



Do you know alternatives, such as menstrual cups or cotton pads?

Sanitary pads and tampons may contain hundreds of toxic chemicals. These chemicals are pesticides and other substances that disrupt the body's hormones and reproductive system, that irritate the skin, trigger allergies, and cause cancer. It's important to know that the female body distributes fat in its own way, and that harmful substances particularly accumulate in this body fat. At the same time, women are often more likely to change the way they think and are happier taking on social responsibility. It's also worth knowing that switching to reusable products can save you up to 94% of the money you spend on disposable items and seriously help to cut down on waste.