

# PLASTIC PERIOD PRODUCTS: WHAT'S REALLY IN YOUR ROUTINE?



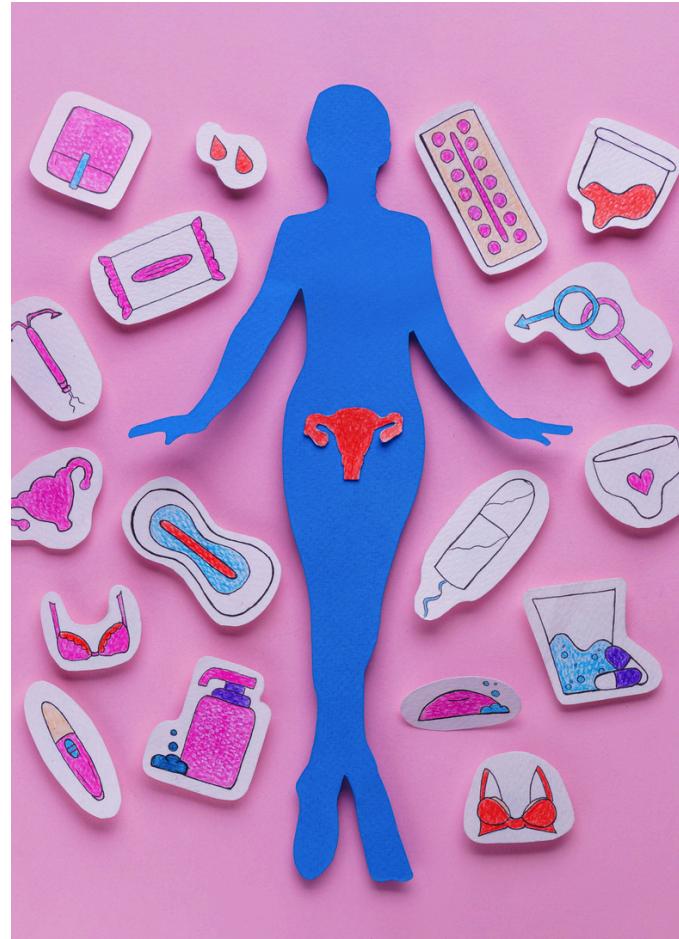
## WHAT ARE PLASTIC PERIOD PRODUCTS?

Most mainstream menstrual products—**pads, tampons, and liners**—are made with or wrapped in plastic. From leak-proof layers to applicators and packaging, these products are often loaded with **synthetic materials and chemicals**.

They may seem “clean,” but they can contain toxins like *fragrance, bleach, and endocrine disruptors*, all of which are absorbed through the skin.

## WHAT'S INSIDE & WHY IT MATTERS

- Fragrances and deodorants are often added to pads and tampons to “mask odor,” but they can contain phthalates and synthetic chemicals that act as endocrine disruptors—linked to hormone imbalance, early puberty, and fertility issues.
- Bleached cotton and rayon are commonly used in tampons and pads. These materials may contain dioxins—toxic byproducts of chlorine bleaching associated with cancer, reproductive harm, and immune system suppression.
- Plastic applicators and leakproof linings are typically made of polypropylene or polyethylene, which don’t break down in the body or in nature. Some of these materials can cause irritation, allergies, and microplastic exposure.
- Synthetic absorbent gels and plastic-based liners trap moisture and heat, creating a breeding ground for bacteria and yeast, increasing the risk of infections and irritation.



## HEALTH RISKS

BECAUSE THE SKIN AROUND THE VULVA IS EXTREMELY ABSORBENT, TOXIC CHEMICALS IN PERIOD PRODUCTS ENTER THE BLOODSTREAM EASILY. LONG-TERM EXPOSURE HAS BEEN LINKED TO:

- Endocrine disruption
- Increased menstrual pain and irritation
- Increased risk of reproductive disorders
- Cumulative exposure to toxic chemicals month after month



## WHAT YOU CAN DO

- Try 100% organic cotton pads and tampons (unscented, bleach-free, plastic-free)
- Use a menstrual cup or menstrual disc (reusable, medical-grade silicone)
- Consider reusable period underwear or cloth pads
- Choose brands that are transparent about ingredients and eco-friendly practices
- Talk about it! Help remove stigma so more people can make informed choices

### BEACHES GO GREEN 2.0



HEALTHY PLANET  
HEALTHY YOU

### TO LEARN MORE:



[www.beachessogreen.org](http://www.beachessogreen.org)

### GIVE US A FOLLOW:



## ENVIRONMENTAL IMPACT

THE PLASTIC IN PERIOD PRODUCTS DOESN'T JUST HARM OUR BODIES—IT'S HARMING THE PLANET:

- The average person uses 10,000–15,000 pads and tampons in their lifetime.
- Most of these end up in landfills or the ocean, and each pad can contain up to 90% plastic.
- It can take 500–800 years for a single pad or tampon applicator to break down.
- Disposable menstrual waste contributes to billions of pounds of plastic waste every year.

## THE BOTTOM LINE

From your body to the environment, the impact adds up. Making the switch to safer, reusable, or plastic-free products is a simple change with powerful results.