

Menstrual Hygiene Product Information

Menstrual Hygiene Products—Attributes

Product type	Cloth rag - single use	Cloth rag - reusable	Disposable sanitary pad w/ non-biodegradable plastics	Reusable sanitary pad w/reusable insert*	Reusable sanitary pad w/disposable insert	Tampon w/o applicator	Tampon w/ cardboard applicator	Tampon w/ plastic applicator	Reusable menstrual cup	Disposable menstrual cup
Product photos										
Type of use: Reusable		✓		✓	✓				✓	
Type of use: Single-use	✓		✓			✓	✓	✓		✓
Type of materials: Biodegradable	✓	✓		✓		✓	✓			
Type of materials: Non-biodegradable			✓						✓	✓
Type of materials: Mixed materials					✓			✓		
Type of wear: External wear	✓	✓	✓	✓	✓					
Type of wear: Internal wear (insertion)						✓	✓	✓	✓	✓
Stage of product: Consumer product			✓	✓		✓	✓	✓	✓	✓
Stage of product: Informal material	✓	✓								
Stage of product: R&D prototype					✓					

Menstrual Hygiene Products—Data

Example product	NA	NA	Confidential	AFRIpad*	Hybrid pad*	Lil-Lets Super	Lil-Lets Super w/ applicator	Tampax Pearl Ultra	Diva Cup*	Instead Softcup
Number of uses per unit	1	10	1	65 (inserts); 65 (shells)	1 (insert); 65 (shells)	1	1	1	652	1
Dry volume per unit (cm ³)	52.8	52.8	113.2	108.3	117.7	8.7	18.8	33.1	27.7	30.6
Dry mass per unit (g)	13.9	13.9	9.2	25.7	15.9	3.5	5.1	7.8	14.4	5.8
Average loading rate (cm ³ /person/year)	20,649	2,062	44,254	449	32,334	2,715	5,879	10,370	6	3,995
Average loading rate (g/person/year)	5,436	544	3,606	85	2,561	1,082	1,586	2,437	3	753

*Note: AFRIpads: 1 year kit includes 6 inserts and 2 shells; Hybrid pad includes 2 reusable shells; Diva reusable menstrual cup product life is estimated at 5 years.