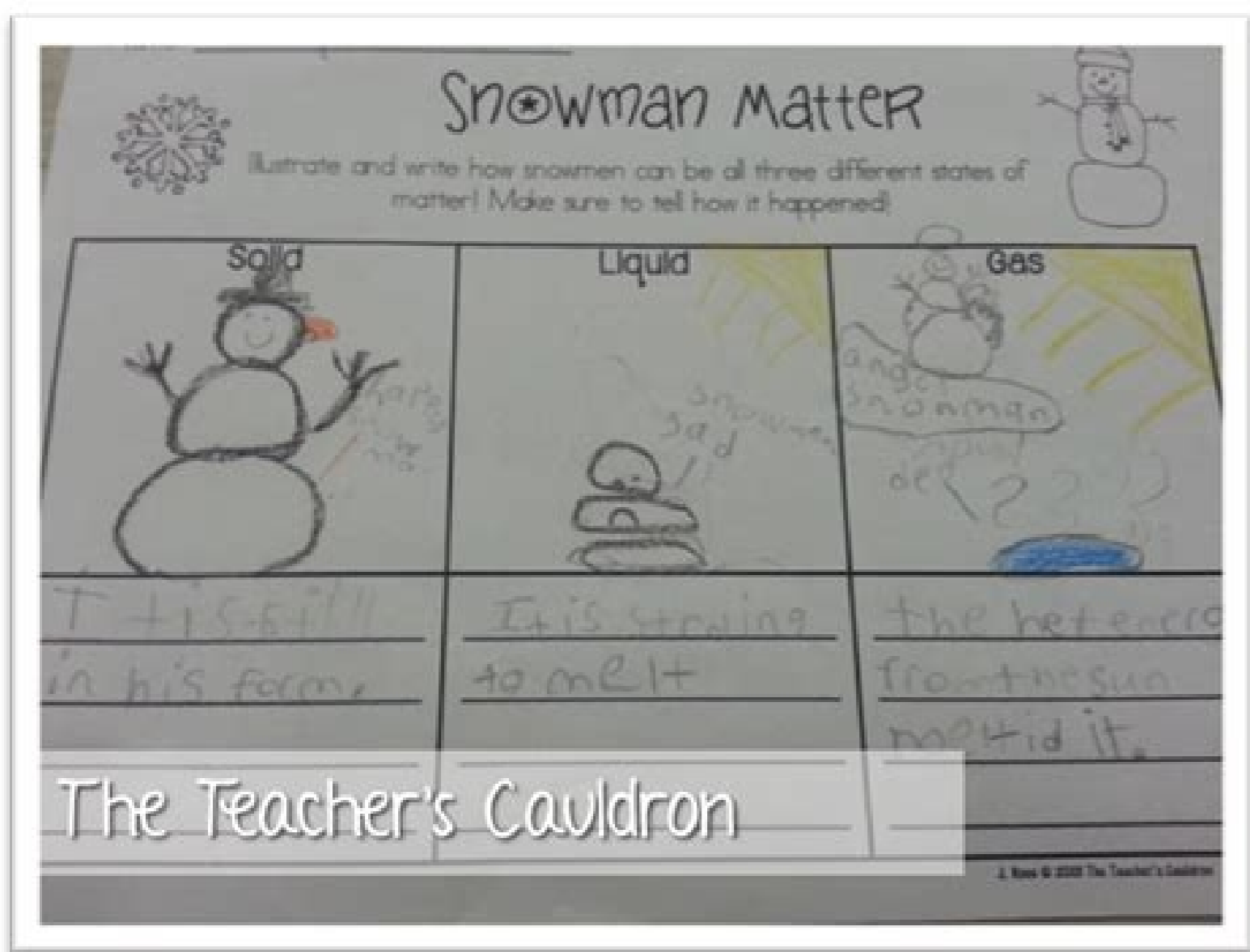



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MENSTRUAL MYTH #10
Menstruation leads to heavy blood loss leading to anemia.

FACT
Healthy menstruation does not lead to anemia. Blood loss during a single menstrual cycle in healthy women is not more than 80ml (around 3 table spoons). However if blood loss is more than 80ml during a menstrual cycle, one must consult a doctor.

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