

# Tips for a Healthier Period & Planet

We've put together our favorite tips for choosing period products that are friendly to your body and to ecosystems. This cheat sheet keeps it short and sweet, filling you in on the top things to look for when that time of the month rolls around.

Want more info? Check out *The Ultimate Guide to Period Products: How to Choose Human and Environmentally-Friendly Period Solutions*



## THE WHY

Why shop for safer period products? Here are the top concerns and where they can be found:

- **Plastic:** Conventional pads, tampons, menstrual cups, synthetic fabric period panties and reusable pads
- **Pesticide residues:** Conventional pads, tampons, period panties, and reusable pads made with conventional cotton
- **Silver nanoparticles:** Conventional period panties
- **Fragrance ingredients:** Conventional pads, tampons
- **Volatile organic compounds (VOCs):** Conventional pads and tampons



Want to learn more about these top concerns? Head to our blog.

## THE WHAT

**Tampons** - Look for:

- 100% organic cotton
- Unscented and fragrance-free
- Unbleached or chlorine-free bleach
- Plastic-free applicator or tampons sans applicator
- Plastic-free packaging



**Menstrual Cups** - Look for:

- 100% medical-grade silicon only (skip other materials)
- Undyed silicon
- Nontoxic cleaning methods for your cup. We recommend boiling it in an open pot of water for 5-10 minutes before using each month, and washing with nontoxic soap and water after each time you empty it.



Check out our other tips.

**Period Panties** - Look for:

- Organic cotton as the primary material
- Full disclosure of all materials including fabric and treatments. Skip panties that leave you with questions.
- Panties without nanomaterial silver. Some contain silver marketed as unable to leach or migrate; avoid these too.
- Panties without antibacterials or antimicrobials. Sometimes these treatments aren't disclosed in a materials list but can be spotted with marketing terms like "antimicrobial."



**Pads + Liners** - Look for:

- 100% organic cotton
- Unscented and fragrance-free
- Unbleached or chlorine-free bleach
- Plastic-free packaging

**Reusable Pads + Liners** - Look for:

- Organic cotton as the primary material
- Panties without antibacterials or antimicrobials (see Period Panties above)

## THE WHO



MADE SAFE Solutions + Staff Favorites

**Natracare:** Pads + Tampons

**Organyc:** Tampons\* + Pads

**Sustain Natural:** Menstrual Cups\* + Period Panties\*

**Cora:** Menstrual Cups\*

**DivaCup:** Menstrual Cups\*

\*These products are staff favorites and are not MADE SAFE certified.