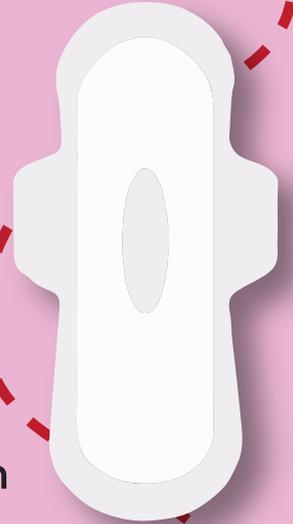


# Plastic-free periods!

**Please do not flush period products!**

## *Better for the planet*

Many period products contain plastic - the wrapper, a plastic weave on tampons and the leak-proof base on pads. Period products are now the 5th most common item found to be littering European beaches. It takes hundreds of years for them to break down in the sea. An estimated 4.3 billion period products are used each year in the UK! They should never be flushed down the loo. **How about switching to plastic-free period products?**



## *Better for your pocket*

Moving to reusable period products like menstrual cups, washable pads or leak-proof period pants can save you around 90% of what you would spend on disposables over your menstrual lifetime.



## *Better for your body*

Some disposable tampons can contain toxic chemicals which studies have shown can cross into the bloodstream, causing hormone disruption. Some of these chemicals are even linked to increasing the risk of cancer and heart disease.

