

THE NIGERIAN BUYER'S DIRECTORY

Where To Find Safe Period Products In Nigeria Right Now

A Free Bonus From The SafeCycle Switch™ | By Dr. Salma Nazif

You finished The SafeCycle Switch™ guide. You know what to avoid. You know what works. Now comes the most practical question every Nigerian woman asks: *where do I actually buy these things in Nigeria?* This directory answers that question. It covers online platforms, Instagram vendors, physical stores in major cities, and budget tips — so you can start your switch today, no matter where you live or what your budget is.

■ **Pro Tip:** Always message a vendor before buying to confirm stock, delivery timeline, and authenticity.

■ SECTION 1 — MAJOR ONLINE PLATFORMS

These platforms ship nationwide across Nigeria. Search the product name or brand directly on the platform.

Vendor / Platform	Type	Location / Access	Price Range
Jumia Nigeria jumia.com.ng <i>Search: 'organic pads', 'menstrual cup', 'reusable pads'. Filter by rating 4★+.</i>	Online	Nationwide delivery	■1,500 – ■18,000
Konga konga.com <i>Good for menstrual cups and organic pad brands. Compare sellers carefully.</i>	Online	Nationwide delivery	■2,000 – ■15,000
Jiji Nigeria jiji.ng <i>Local sellers. Chat directly to verify product before paying. Use escrow where available.</i>	Online	Lagos, Abuja, PH + delivery	■800 – ■12,000
Flutterwave Store / Selar <i>Some Nigerian women's health brands sell directly here. Search 'safe pads Nigeria'.</i>	Online	Nationwide — digital delivery	Varies
WhatsApp Business Vendors <i>Many small vendors operate via WhatsApp only. See Section 3 for how to find them.</i>	Direct	Nationwide — courier delivery	■900 – ■20,000

■■ SECTION 2 — BRANDS TO SEARCH FOR IN NIGERIA

Search these brand names on Jumia, Konga, Instagram, or Google. Availability changes — always verify stock before ordering.

Vendor / Platform	Type	Location / Access	Price Range
Natracare <i>UK-based organic cotton pad brand. GOTS certified. One of the most trusted globally.</i>	Organic Pads	Online — Jumia/Konga	■2,500 – ■5,500 per pack

Vendor / Platform	Type	Location / Access	Price Range
Organyc <i>100% organic cotton. No chlorine bleaching. Good for sensitive skin.</i>	Organic Pads	Online — Jumia/specialist stores	■3,000 – ■6,000 per pack
Lunette <i>Finnish brand. Medical-grade silicone. Two sizes available. Very popular first cup.</i>	Menstrual Cup	Online — Jumia/Instagram vendors	■6,500 – ■12,000
Ruby Cup <i>Buy-one-give-one model. Each purchase donates a cup to a girl in need. Medium & small sizes.</i>	Menstrual Cup	Online — jumia/direct order	■5,000 – ■10,000
Saalt Cup <i>Soft and regular versions available. Good for beginners and those with low cervix.</i>	Menstrual Cup	Online — Instagram vendors	■7,000 – ■14,000
Honey Pot Co. <i>Plant-based feminine care. Becoming available through some Nigerian health importers.</i>	Organic Liners	Online — specialist health stores	■3,500 – ■7,000
Local Nigerian Cloth Pad Makers <i>See Section 3. Several Nigerian SMEs make high-quality cloth pads from local cotton fabric.</i>	Reusable Pads	Instagram / WhatsApp	■800 – ■3,500 per pad
Thinx / Modibodi <i>Premium period underwear. Order directly from brand websites. Allow 2–3 weeks for delivery.</i>	Period Underwear	Direct order — ships to Nigeria	■10,000 – ■28,000 per pair

■ SECTION 3 — HOW TO FIND VENDORS ON INSTAGRAM & WHATSAPP

Many of the best vendors for safer period products in Nigeria operate primarily through Instagram and WhatsApp. Here is exactly how to find them: **Search these hashtags on Instagram:** #ReusablePadsNigeria • #MenstrualCupNigeria • #OrganicPadsNigeria #SafePeriodNigeria • #ClothPadsNigeria • #PeriodCareNigeria • #WombHealthNigeria **Search these keywords on Instagram:** "reusable pads Lagos" • "menstrual cup Nigeria" • "organic pads Abuja" "cloth pads Nigeria" • "safe period products Nigeria" **What to check before buying from an Instagram vendor:**

✓ Profile age	How long has the account been active? Older accounts with consistent posting history are more trustworthy.
✓ Customer reviews	Look for tagged posts and story highlights showing real customer feedback and product photos.
✓ Product photos	Are they showing their actual product or just stock images? Real product photos = more confidence.
✓ Response time	Message them before ordering. A vendor who responds promptly and answers questions clearly is a good sign.
✓ Payment method	Prefer vendors who offer bank transfer with an invoice or use a trusted marketplace. Avoid cash on delivery from unknown vendors.
✓ Delivery confirmation	Ask specifically — do they ship to your city? What courier do they use? How long does delivery take?

■ SECTION 4 — WHERE TO BUY IN MAJOR NIGERIAN CITIES

City	Where To Look
Lagos	Health-focused pharmacies in Lekki, VI, and Ikeja GRA. Organic lifestyle stores on the Island. Instagram vendors based in Lagos.
Abuja	Pharmacies in Wuse 2, Maitama, and Garki. Some Jabi Mall health stores. Several Abuja-based Instagram vendors with fast local delivery.
Port Harcourt	GRA pharmacies and wellness stores. Online order via Jumia with PH delivery address. Ask in PH-based women's WhatsApp groups for recommendations.
Kano	Online ordering recommended. Jumia and Konga deliver to Kano. Some health stores in Nassarawa GRA. WhatsApp vendors for local delivery.
Enugu	Health stores around Independence Layout. Online order via Jumia. Connect with women's health communities on Facebook for local vendors.
Ibadan	Pharmacies in Bodija and Dugbe areas. Jumia delivers to Ibadan. Instagram vendors in Lagos often ship to Ibadan via courier services.
Benin City	Online ordering via Jumia recommended. Some health-focused pharmacies in GRA. Courier delivery from Lagos-based vendors available.
Other Cities	Online order via Jumia or Konga — they deliver nationwide. Use the Instagram search tips in Section 3 to find vendors who ship to your city.

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SECTION 5 — WHAT TO BUY AT EVERY BUDGET

Your Budget	Best Option	What To Buy	Where To Get It
Under ■500 per cycle	Unscented Conventional Pads	Switch to unscented pads as your first step. Eliminates synthetic fragrances immediately.	Available everywhere nationwide.
■1,000 – ■3,000/cycle	Organic Cotton Pads	Natracare or Organyc pads. Closest to conventional — zero chemicals.	Jumia, Konga, health stores in major cities.
■5,000 – ■10,000 once	Reusable Cloth Pads (set)	Buy 6–8 cloth pads from a local Nigerian vendor. One-time investment for 2+ years.	Instagram-based vendors, WhatsApp businesses.
■6,000 – ■14,000 once	Menstrual Cup	Lunette, Ruby Cup, or Saalt. Lasts up to 10 years. Most eco-friendly, long-term choice.	Local health stores, Instagram vendors.
■15,000+ once	Period Underwear	Thinx or Modibodi. Premium comfort. Buy 3–5 pairs. Best for heavy days.	Direct from brand website or importers to Nigeria.

5 GOLDEN RULES BEFORE YOU BUY

1.
- Never buy period products without knowing what the top sheet is made from. If they cannot tell you — do not buy it.
2.
- Unscented is always better than scented. No exceptions. Your vagina does not need perfume.
3.
- A higher price does not automatically mean safer. Check certifications — GOTS and OEKO-TEX mean something. Pretty packaging does not.
4.
- Start with one change at a time. You do not have to buy everything on this list at once. One small switch this cycle is better than zero switches ever.
5.
- Share this directory. Every woman in your life deserves to know where to find safer options. Forward it. Screenshot it. Post it.

Ready to make your switch? Get the full SafeCycle Switch™ guide at carewell.fit

Share this directory with every woman you love. It costs nothing. It could change everything.