

The Blood

MENSTRUAL BLOOD COLOUR MEANING

Bright Red

Healthy Flow Fresh Blood

Pink

Anaemia or Low Estrogen

Purple

*High Estrogen Possible
Endometriosis*

Brown

Possible Low Progesterone

Orange

Possible Infection

Grey

*Possible Sign of Bacterial
Infection or Miscarriage*

Dark Red Thick Clots

*Usually at the Beginning of Your
Bleed Time, Clearing Older
Blood and Shedding Deeper
Parts of the Uterine Lining*