What is a Normal Period?

Cranberry red in color



21-35 day cycle

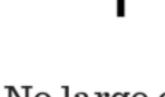


Lose 50 mL

(less than 25 is light, more than 80 is heavy)



2-7 days of bleeding



No large clots



Light period pain

(on first day or two which doesn't impact your day)

