

Artwork by: @spiritladedesign

YOUR PLASTIC PERIOD

90% of a menstrual pad
IS PLASTIC



6% of a tampon
IS PLASTIC

Look for organic eco-friendly alternatives

PLEASE SHARE

#PERIODSWITHOUTPLASTIC

Women's Environmental Network

You can also buy plastic-free incontinence pads and pants for women and men!

Check out:

www.ethicalsuperstore.com

www.incontinence.co.uk

SPEAK TO YOUR NURSE OR GP FOR MORE INFO