



What is a pad?

- They're **absorbent rectangles of material** that stick to your pants, with a soft top cover that's worn next to your skin.
- They have a **sticky backing strip and wings** which fold over the edges of underwear to keep them in place.

What are the different "sizes"?

'Normal' pads are best for **light to medium flow** and 'Night' pads are worn when you're sleeping or during the day for **heavy flow**.



How to use our sanitary pads:



1. Open the wrapper and peel the pad away from the wrapper and/or backing paper (the back of the pad should feel sticky). You might need to hold onto the back paper to make it easier.



2. Position it in your underwear and put the sticky side against your pants.



3. Remove the tab on the 'wings' to reveal the sticky area on the wings and fold these wings around and underneath your underwear to hold it in place and keep it secure.

The wrapper and backing on our organic pads are made from corn starch, a **certified compostable material** – unlike conventional sanitary pads that use polythene

Absorbent core made from 100% organic cotton unlike conventional pads that use wood pulp and super absorbent polymer

Packaged in a cardboard box

No fragrance, dyes or chlorine bleach

stay put wings for added security

100% Pure organic cotton cover that's kind on your skin

'organic' Certified by Soil Association Licence no. DK27667

- ### How to Dispose:
1. When you're ready to change your pad, peel back the wings from underneath your underwear and peel away the pad from your pants.
 2. You can either wrap it in the new pad wrapper or just grab some tissue and wrap it in that instead.
 3. Make sure you dispose of it with general household waste or in a sanitary bin and don't flush it down the toilet!

Simple. Trusted. Organic