
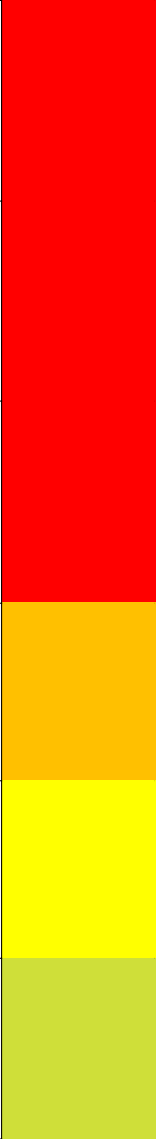












	Feminine Hygiene Products	Product Material	Packaging Material	Lifespan	End of Life	How to Use it	Health	Average Cost For 5 Years	Calculation	Eco/health Rating
DISPOSABLE	<p>Plastic pads in plastic packaging (ex: Always)</p> 	<p><u>Full ingredients unknown but analysis results here.</u></p>	Plastic.	One Use	<p>Packaging and pads become landfill.</p>	<p>Remove plastic packaging, fit to inside of underwear. When finished, dispose in garbagepad and packaging.</p>	<p>May contain toxic chemicals like dioxins, styrene, chloroform, chloroethane, chloromethane, acetone, synthetic fibres, and petrochemical additives.</p>	\$US 466	<p>1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle x 12 = 240 tampons per year x 5 = 1200 tampons. / 18 = 66.6 boxes of 18 tampons at 7\$ = \$466.66 in tampons for 5 years</p>	
	<p>Tampons with plastic applicators in plastic packaging (ex: Tampax Pearl)</p> 	<p>May contain: cotton, rayon, polyester, polypropylene, polyethylene, fiber finishes.</p>	Plastic applicator and cardboard box.	One Use	<p>Box is recyclable. Packaging and applicator become landfill.</p> <p>Natural parts of tampon will break down but not completely.</p>	<p>Remove plastic packaging, insert tampon, push on applicator to release tampon, remove plastic applicator and dispose in garbage. To remove, pull on cord and dispose tampon in garbage.</p>	<p>May contain toxic chemicals like dioxins, synthetic fibres, and petrochemical additives.</p>	\$US 233	<p>1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle x 12 = 240 tampons per year x 5 = 1200 tampons. / 34 = 35.3 boxes of tampons at 8\$ = \$282.35 in tampons for 5 years</p>	
	<p>Tampons with no applicator but plastic Packaging (ex: O.B.)</p> 	<p>Rayon and/or cotton fiber, polypropylene/ polyethylene cover, polypropylene, cotton, or polyester string.</p>	Plastic tampon wrapper and cardboard box.	One Use	<p>Box is recyclable. Plastic wrapper becomes landfill.</p> <p>Natural parts of tampon will break down but not completely.</p>	<p>Remove plastic packaging and dispose in garbage. Insert tampon using index finger. To remove, pull on cord and dispose tampon in garbage.</p>	<p>May contain toxic chemicals like dioxins, synthetic fibres, and petrochemical additives.</p>	\$US 270	<p>1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle x 12 = 240 tampons per year x 5 = 1200 tampons. / 40 = 30 boxes of tampons at 9\$ = \$270.00 in tampons for 5 years</p>	
	<p>Tampons with cardboard applicators in paper packaging (ex: Tampax Regular)</p> 	<p>May contain: cotton, rayon, polyester, polypropylene, polyethylene, fiber finishes.</p>	Cardboard applicators, paper wrappers, and cardboard box.	One Use.	<p>Packaging and paper wrapper can be recycled.</p> <p>Natural parts of tampon will break down but not completely.</p>	<p>Remove paper packaging. Insert tampon and push applicator to release. Recycle packaging, dispose of applicator in garbage. To remove, pull on cord and dispose tampon in garbage.</p>	<p>May contain toxic chemicals like dioxins, synthetic fibres, and petrochemical additives.</p>	\$US 240	<p>1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle x 12 = 240 tampons per year x 5 = 1200 tampons. / 40 = 30 boxes of tampons at 8\$ = \$240.00 in tampons for 5 years</p>	
	<p>Organic tampons with no applicators (ex: Seventh Generation Free & Clear)</p> 	<p>Certified organic cotton.</p>	Plastic tampon wrapper and cardboard box.	One Use.	<p>Box is recyclable. Plastic wrapper becomes landfill.</p> <p>Natural parts of tampon will break down but not completely.</p>	<p>Remove plastic packaging and dispose in garbage. Insert tampon using index finger. To remove, pull on cord and dispose tampon in garbage.</p>	<p>Certified organic cotton tampons. Free of fragrances, deodorants, and chlorine.</p>	\$US 420	<p>1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle x 12 = 240 tampons per year x 5 = 1200 tampons. / 20 = 60 boxes of tampons at 7\$ = \$420 in tampons for 5 years</p>	
	<p>Organic tampons with paper applicators in paper packaging (ex: Tampon Tribe)</p> 	<p>Certified organic cotton.</p>	Paper, Cardboard, & Burlap.	One Use.	<p>Packaging and tampons are biodegradable over time.</p>	<p>Remove paper packaging, insert tampon and push applicator to release. Remove when full and compost all packaging. Dipose the tampon in the garbage.</p>	<p>Certified organic cotton tampons. Free of toxins, herbicides, pesticides, perfumes, dioxins, chlorine, and plastic. Definitely the safest and Earth-friendliest of the disposable options.</p>	\$US 600	<p>1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle x 12 = 240 tampons per year x 5 = 1200 tampons. / 20 = 60 boxes of tampons at 10\$ = \$600 in tampons for 5 years</p>	

	Feminine Hygiene Products		Product Material	Packaging Material	Lifespan	End of Life	How to Use it	Health	Average Cost For 5 Years	Calculation	Eco/health Rating
REUSABLE	<u>Reusable Silicone Menstrual Cup</u> (ex: Glad Rags XO Flo cup)		Body-safe medical grade silicone.	Cardboard box.	Up to 10 years or more.	Box is recyclable but silicone goes into landfill.	Wash hands, fold cup and gently insert cup and allow to open inside. To remove, squeeze the cup and pull on the stem. Empty the contents in the bowl and wash the cup before reinserting.	Made from body-safe medical grade silicone. Does not contain harmful additives.	\$US 41.95	1 cup lasts over 5 years so we only need one	
	<u>Reusable Natural Rubber Menstrual Cup</u> (ex: Keeper Cup)		Natural gum rubber.	Cardboard box.	Up to 10 years or more.	Box can be recycled. The natural rubber will biodegrade naturally over time.	Wash hands, fold cup and gently insert cup and allow to open inside. To remove, squeeze the cup and pull on the stem. Empty the contents in the bowl and wash the cup before reinserting.	Made from Natural gum rubber (latex). Does not contain harmful additives.	\$US 35	1 cup lasts over 5 years so we only need one	
	<u>Reusable Tampons</u> (ex: Etsy Modest Maiden)		Organic cotton flannel.	Unknown.	Up to 5 years or more.	Tampons are made from materials that biodegradable over time.	Pre-wash these in natural soap. Rinse with water and wring out. Start at string end and roll up tightly. Gently insert into like a tampon. Soak in cold water, machine wash cold and hang dry.	Made from organic cotton. Does not contain harmful additives.	\$US 66	1 tampon per 6 hours = 4 tampons a day x 5 days of period = 20 tampons per cycle. The set of 20 costs 65.95	
	<u>Natural Menstrual Sea Sponges</u> (ex: Jade & Pearl)		Sustainably harvested natural sea sponges.	Cardboard.	Up to 6 or more months.	Box can be recycled and sponges are biodegradable over time.	Rinse sponge and soap in all natural soap for 5-10 minutes. Rinse sponge and ring out water then insert into vagina like a tampon. Rinse with mild natural soap.	Made from natural sea sponges. Free of chemicals, bleach, chlorine, fragrances, dyes or synthetic materials.	\$US 119 Find here	23.95 (for 2 sponges) 5 years is 60 months / 6 (time they last) = 10 sponges needed for 5 years = you need to purchase 5 sets of sponges so 23.95 x 5 = 119.75	
	<u>Reusable Pads</u> (ex: Glad Rags)		Organic undyed cotton cloth and flannel.	100% Post-consumer recycled cardboard.	Up to 5 years or more.	Box can be recycled. Pads are made from materials that biodegradable over time.	Place insert into pad, place pad in underwear and snap together wings. Change as often as you would change a pad. Soak in cold water, machine wash cold and hang dry.	Made from organic cotton. Does not contain harmful additives.	\$US 300	Average is 20\$ per pad and you'll need 3 pads a day times 5 day cycle . 3 x 5 x 20\$ = \$300	