

PLASTIC-FREE MENSTRUAL PRODUCTS

Menstrual Cups

ASDA, Waitrose and Co-Op offer **HEY GIRLS**.

Planet Organic sells a wide variety of menstrual cups: **MOONCUP**, **ORGANICUP**, **& SISTERS**, **INTIMINA** & **ZIGGY CUP**.

At Boots you can find: **MOONCUP**, **KIND ORGANIC**.

Superdrug stocks: **DIVA CUP**, **TOTM**, **CLARICUP**, and **ORGANICUP**.

At Whole Foods you can find: **MOONCUP** & **LUNETTE CUP**.

SELENA CUP, **ENNA CUP**, **NIXIT**, **THE CUP EFFECT**, **RUBY CUP** can be purchased online.

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Updated December 2020

Want to give plastic-free periods a go? Well, you are in luck as we have some discount codes on our website. Simply visit: <https://bit.ly/enviro-menstrual-discounts>

Menstrual Underwear

You can find **WUKA** pants at Sainsbury's.

FLUX UNDIES to be found at Planet Organic and Holland & Barrett.

THINX to be purchased at asos.com, Selfridges and in Boots.

MODIBODI, **CHEEKY WIPES** & **LUX** pants can be bought online.

Menstrual Cloth Pads

BLOOM & NORA at Planet Organic and Holland & Barrett.

Buy **HONOUR YOUR FLOW**, **PRECIOUS STARS**, **CHARLIE BANANA**, **CHEEKY WIPES** and **ECOFEMME** pads online.

Other plastic-free options

Find the first reusable tampon applicator, **DAME**, at Waitrose and Boots.

Waitrose, Ocado, Whole Foods, Holland & Barrett and most independent health stores offer **NATRACARE**.

At Boots you can buy organic products by **FLO** and **KIND ORGANIC**.

Planet Organic stocks products by **FLO**, **ORGANYC**, **& SISTERS** and **YONI**.

TOTM pads and pantyliners can be purchased at Tesco, Ocado and Superdrug.

LUX pads can be purchased online.

You can also subscribe online to a monthly delivery of plastic-free products by **OHNE**, **YOPPIE**, **MONDAYS**, **GRACE & GREEN**, and **Fempowered**.