

# It's time for #PlasticFreePeriods

LOOK AFTER

## THE PLANET

Did you know that **one pack of pads contains 5 carrier bags worth of plastic** and tampons also contain a plastic weave? Huge quantities of period products are (wrongfully) flushed down the toilet and they are now the 5th most common item found littering European beaches.

LOOK AFTER

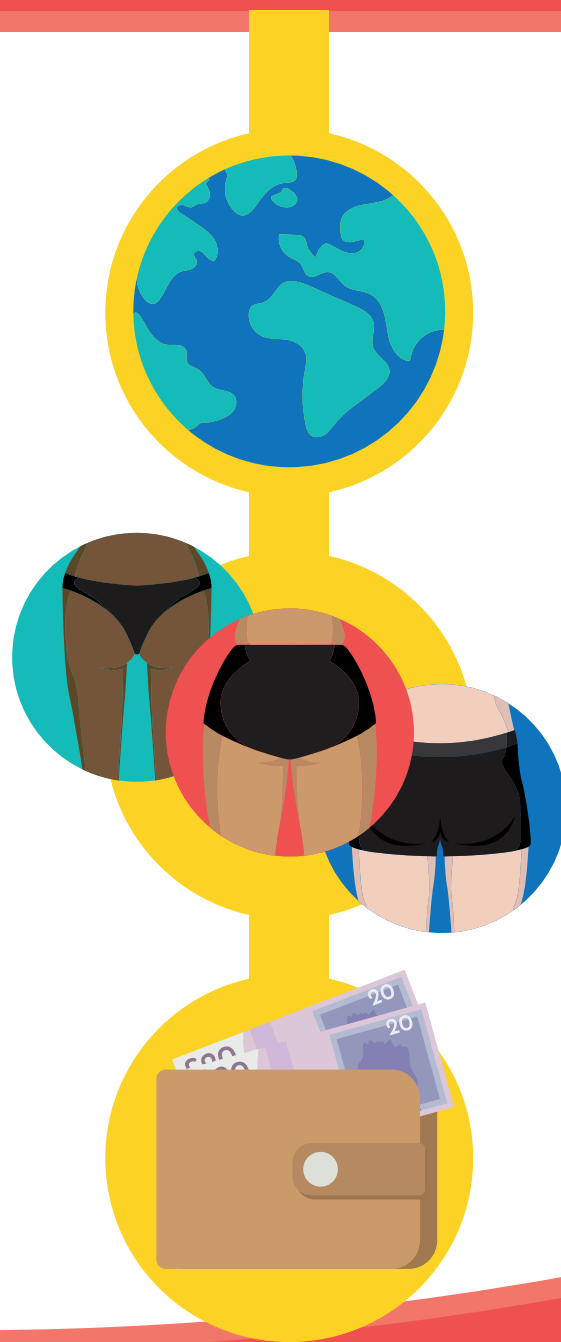
## YOUR BODY

Independent product-testing has found **non-organic disposable period products to contain toxic chemicals like BPA, BPS and petrochemical additives** – known endocrine disrupting substances which have been linked to heart diseases and cancer.

LOOK AFTER

## YOUR WALLET

**Switching to reusable period products could save you up to 94%** of what you would have spent on disposable period products in your lifetime!



If you'd like to find out more about the hidden plastic in our period products, what the alternatives are, and use exclusive discount codes visit:

[www.citytosea.org.uk/plasticfreeperiods](http://www.citytosea.org.uk/plasticfreeperiods)



PLASTIC FREE  
PERIODS