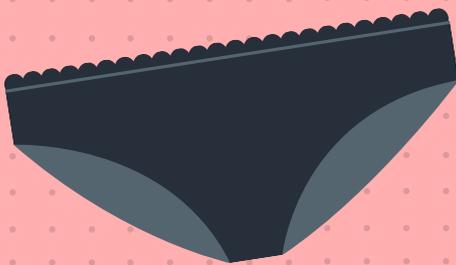


Types of sustainable period products

Sustainable period wear encompasses reusable options like menstrual cups, period underwear, and washable pads that reduce waste and are more environmentally friendly than disposable products

Menstrual Cup:

Reusable silicone cups inserted internally to collect menstrual blood. They can last for years and require less frequent changing than disposable products

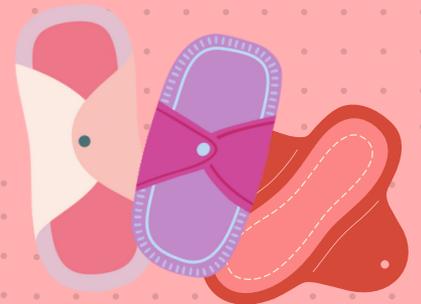


Period Underwear:

Specially designed underwear with absorbent layers that can be worn during periods. They are washed and reused, offering a convenient and eco-friendly alternative to disposable pad

Washable Pads:

Reusable alternatives to disposable pads, made from cloth or other materials and designed to absorb menstrual flow. They are washed and reused like other reusable product



Menstrual Disc:

Similar to a menstrual cup, but sit higher internally and don't rely on suction to stay in place, so can hold more fluid

