



P=RIOD
EQUALITY



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phs Group a company registered in England and Wales.
Company Registration No. 05384799



> Creating Period Equality for all



Period Equality for all!

At phs, we believe everyone should have access to the period products they need.



We're turning sanitary waste into electricity

Through our LifeCycle strategy, phs aim to divert up to 95% of our customers' hygiene waste, including sanitary products, away from landfill.

Instead of landfill, phs sends hygiene waste to Energy from Waste Facilities, where it is turned into sustainable energy for the national grid.

phs Group is the leading hygiene services provider in the UK, Ireland, and Spain, making over 3.6 million service visits each year.

We can work with you to help end Period Poverty in your school, college, or workplace.

Schools, colleges, universities, private businesses, and the public sector, all have a vital role to play in ending Period Poverty in the UK.

phs Group are here to support with an extensive range of period products, guidance, and support.

What is Period Inequality?

While many of us would think that access to period products is a basic necessity, this is not always the case. In fact, a significant proportion of people in today's modern society are either not able to afford or cannot access period products. This is known as Period Inequality, sometimes called 'Period Poverty'.

Making a difference in education

Free period products supplied by phs, are available to every school and college student in England as part of the Department for Education's plans to create Period Equality for All.

We also work closely with the Department for Education and the Welsh Government on a Period Poverty/Dignity Taskforce.

Supporting Private and Public businesses

As Period Inequality becomes increasingly understood as an issue, more and more businesses are pledging to provide free period products to those who need them.

At phs, free sanitary products are available in our office and depot washrooms for all employees and visitors to use. Could your businesses pledge to do the same?

Show that you care by taking the first step today.

phs offers a variety of period products to suit different needs, including period pads, tampons, sustainable reusable pads, and menstrual cups.

Get in touch to discuss your needs. #phsPeriodEquality #CreatePeriodEquality

Our independent research* discovered that access to period products is a real issue for many young people:

25%

of girls told us they have had to make do without period products during their period.



1 in 9 girls told us they have missed school or college because they could not afford period products.

36%

of girls told us that there is a lack of education over matters such as periods and contraception.

*Source: phs Period Poverty Whitepaper



Coin free SLIMLINE VEND

Sustainable self-care:
choose organic in our
washroom vending machine

Affordable luxury meets sustainability. Our Slimline vending machines are a reliable home for organic sanitary products and reflect a commitment to a healthier, eco-friendly future for your premises. Prioritise well-being and make a lasting impression with clean, hygienic facilities. The slimline vend can be available to dispense free products as well as paid sanitary products.

Ideal vending solution for:
Education, transport, leisure, offices,
manufacturing, retail, healthcare
and small businesses.



Product specification	
Dimensions	31cm x 73cm x 8.5cm
Weight	3.75kg
Operation	Battery

- Key features:**
- No coins are required to operate the vending machine
 - The draws will open without use of a coin, until the vending machine is empty, then the draw will lock closed
 - If a coin is placed into the coin slot by mistake, it will fall straight through into the coin refund outlet
 - Customer will have their own keys to manage the stock of consumables
 - Vending machine only available in white
 - Easy to install
 - Ideal for schools
 - Vandal resistant wrap-around front cover



- Composition**
- Selenei Organic Towels
 - Selenei Organic Non-Applicator Tampons

- Key features:**
- 100% Organic Cotton
 - Fully Compostable
 - 100% Biodegradable
 - 100% Recyclable
 - Topsheet is 100% cotton
 - Hypoallergenic
 - Affordable
 - Perfume free
 - Vegan

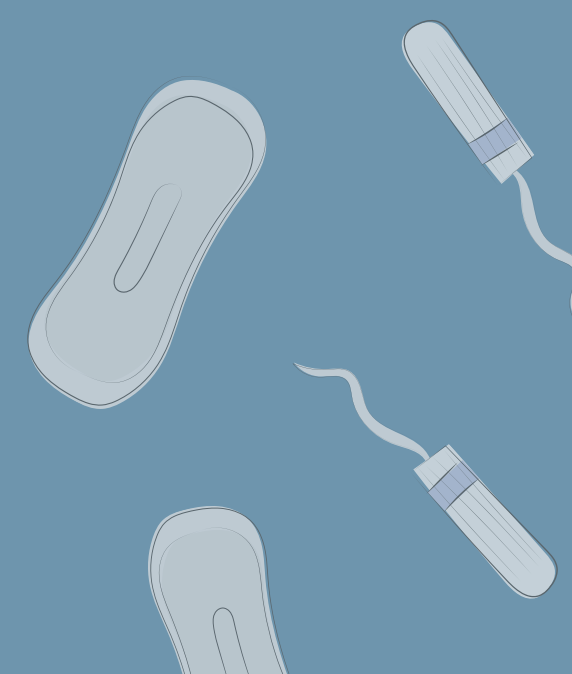
Period Equality

At phs, we believe everyone should have access to the period products they need.

Periods are a natural part of life, and they should never be a barrier to education, work, or overall well-being.

Whether you're at school, college, university, or a place of work – no one should ever feel compromised, ashamed or go without during their period.

Period inequality exists in the UK, and whilst period products are considered a basic need, a lot of people who menstruate can't access them. Sometimes known as 'period poverty', awareness of this issue has been growing and evolving, with regional, national, and global movements to help create period equality, so nobody is held back because of their period.





Help Yourself Vend

Access to sanitary products shouldn't be complicated

We believe everyone should have access to free sanitary products – because they are a necessity, not a luxury.

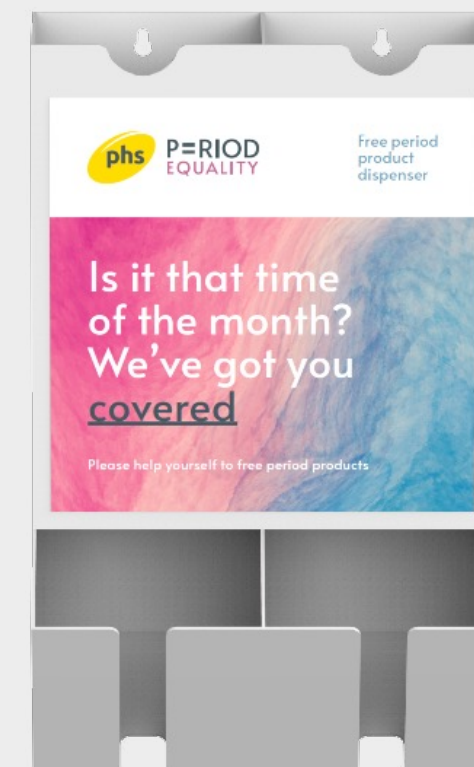
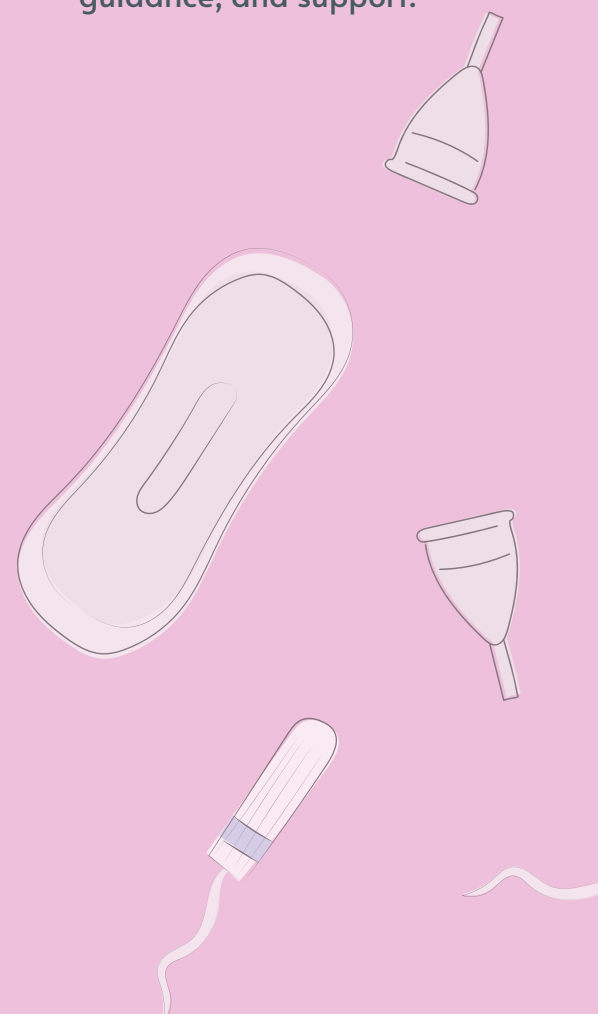
The phs Help Yourself Vend offers an easy way to provide free period products in your premises.

It is designed for use in any environment, from local schools to corporate offices.

Why offer free period products?

While many of us would think that access to period products is a basic necessity, this is not always the case. In fact, a significant proportion of people in today's modern society are either not able to afford or cannot access period products. This is known as Period Inequality, sometimes called 'Period Poverty'.

Businesses, and the public sector, all have a vital role to play in ending Period Poverty in the UK. phs Group are here to support with an extensive range of period products, guidance, and support.



Product specification

Height	250mm
Width	51.93mm
Depth	144.95mm

Key features:

- A compact unit to fit any size washroom
- Help tackle period poverty by offering free products
- Installed and Fully-serviced by expert phs technicians
- This unit is suitable for distributing most period products including Tampons, Sanitary Pads, Menstrual Cups, and Reusable Pads/Underwear



Modibodi Period Pants

Scientifically proven to hold 15ml of fluid

Made with organic cotton, the Modibodi Mid Rise Brief has an innovative slim, built-in lining to absorb menstrual fluid and lock it away. The leak-proof design will keep you feeling comfortable, dry, and protected all day long.

Modibodi reusable briefs are a complete replacement for single-use, plastic disposables, making them better for our planet, and better for you. Reusable briefs are designed to provide freedom to focus on friends and class, instead of worrying about leaks.



Product specification

Size	XS (8), S (10), M (12), L (14), XL (16), XXL (18)
Outer	95% Organic Cotton, 5% Spandex
Gusset	Layer 1 - 85% Polyester, 15% Elastane Layer 2 - 80% Polyester, 20% Polyamide Layer 3 - 100% Polyester

Key features:

- Moderate-heavy absorbency
- Black gusset lining to avoid stains
- Scientifically proven to hold 15ml of fluid, the equivalent of 2-3 tampons or 3 teaspoons
- Reusable briefs can be used for light, medium and heavy menstrual days, and heavy discharge.
- Absorbent gusset layer that keeps you feeling dry

Composition

- Organic cotton
- Oeko-Tex 100 certified





Lil-Lets SmartFit™

Available in regular
and super plus

Lil-Lets range of non-applicator tampons provide amazing protection against leaks, keeping you feeling comfortable for longer. The SmartFit™ technology means that each tampon expands all the way round, fitting your natural shape perfectly. They're easy to insert with a smooth cotton tip, and they're fragrance free too!



Product specification	
Size	54 x 99 x 25 mm
Weight	42.77 Kg
Qty Per UOS	1=16

- Key features:**
- Light to medium flow
 - Absorbency droplet rating - 2
 - Absorbency - 6.0 – 9.0g
 - Weight (unwrapped/wrapped g - 2.25 +/- 0.15)
 - Diameter /mm - 11.5 +/- 0.25
 - Length /mm - 43-46

- Composition**
- Absorbent core: Organic cotton
 - Surface Cover: None
 - Withdrawal string: Organic cotton
 - Wrapper: Polypropylene
 - Packaging: Cardboard carton (30% recycled content)



Product specification	
Size	53 x 121 x 32 mm
Weight	64.8 Kg
Qty Per UOS	1=16

- Key features:**
- SmartFit™ tampons expand all the way round for your comfort
 - Super smooth for easy insertion
 - Absorbency coloured string (yellow) for easy identification in your handbag or purse
 - Small and discreet to carry around
 - 100% free from fragrance and chlorine bleach
 - 100% plant based absorbent core
 - Contains only 0.15grams of plastics per tampon
 - Lil-Lets SmartFit™ non-applicator tampons (regular) are suitable for a light to medium flow or your light to medium days.



Product specification	
Size	54 x 131 x 34 mm
Weight	67.17 Kg
Qty Per UOS	1=16



Know your flow

Did you know...
Your period can differ
from day to day?

So, when you use tampons, you may need to use (up to 3) different absorbencies depending on your flow.

Lil-Lets non-applicator tampons are available in six absorbencies:

- Lite
- Regular
- Super
- Super plus
- Super plus extra
- Ultra

So you can find the absorbencies most appropriate for your needs.



Lil-Lets Organic Night Pads

Available in ultra-thin and normal

Lil-Lets Organic Night Pads gives you the freedom to forget for a restful night's sleep without leaks. The ultra-thin and normal Sanitary towels are perfectly suited to light and medium flows. They provide perfect pant protection and are super comfy on your skin.



Product specification

Size	74 x 100 x 91 mm
Weight	103.5 Kg
Qty Per UOS	1=9

Key features:

- Pad length: 290mm
- Absorbency: Heavy flow
- Absorbency without load*: 80g
- Absorbency with load*: 36g (with load)



Product specification

Size	74 x 100 x 91 mm
Weight	103.5 Kg
Qty Per UOS	1=10

Key features:

- Pad length: 230mm
- Absorbency: Light to medium flow
- Absorbency without load*: 59g
- Absorbency with load*: 31g (with load)

Composition:

- Top sheet (cover): Organic cotton absorbent core
- Organic cotton backing sheet: Biodegradable film made from corn starch
- Adhesive: Hot melt adhesive, latex free
- Backing paper: Siliconised paper
- Additives: None (no scent, no dyes, no odour control ingredients, etc)
- Wrapper: Biodegradable film made from corn starch
- Packaging: Cardboard carton (30% recycled content, FSC certified)



Lil-Lets Reusable Menstrual Cup

Size B/I

Choice is everything, so if you're looking for sustainable period care, our menstrual cups are a great, reusable alternative to tampons and pads! Menstrual cups are designed to collect menstrual fluid rather than absorb it.

You can wear your cup for 4-8 hours before emptying, cleaning and reinserting.



Product specification

Size	90 x 55 x 55 mm
Weight	0.038 Kg
Qty Per UOS	1=1

Key features:

- Made from medical grade silicone and is free from latex, BPA and phthalates. Our super soft and flexible material provides ultimate comfort and easier insertion, ideal for beginners
- Size I menstrual cups are for women under 30yrs old, who have not given birth vaginally.
- Lil-Lets menstrual cup also comes with a certified organic cotton bag for convenience and easy storage in-between periods

Composition

- Certified organic cotton bag
- Free from latex, BPA and phthalates



Lil-Lets Organic Non-Applicator

Available in regular, super and super plus

Lil-Lets Organic cotton tampons will keep you feeling fresh and comfortable, while also providing brilliant protection against leaks. They are vegan friendly, dermatologically tested and made from 100% certified organic cotton, making them the perfect gentle solution for managing your period.

Lil-Lets Organic regular tampons are ideal for lighter to medium days and our Organic Super Plus tampons are designed for heavier flows.

Lil-Lets Organic Non-Applicator tampons are available in three different absorbencies: regular, super and super plus.



Product specification	
Size	48 x 98 x 29 mm
Weight	49.5 Kg
Qty Per UOS	1=16

- Key features:**
- Light to medium flow
 - Absorbency droplet rating - 2
 - Absorbency - 6.0 – 9.0g
 - Weight (unwrapped/wrapped g - 2.25+/- 0.15)
 - Diameter /mm - 11.5 +/- 0.25
 - Length /mm - 43-46

- Composition**
- Absorbent core: Organic cotton
 - Surface Cover: None
 - Withdrawal string: Organic cotton
 - Wrapper: Polypropylene
 - Packaging: Cardboard carton (30% recycled content)



Product specification	
Size	53 x 121 x 32 mm
Weight	64.8 Kg
Qty Per UOS	1=16

- Key features:**
- Smartfit™ tampons expand all the way round for your comfort
 - Super smooth for easy insertion
 - Absorbency coloured string (yellow) for easy identification in your handbag or purse
 - Small and discreet to carry around
 - 100% free from fragrance and chlorine bleach
 - 100% plant based absorbent core
 - Contains only 0.15grams of plastics per tampon
 - Lil-Lets SmartFit™ non-applicator tampons (regular) are suitable for a light to medium flow or your light to medium days.



Product specification	
Size	53 x 121 x 32 mm
Weight	64.8 Kg
Qty Per UOS	1=16

- Key features:**
- Heavy flow
 - Absorbency droplet rating - 4
 - Absorbency - 12..0 – 15.0g
 - Weight (unwrapped/wrapped g - 3.55+/- 0.25)
 - Diameter /mm - 14.5 +/- 0.5
 - Length /mm - 48-51



ALWAYS Ultra

Available in normal and long

Stay protected and confident during your period with ALWAYS sanitary towels. Thanks to a super absorbent core with InstantDry system that absorbs wetness in seconds, ALWAYS Ultra sanitary towels keep you free from leaks. Plus, odour neutralising technology keeps you feeling confidently fresh all day long, while a flex and fit system helps your pad contour to your individual body shape.

Dermatologically tested to be gentle on your skin and approved by the Skin Health Alliance, 3mm thin ALWAYS Ultra sanitary towels help you stay confident and comfortable during your menstrual cycle.



Product specification

Size	136 x 180 x 288 mm
Weight	656 Kg
Qty Per UOS	3x38

Size 1

Size 1 is ideal for light flow days for small and medium-sized knickers and can also be used for small-sized knickers on moderate flow days.



Product specification

Size	132 x 180 x 314 mm
Weight	661 Kg
Qty Per UOS	3x32

Size 2

Size 2 is ideal for light flow days for large-sized knickers; moderate flow days for medium-sized knickers; or heavy flow days for small-sized knickers.

Key features:

- Up to 100% leakage protection
- Super absorbent core with liquid-locking gel that can't leak
- Odour neutralising technology locks odours in, doesn't just mask them and contains a light scent
- Dermatologically tested sanitary towels to be gentle on skin
- Comfortable topsheet to be super soft on your skin
- Secureguard contours keeps fluid in check
- 3mm thin for a great feeling of comfort
- With wings to keep sanitary towel in place

TAMPAX Compak

Available in regular, super and super plus

TAMPAX Compak offer protection and discretion during your period. They are free from fragrances and dyes. TAMPAX Compak tampons come with a compact and discreet plastic applicator and a rounded tip for comfortable insertion.

With absorption channels to absorb directly to the core and a protective skirt to help prevent leaks for a worry free period. TAMPAX Compak tampons have been gynaecologically tested. They have also been independently tested for harmful substances by Oeko-Tex. Trusted leak free protection to let you do whatever you like.



Know your flow

Did you know... Your period can differ from day to day?

So, when you use tampons, you may need to use (up to 3) different absorbencies depending on your flow.

TAMPAX Compak are available in three absorbencies:

- Regular
- Super
- Super plus

So you can find the absorbencies most appropriate for your needs.

Available in regular, super and super plus



Product specification	
Size	180 x 93 x 224 mm
Weight	791 Kg
Qty Per UOS	6x18

Product specification	
Size	213 x 94 x 254 mm
Weight	1002 Kg
Qty Per UOS	6x18

Product specification	
Size	222 x 94 x 279 mm
Weight	1002 Kg
Qty Per UOS	952 Kg

Key features:

- TAMPAX Compak tampons offer protection and discretion during your period
- Retractable plastic applicator for easy tampon insertion
- Protective skirt to help avoid leaks before they happen
- Absorption channels that pull liquid inside the tampon
- Independently tested for harmful substances by Oeko-Tex
- Gynaecologically tested
- Free from fragrances and dyes

Composition

- Absorbent core: Organic cotton
- Surface Cover: None
- Withdrawal string: Organic cotton
- Wrapper: Polypropylene
- Packaging: Cardboard carton (30% recycled content)

Key features:

- Heavy flow
- Absorbency droplet rating - 4
- Absorbency - 12..0 – 15.0g
- Weight (unwrapped/wrapped g - 3.55+/- 0.25
- Diameter /mm - 14.5 +/- 0.5
- Length /mm - 48-51





Nora Midi Reusable Pad

1 per pack, available for light and normal flow

Nora Midi pads from Bloom and Nora make it easy and appealing to switch to reusable sanitary pads. It's the best way to reduce consumption of single use period plastics!

For medium flow, or for night-time use in younger users, Nora Midi pads give the ultimate protection to stay leak free when it's needed most. Comfortable, sweat free, slimline and available in 4 pretty prints.

When it's time to change, pop them in an Out and About Bag and store until it's time to wash.

Pads should be changed approximately every 4 hours depending on flow.



Product specification	
Size	Length 26cm (approx.), holds up to 50ml
Material	100% polyester. Waterproof exterior made from recycled PET
Qty Per UOS	1=1 Pad

Product specification	
Pad Size	Length 21cm (approx.), holds up to 40ml
Weight	100% polyester. Waterproof exterior made from recycled PET
Qty Per UOS	1=1 Pad

Instructions of use: Rinse in cold water after use for best results, No bleach, wash 60, tumble cool, do not iron

Key features:

- Contoured slim fit
- Stay dry interior
- Stain repellent
- Soft waterproof exterior made from 100% recycled PUL
- Popper tabs to keep in place
- Easy to wash and quick to dry
- Oeko-tex certified
- Made in the UK
- Upper - 100% brush nylon, Core - 100% polyester microfiber, Base - 100% polyester and PU laminate

1. By opting to use reusable sanitary pads as opposed to single use one's women will consume over 98% less raw materials during their menstrual life.
2. The outer fabric on our pads is made using 100% recycled polyester. The base material for this is used plastic water bottles, preventing at least some of that waste ending up in landfill or worse our oceans.
3. The Environment Agency conducted a lifecycle analysis comparing the carbon footprint of reusable and disposable nappies. The report concluded that reusables are up to 40% better for the environment than disposables in terms of carbon footprint. It is worth noting that whilst the report assessed reusables right through life including all the washing and drying, it only assessed disposables up to the point of purchase. The impact of disposables is therefore much worse, as one would need to add in the carbon footprint of waste collection, disposal and the impacts of emissions from landfill. Whilst this report was about nappies it will be a similar story for the menstrual products as the material usage and manufacturing processes are so similar.



Nora Mini and Midi Bundle

These bundles offer a convenient and fun way to store and transport your Nora reusable pads. There are two pads included in each bundle. Choose from Mini, Midi, or a mix of both.

Pads should be changed approximately every 4 hours depending on flow.



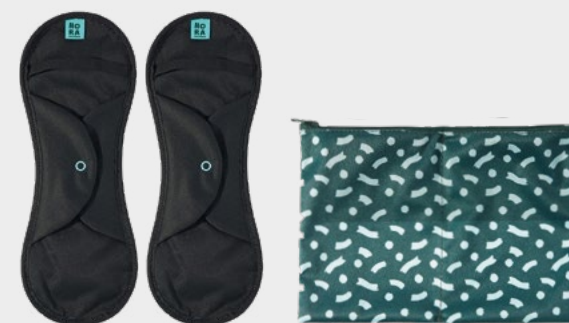
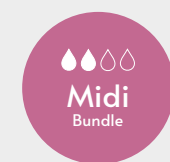
Product specification

Size	Length 26cm (approx.), holds up to 50ml
Material	100% polyester. Waterproof exterior made from recycled PET
Includes	2x Midi Reusable pads and 1x Out and About Bag



Product specification

Pad Size	Length 21cm (approx.), holds up to 40ml
Weight	100% polyester. Waterproof exterior made from recycled PET
Qty Per UOS	1x Midi Reusable pads and 1x Out and About Bag



Product specification

Mini Size	Length 21cm (approx.), holds up to 40ml
Midi Size	Length 26cm (approx.), holds up to 50ml
Material	100% polyester. Waterproof exterior made from recycled PET
Includes	1 x Mini Reusable Pad, 1 x Midi Reusable Pad, and 1 x Out and About Bag

Key features:

- Contoured slim fit
- Stay dry interior
- Popper tabs to keep in place
- Easy to wash and quick to dry
- Oeko-tex certified
- Made in the UK



Out and About Bag

Discreetly stores 4-6 reusable pads on the go

The bag has two separate sections; one for used pads and one for unused pads. It is a must have for subtle but stylish storage. Made from 100% recycled polyester from plastic bottles and available in a range of prints, making it easy to save the planet that little bit more.



Product specification

Size	50 x 300 x 165 mm
Weight	0.026 Kg
Material	100% polyester. Waterproof exterior made from recycled PET
Fastening	Zip
Qty Per UOS	1=1 Bag

Key features:

- Zip closure waterproof bag
- Holds 4-6 pads
- Wash along with your pads
- Pops down into a neat little bag
- Oeko-tex certified
- Made in the UK

Environmental Information:

Fibre content is as follows (not ingredients as such as it is apparel):

- Upper surface 100% nylon
- Absorbent inner core = 100% polyester towelling
- Waterproof outer = 100% recycled polyester with polyurethane membrane



Mooncup® Menstrual Cup

Size B - 1 per pack

Mooncup® is the original, soft, medical-grade silicone menstrual cup designed by women as the convenient, safe and eco-friendly alternative to tampons and pads. Tried and trusted since 2002 the Mooncup® Menstrual Cup, made in the UK, offers an end to the waste, discomfort and expense of disposable sanitary protection.

Designed to be worn internally, lower than a tampon, the Mooncup® collects rather than absorbs the menstrual fluid. It holds three times more than a regular tampon so covers light to heavy days. Ideal for travelling, swimming and exercise. Mooncup® Ltd provide an advice service run by medical health professionals.

Smarter sanitary protection: The soft silicone Mooncup® is worn internally, lower than a tampon, and can be reused for every period.



Product specification

Size	90 x 55 x 55 mm Size B – under 30 years old with no vaginal births
Weight	0.038 Kg
Qty Per UOS	1=1

Key features:

- Made from clear medical grade silicone: latex-free, hypoallergenic and containing no dyes, perfumes, BPA, phthalates, plastic, bleaches or toxins
- Flexible and smooth for maximum comfort
- Holds 3 times more than a regular tampon
- Folds with ease and stays securely open
- Soft-touch texture, easy to grip, insert, remove and clean
- Ringed base and stem for ease of grip and removal, even when wet
- Two sizes available with an adjustable stem for optimum fit
- Measurement markings to help monitor flow
- No dryness or fibres left behind
- No bulky spares to carry or used products to dispose of

Contents

- 1 x medical grade silicone Mooncup®
- 1 x organic cotton storage pouch
- Instructions for use

Less flushing, more discussing

Independent research commissioned by phs found that **42% of tampon users have flushed** them in the last two years. This makes tampons the most flushed 'unflushable' product.

Flushing tampons can lead to sewer blockages and considerable environmental damage to rivers and waterways.

Even flushed tampons which are removed during water treatment processes contribute to environmental damage as these are disposed of in landfill where they produce greenhouse gases and contaminate water supplies.

Learn more at:
phs.co.uk/to-flush-or-not-to-flush/

FabLittleBag™ and Dispenser

Providing a sustainable way to prevent the flushing of sanitary waste.



By working with phs and FabLittleBag, you can ensure hygienic and sustainable period care in your educational or working environment.

FabLittleBag's are made with plants, helping businesses do the right thing. When FabLittleBag's are used in conjunction with a phs sanitary disposal bin, you can be sure you're protecting the environment. As hygiene waste will be diverted away from landfill, through the phs LifeCycle Strategy.

The dispenser can be installed and managed by phs technicians.

Transforming the future of waste management

phs is committed to doing the right thing for our customers and our environment. Pursuing sustainable approaches to waste disposal such as generating power from waste rather than using landfill sites is part of that commitment.

Through our LifeCycle Strategy we aim to divert as much as **95% of our customers hygiene waste** away from landfill, by working with energy from waste suppliers across the UK.

LifeCycle Strategy



Did you know... It can take up to **300 years** for sanitary products to decompose?

This is why it's important we deal with hygiene waste in a sustainable manner.





Additional Accessories

These include sanitary disposal bin, phs sanitary bag dispenser, toilet seat sanitiser and tights.

Sanitary disposal bin



phs offer an extensive range of sanitary disposal bins. All available as part of serviced collection contract.

Product specification	
Capacity	11.3 litres
Size	44cm x 40cm x 14.8cm
Thickness	9 mm
Construction	The base is made from Polypropylene; the lid is made from ABS Plastic making it tougher and scratch resistant

Sanitary bag dispenser



For the hygienic transfer of sanitary waste.

Product specification	
Capacity	Length 21cm (approx.), holds up to 40ml
Size	17.5cm x 9.8cm x 3.5cm
Weight	105 g
Construction	Antimicrobial material moulded into the dispenser for enhanced hygiene

Toilet seat sanitiser



A convenient sanitising solution.

Product specification	
Capacity	300ml (dispenses 0.3ml each spray)
Size	10.6 x 15.3 x 8.9 cm
Weight	0.4Kg

Pair of 1 x tights



Pair of 1 x tights.

Product specification	
Denier	40
Size	S/M or M/L
Colour	Black



Making a difference

We are appointed to the UK Government's official Period Poverty Taskforce with one common goal; eliminating period poverty. In partnership with Bloody Good Period, phs is leading one of just three workstreams tasked at improving access to period products for those who need it. We believe that bringing together our expertise, experience and resource will create a force to be reckoned with.

We also sit on the Welsh Government's Period Dignity Taskforce and Blaenau Gwent's Period Equality Taskforce, which have both been set up to ensure products are reaching the girls that need them.