

Havasu Helping **GIRLS**

girls. matter. period.

Maxi Pad, Ultra-Thin Pad, and Tampons Absorbency Levels and Color-Coding Guide

Different brands of pads may have different color packaging, but the absorbency levels are standard. Look for these colors on the pad's wrapper to determine which absorbency level a pad is:

#1 - Regular: **Yellow**

#2 - Super: **Green**

#3 - Extra Long Super/Extra Heavy: **Blue**

#4 - Overnight: **Orange**

#5 - Extra Heavy Overnight: **Purple**

Some brands like Kotex, Always Infinity, and Always Radiant may have different color-coding. However, those brands will typically list the absorbency level on the individual pad's wrapper or box.

Alternatively, tampons should always list the absorbency level on every individual wrapper, usually with a letter:

L: Light

R: Regular

S: Super

S+: Super Plus

U: Ultra

If you want to know more about which absorbency level is right for your period, you can find more information on our website or on any tampon/pad manufacturer website. Your tampon absorbency needed may change throughout your period based on your flow.

You can also read more about [Toxic Shock Syndrome](#) (TSS) and why using the correct absorbency level tampons is important for your health. **Never leave a tampon in for more than 8 hours** (they should ideally be changed at least every 4-6 hours).