

Sources:

- [The Ecological Impact of Feminine Hygiene Products - Technology and Operations Management \(harvard.edu\)](#)
- [Environmenstrual Factsheet 2023.pptx \(wen.org.uk\)](#)
- [The carbon impacts of menstrual products | Zero Waste Scotland](#)
- Period pants durability and usage:
 - [https://wuka.co.uk/blogs/periods-a-z/first-period-pants-beginners-guide#:~:text=Some%20of%20our%20customers%20tell,pairs%20should%20be%20just%20right.](#)
 - [Sustainable\(ish\) – The home of easy, everyday sustainability for the #imperfectlygreen \(asustainablelife.co.uk\)](#)
 - [Reusable period pants | Zero Waste Scotland](#)
 - [Reusable cloth pads | Zero Waste Scotland](#)
- [Menstrual cups | Zero Waste Scotland](#)
- [Menstruation: Environmental impact and need for global health equity - Harrison - 2023 - International Journal of Gynecology & Obstetrics - Wiley Online Library](#)