

**BETTER FOR YOU,  
YOUR POCKET AND  
THE PLANET**

#YourPeriodYourWay

More info at  
 Recycle Devon



Reusable Period  
Products page

You can  
also read  
independent  
reviews on our  
website too!

Just scan the QR  
code to learn  
more...

# REUSABLE PERIOD PRODUCTS




 Recycle Devon

# My options



## Reusable Pads

- Lasts 2 to 5 years 
- Change every 3 to 4 hours
- £3.30 to £10 per pad



## Period Pants

- Lasts 2 to 5 years 
- Change every 4 to 12 hours
- £9 to £30 per pair
- Feels like normal underwear



## Cups

- Lasts up to 10 years 
- Leave in up to 12 hours
- £8.99 to £30



## Swim Pants

- Lasts up to 5 years 
- Change every 30 min to 2 hours
- £20 to £60

\*Table for guidance only.  Machine washable options.  Handwash option only.

## Reusables are...

Comfortable

Cheaper long term

Reliable

Odourless

Suit heavy and light flow

For more info check out [Recycledevon.org](http://Recycledevon.org)

Discreet

# The facts

Reusable options are reliable. They last longer than disposable pads and tampons that are used once then thrown away

**4.3** Billion disposables are thrown away each year in the UK



**£5,000** Spent on disposable period products in your life

Most disposables are single-use, made of plastics, wrapped in plastic

Disposables can have sneaky chemicals that mess up your hormones!

