

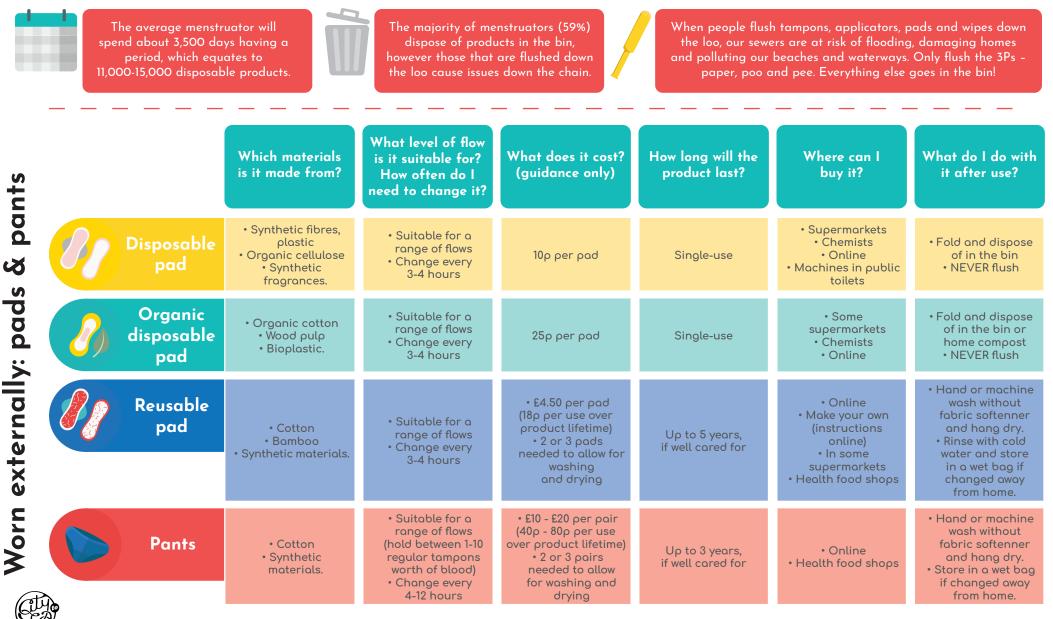
SEO,

		Which materials is it made from?	What level of flow is it suitable for? How often do I need to change it?	What does it cost? (guidance only)	How long will the product last?	Where can l buy it?	What do I do with it after use?
n internally: tampons & cups	Non- applicator tampons	 Cotton or rayon with a thin cover of polyester or polyethylene Plastic wrapper. 	 Suitable for a range of flows Change every 4-8 hours 	11p per tampon	Single-use	 Supermarkets Chemists Online Machines in public toilets 	 Wrap in toilet paper and dispose of in the bin NEVER flush
	Applicator tampons	 Cotton or rayon with a thin cover of polyester or polyethylene Cardboard or plastic applicator. 	 Suitable for a range of flows Change every 4-8 hours 	13p per tampon	Single-use	 Supermarkets Chemists Online Machines in public toilets 	 Wrap in toilet paper and dispose of in the bin NEVER flush either part
	Organic tampons	 Organic, unbleached cotton Bioplastic or plastic wrapper Some have cardboard or bioplastic applicator. 	 Suitable for a range of flows Change every 4-8 hours 	19p per tampon	Single-use	• Online • Some supermarkets • Health food shops • Plastic-free shops	 Wrap in toilet paper and dispose of in the bin or home compost NEVER flush
	Reusable applicator	modical arada	• Tampons suitable for a range of flows • Change every 4-8 hours	£25 (20p per use, plus non-applicator tampons)	10 years (tampons single-use)	• Some supermarkets • Online	 Wash applicator and reuse Wrap tampon in toilet paper and dispose of in the bin or home compost NEVER flush
Worn	Menstrual cups	• Medical grade silicon, latex or TPE.	 Suitable for a range of flows Change every 4-12 hours 	£9–£20 (This works out on averagea at 7p - 17p per period, assuming you have 12 a year)	Several years	• Online • Some supermarkets • Chemists • Health food shops	 Rinse or wipe after emptying Sterilise with boiling water / sterilising solution after each cycle.

This leaflet is for guidance only, please check individual products for costs, materials and usage instructions.

Menstrual products: the choices 🛛 🖉 🗬 🖉 🖉 🗬

PLASTIC FREE PERIODS



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