



What is a tampon?

- Tampons are made from a **cotton like material** that is compressed into a **small shape**. They are worn inside your vagina & **absorb your menstrual fluid** and should be changed every **4-8 hours**.
- Tampons come in a **range of absorbencies to suit your flow** & you may need to use up to **3 different absorbencies** to manage your period.
- Lil-Lets organic non-applicator tampons are made with **certified organic cotton** & are **dermatologically tested**. Lil-Lets **expand all the way round** for great comfort fit & protection against leaks.

What are the different absorbencies?

- Organic **regular** tampons are ideal for **light to medium flows/days**.
- Organic **super** tampons are ideal for **medium to heavy flows/days**.
- Organic **super plus** tampons are ideal for **heavy flows/days**.



How to use our non-applicator tampons:

-  **Peel the gold tear tape** on the tampon wrapper to open, then unravel & remove the tampon. **Gently tug the string** to check its secure.
-  Get into a **comfortable position** (we recommend squatting or sitting). The rounded end of the tampon is the top, so place this at the opening of the vagina.
-  Aiming **towards the lower back**, use your index finger to ease into your vagina. Keep pushing till you **reach your knuckle**.
-  You'll know its in the **right place** when you can no **longer feel it**. If it feels a little uncomfortable, push it in a bit further and don't worry, **you can't push it too far!**
-  The string should hang outside your body ready for when you want to remove it. Finally, **wash your hands!**



- Absorbent core and string are totally plastic free**
- 100% Pure organic cotton**, certified by the UK Soil Association according to the Global Organic Textile Standard (GOTS)
- No fragrance, dyes or chlorine bleach**, making them the perfect gentle solution for managing your period
- Vegan friendly**
- smartfit™ expands all the way round** for amazing comfort
- Dermatologically tested**
- Packaged in a FSC certified cardboard box**

SOIL ASSOCIATION ORGANIC | GOTS | cotton natural

- ### How to Remove & Dispose:
- To remove your tampon, first wash your hands. Relax and give the cord a gentle tug. If the tampon feels like its difficult to pull out, leave it a little longer but never leave it longer than 8 hours.
 - Once removed, the tampon can be wrapped in tissue paper and put in the bin. Remember, always be a binner, not a flusher!

Some important info:
 There is an illness called Toxic Shock Syndrome or TSS. It's very rare but a serious illness that can sometimes be fatal. It affects a really small % of the population including men and women of all ages. People can get TSS from things like burns, insect bites or using internal products. Always use the lowest absorbency for your flow and change your tampon every 4-8 hours. Please read and keep the leaflet you will find inside our pack of tampons.

Simple. Trusted. Organic



What does organic mean?

According to the Soil Association, the UK's largest organic certification body, when it comes to sustainability claims you can trust, being certified organic is a must have!

Why is organic cotton different?



- ✓ By building **better soils** and not relying on artificial inputs growing organic cotton can have a **reduced affect on global warming**
- ✓ **Chemicals are not used** to control pests and diseases
- ✓ Often other crops are grown with the cotton which gives farmers a stable food source
- ✓ Genetic modification of crops is banned
- ✓ Organic crops are **more resilient** in the face of floods or droughts because of soil management

Any product can claim to be organic but without being certified, there's no way of knowing if it genuinely is. There are two certification standards for textiles, look out for these logos on pack...

Global Organic Textile Standard (GOTS)

The 'gold standard' for organic textiles. Every step of the supply chain, from field to finished product is verified and it also considers the environmental management and social responsibility of producers and traders.



- **GOTS** approved products must contain **at least 70% organic fibre** content
- **GOTS** approved products **never contain potentially harmful chemicals** which can be found in conventional textile production
- **GOTS** approved companies are **better for the environment** (by managing their environmental impact, have high social standards, reduce energy and review water usage)
- **GOTS** means **safe working conditions**, no discrimination and no child labour
- **GOTS** approved products have the **entire supply chain verified**, even the farms must have certification to a legally recognised standard.



Organic Content Standard (OCS)

The OCS verifies that a product contains organically grown material but unlike GOTS **does not address** the use of chemicals & any social or environmental aspects of production. The OCS 100 logo is used only for products that contain 95% or more organic material.



The different verification processes

The item is made with organic fibres and this has been traced through the value chain (the chain of custody)

