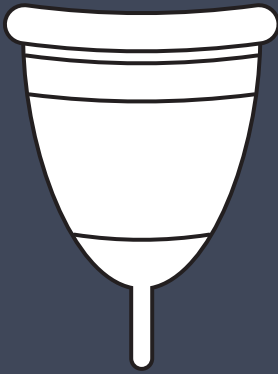


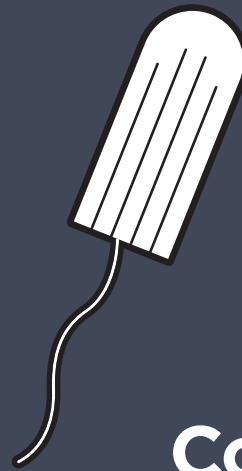
# Tampons vs. Menstrual Cups

*Why you need to make the switch to a Saalt Menstrual Cup*



## Pros

- ECO-FRIENDLY: A Saalt Cup lasts for 10 years, saving tons of plastic and waste going to landfill.
- ECONOMICAL: On average people menstruate for 37.5 years, which comes to £100 for 4 Saalt Cups.
- TOXIN-FREE: Saalt Cups are hypoallergenic and chemical free, naturally non-toxic and odour free, to maintain the body's natural pH.
- COMFORT: Saalt Cups are made from medical grade silicone and go through cryogenic deflashing for ultimate smoothness and comfort. Soft silicone moulds to your shape.
- LEAK-FREE: Saalt Cups can be worn for up to 12 hours, holding 3x tampons' worth of blood for a small (25ml), and 4x for a regular (30ml).



## Cons

- ECO-ENEMY: Single use period products like tampons clog up landfills and oceans.
- ECONOMIC-NO: The average lifetime cost of single use period products is £4800.
- TOXIN-FULL: Tampons are made from bleached cotton containing a toxin called dioxin, unhealthy for your body and the earth.
- DISCOMFORT: Tampons can be itchy, give you a rash, and be painful to wear, insert or remove, especially at the beginning and end of your cycle.
- LEAKY: Tampons fill up quickly and leak often. The largest tampons max out at 18ml blood!

**Saalt Cups are £25, available from Feelunique, Amazon UK and Saaltco.uk**

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