

## Your one-stop-shop for Sustainable Menstrual Alternatives

### Why use reusable products?

#### THEY ARE HEALTHIER

- Menstrual cups have never been connected to a case of TSS.
- Cups are non absorbent so don't dry you out.
- Cloth pads don't leach the moisture out of your skin, and they allow it to breathe.

#### THEY WILL SAVE YOU MONEY

- Even the most expensive menstrual cup should 'pay for itself' in under a year. Many will do so in as little as 6 months.
- Five years' supply of cloth pads will cost similar to 6 months to a year worth of disposables.

#### THEY ARE ENVIRONMENTALLY FRIENDLY

- Very minimal waste, and what is produced is biodegradable or recyclable.

#### THEY ARE CONVENIENT

- You can comfortably and safely wear them before your period is due. This is great for unpredictable cycles and for travelling.
- Because you don't throw them away, you will always have supplies.

Not only do reusable menstrual products save their owners thousands of dollars, but they will reduce her environmental impact.

The average New Zealand woman will use over 10,000 disposable menstrual products in her lifetime. Worldwide, women produce tonnes of landfill rubbish every year from disposable menstrual products and their wrapping.

Cloth pads can be made from 100% organic and biodegradable materials, and will last as long as 5 years.

A single menstrual cup has a smaller volume than a packet of tampons, and can last up to 10 years.

Save money and the Earth  
Make the change to reusable products  
today.

[www.environmenstruals.co.nz](http://www.environmenstruals.co.nz)

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