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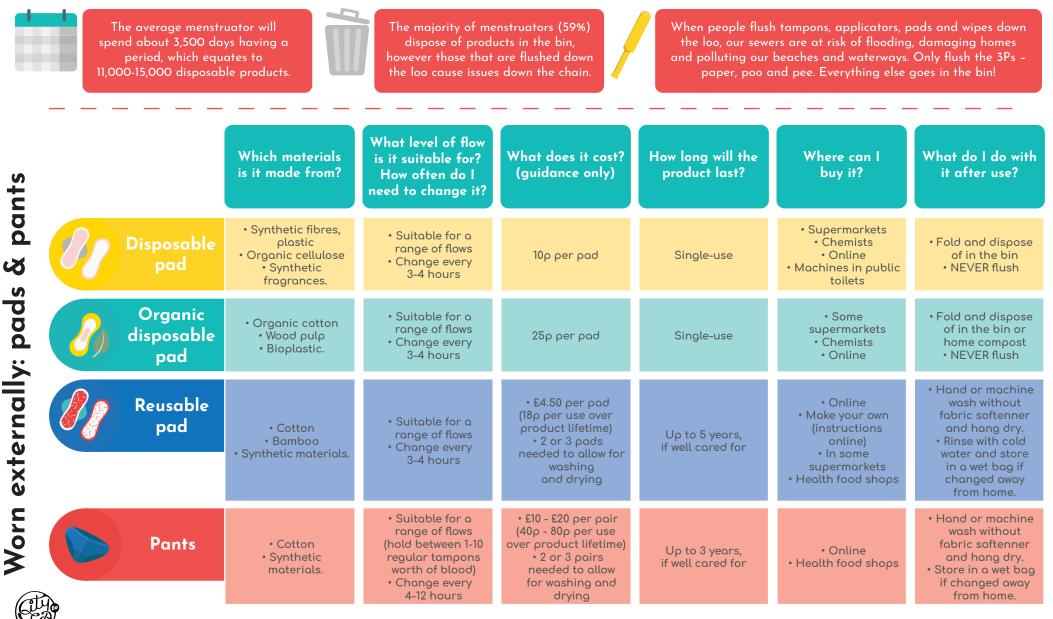
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		Which materials is it made from?	What level of flow is it suitable for? How often do I need to change it?	What does it cost? (guidance only)	How long will the product last?	Where can l buy it?	What do I do with it after use?
n internally: tampons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

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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