



Creating period equality for all

# P=RIOD EQUALITY

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The leading UK hygiene services provider

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Transforming the future of waste management



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

#### What makes phs different?

Its commitment to do the right thing. Through its LifeCycle Strategy, phs aim to divert up to 95% of our customers' hygiene waste, including nappies and sanitary products, away from landfill by using sustainable disposal methods, creating power for the national grid. We're also lifting the lid on Period Equality by supporting charitable causes and engaging with government, local authorities, schools and businesses to support them with the necessary products they need to tackle this issue.



Creating period equality for all.  
phs is leading the way when it comes to tackling period equality.

Our team of over 3,000 expert personnel provides washroom, floorcare, healthcare and a range of specialist services to over 120,000 customers ranging from large single sites to multi-national restaurant chains, healthcare establishments and small owner-occupied shops. Wherever we're needed, we're on your doorstep.



Working in partnership with the Department for Education, free period products, supplied by phs, are available to every pupil in England as part of the Department for Education's plans to create period equality for all. The Government is funding the initiative which has been set up to provide free products for young people across secondary schools, primary schools and colleges in England.

We are also working closely with the Department for Education and the Welsh Government to create a Period Poverty/Dignity Taskforce, which brings together campaigners, organisations, experts, governments and local authorities with one common goal; eliminating period poverty.

By collaborating with these experts, we aim to highlight the scale of the issue, demonstrate best practice, identify solutions and create a period equality movement tasked with making a real difference. At phs, we want to do the right thing for our customers, and the environment; providing sustainable solutions – that's why offer a variety of period products to support our Period Equality initiative, including range of eco-friendly options.



## 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!

## 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 Smartfit - Regular

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 +/- 0.2
- Length /mm - 43-46



### Lil-Lets Smartfit - Super

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

### Key Features

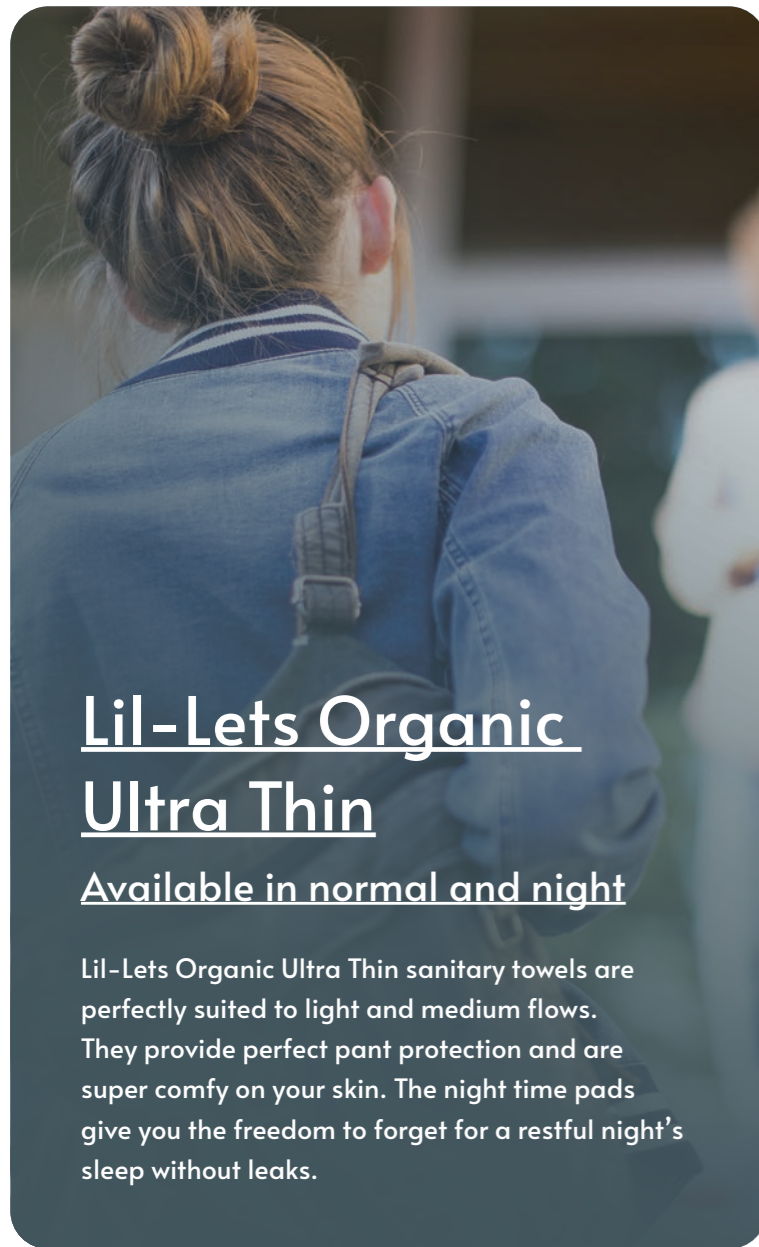
- SmartFit™ tampons expand all the way round for your comfort
- Super smooth for easy insertion
- Absorbency coloured string (yellow) for easy identification in your handbag or purse
- Small and discreet to carry around



### Lil-Lets Smartfit - Super Plus

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

- 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.



## Lil-Lets Organic Ultra Thin

Available in normal and night

Lil-Lets Organic Ultra Thin sanitary towels are perfectly suited to light and medium flows. They provide perfect pant protection and are super comfy on your skin. The night time pads give you the freedom to forget for a restful night's sleep without leaks.

**Lil-Lets Organic - Night**

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)

**Lil-Lets Organic - Normal**

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

### Key Features

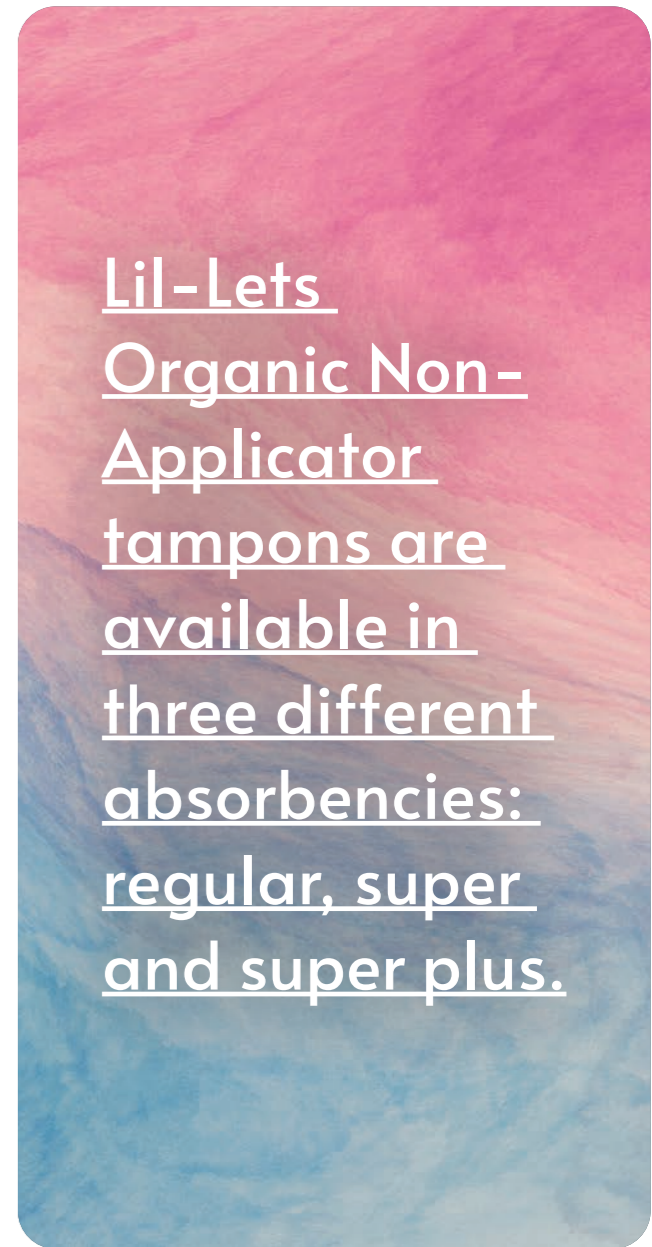
- Pad length: 230mm
- Absorbency: Light to medium flow
- Absorbency without load\*: 59g
- Absorbency with load\*: 31g (with load)



## 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.



### Lil-Lets Non-Applicator - Regular

<b>Size</b>	48 x 98 x 29 mm
<b>Weight</b>	49.5 Kg
<b>Qty Per UOS</b>	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



### Lil-Lets Non-Applicator - Super

<b>Size</b>	53 x 121 x 32 mm
<b>Weight</b>	64.8 Kg
<b>Qty Per UOS</b>	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% plant based absorbent core



### Lil-Lets Non-Applicator - Super Plus

<b>Size</b>	53 x 121 x 32 mm
<b>Weight</b>	64.8 Kg
<b>Qty Per UOS</b>	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 & 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.



### ALWAYS Ultra - Normal

<b>Size</b>	136 x 180 x 288 mm
<b>Weight</b>	656 Kg
<b>Qty Per UOS</b>	3x38

#### 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



### ALWAYS Ultra - Long

<b>Size</b>	132 x 180 x 314 mm
<b>Weight</b>	661 Kg
<b>Qty Per UOS</b>	3x32

- Comfortable top sheet 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 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.



### TAMPAX Compak - Regular

<b>Size</b>	180 x 93 x 224 mm
<b>Weight</b>	791 Kg
<b>Qty Per UOS</b>	6x18

### 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



### TAMPAX Compak - Super

<b>Size</b>	213 x 94 x 254 mm
<b>Weight</b>	1002 Kg
<b>Qty Per UOS</b>	6x18

- Independently tested for harmful substances by Oeko-Tex
- Gynaecologically tested
- Free from fragrances and dyes



### TAMPAX Compak - Super Plus

<b>Size</b>	222 x 94 x 279 mm
<b>Weight</b>	1002 Kg
<b>Qty Per UOS</b>	952 Kg

### 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 & 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 & About bag and store until it's time to wash. Pads should be changed approximately every 4 hours depending on flow.



### Nora Midi - Normal Flow

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

### Key Features

- Contoured slim fit
- Stay dry interior
- Stain repellent
- Soft waterproof exterior made from 100% recycled PUL
- Popper tabs to keep in place



### Nora Midi - Light Flow

<b>Size</b>	Length 21cm (approx.), holds up to 40ml
<b>Material</b>	100% polyester. Waterproof exterior made from recycled PET
<b>Qty Per UOS</b>	1=1 Pad

- Easy to wash & quick to dry
- Oeko-tex certified
- Made in the UK
- Upper - 100% brush nylon,  
Core - 100% polyester microfiber  
Base - 100% polyester & PU laminate


- 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.
- 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.
- 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.



## Out & 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.



**TAMPAX Compax - Super Plus**

<b>Size</b>	50 x 300 x 165 mm
<b>Weight</b>	0.026 Kg
<b>Material</b>	100% polyester. Waterproof exterior made from recycled PET
<b>Fastening</b>	Zip
<b>Qty Per UOS</b>	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



## 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.



**TAMPAX Compax - Super Plus**

<b>Size</b>	90 x 55 x 55 mm Size B – under 30 years old with no vaginal births.
<b>Weight</b>	0.038 Kg
<b>Qty Per UOS</b>	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

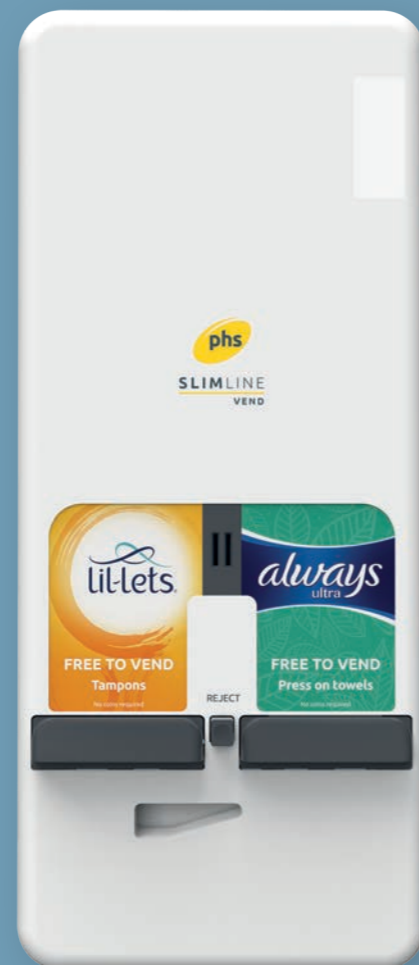
## phs Vend Machines

### Coin free vend

In consultation with schools, local authorities and FM providers, we have also developed a free-vend sanitary machine which we believe is the best solution in providing free sanitary products to women.

Located within washrooms, it's not only convenient, it's also discreet and offers a managed and hygienic method of distributing products without the embarrassment of having to ask a teacher or colleague.

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



## 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.

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 matter.



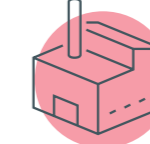
### We're all human

We collect the waste from our customers...



### Landfill diversion

Divert it away from landfill to...



### Conversion into power

ERF facilities then convert it into power...



### Power to the people

This power is then used for National Grid...



### We don't stop there!

The burnt waste is used for construction industry

