

FAIR
SQUARED



Period Cup

*The menstrual cup made of fairly traded natural rubber
An alternative made from natural raw materials*



Das Zeichen für
verantwortungsvolle
Waldwirtschaft

COMFORT AND SATISFACTION

- More than half of menstruating women find the menstrual cup more comfortable than tampons and pads*
- The use of menstrual cups results in significantly less dryness and odor*
- More than 60 percent of menstruators are rather dissatisfied with tampons and pads*.

ECOLOGY AND ECONOMY

- Menstruators use around 10,000 tampons or pads in their lifetime. With a menstrual cup can significantly reduce the waste of tampons and pads.
- Thanks to its long shelf life of more than five years, the menstrual cup is cheaper than tampons or pads.
- Why are most of the menstrual cups offered today actually made of plastic or silicone, when there is an alternative? **The FAIR SQUARED Period Cup is the only menstrual cup in the world since 2017 that is made from naturally renewable raw materials.** It is available in four sizes.

* SOURCE:

„Preclinical, Clinical, and Over-the-Counter Postmarketing Experience with a New Vaginal Cup: Menstrual Collection“
in JOURNAL OF WOMEN'S HEALTH, Volume 20, Number 2, 2011



OUR OFFER

Products	Art.no.	PU	EAN Code	Vol.	Ø	Packing dimensions
Period Cup Size S	4910277	8	4260365856131	8 ml	38 mm	50 x 50 x 156 mm
Period Cup Size M	4910036	8	4260365851587	13 ml	41 mm	50 x 50 x 156 mm
Period Cup Size L	4910167	8	4260365854007	16 ml	44 mm	50 x 50 x 156 mm
Period Cup Size XL	4910278	8	4260365856162	20 ml	47 mm	50 x 50 x 156 mm

WHICH SIZE FITS WHOM?

Size	Recommendation
S	very light bleeding
M	births no, < 30 years
L	births yes, > 30 years
XL	moderate to very heavy bleeding

CONTENTS OF ONE PACKAGE

- FAIR SQUARED Period Cup
- Fairtrade fabric bag for storage
- Instructions for use



ARGUMENTS

The Period Cup by FAIR SQUARED is a soft menstrual cup, made of fairly traded natural rubber. It does not absorb the blood, but collects it. It is suitable for weak and strong days, because it holds three times more than a regular tampon and gives longer lasting protection. The Period Cup is reusable, easily to clean with water, and is not noticeable when used with practice. Unlike menstrual cups made from silicone or plastic, the Period Cup is made of environmentally friendly material.

- Made from FSC® certified natural rubber
- Biodegradable
- Free of plastic, silicone, BPA, PVC, phthalates or bleaching agents
- 100% fairly traded Natural Rubber
- Each Period Cup comes with a fairly traded cloth bag for on-the-go use



- Available in sizes S, M, L and XL
- Multilingual packaging (DE/EN/FR/IT), made of FSC certified cardboard
- Provides up to 12 hours of protection, ideal for nighttime use
- Leaves no dryness or lint behind
- From the Vegan Society certified as a vegan Product

Natural rubber (latex) is a renewable raw material with very good material properties, which is also used for the production of condoms, balloons, pacifiers and gloves.

The Period Cups are made from fairly traded natural rubber from the Horana plantation in Sri Lanka.

FAIR SQUARED is a member of the Fair Rubber Association, which means we also pay a fair trade premium to improve the living and working conditions of the plantation workers and their families. The workers in Horana decide for themselves which projects the Fair Trade Rubber premium is used for.



DEGRADABILITY OF THE FAIR SQUARED PERIOD CUP MADE FROM NATURAL RUBBER

By the way – did you know that a natural rubber balloon from our range decomposes in the environment at about the same rate as an oak leaf? The various influences of sunlight, oxygen and ozone, weathering, bacteriological decomposition and natural ageing all have an effect on the natural material. The same principle applies to our Period Cup. Therefore, natural rubber is truly a real (and well-known, but unfortunately forgotten) alternative to plastic.

WHY NATURAL RUBBER IS THE BEST ALTERNATIVE TO PLASTIC

It is not only since yesterday that the topic of plastic has revolved around the search for suitable alternative materials. With increasing public awareness of the ecological consequences of global consumption, demands are being made for more environmentally compatible solutions for the numerous applications of synthetic polymers. We are convinced that natural rubber, which is extracted from the latex of the rubber tree *Hevea Brasiliensis*, is a material that has long been proven to be suitable for numerous applications.

ECOLOGICAL ADVANTAGES OF NATURAL RUBBER

Natural rubber is a sustainable material because it is obtained from renewable raw materials and is biodegradable. In addition, the rubber tree is good for the climate, as it has many times the CO₂ storage capacity of other trees. In some studies speak of a capacity 4.7 times higher than that of tropical rainforest. In addition, there are already FSC®-certified rubber plantations that have been certified for their sustainable forestry.

STUDIES ON THE DEGRADABILITY OF NATURAL RUBBER PRODUCTS

Even though certain substances are added to natural rubber for the purpose of preservation – vulcanisation – studies with hygienic gloves were able to produce the following result: Compared to gloves made of synthetic materials, gloves made of natural rubber show a higher biodegradability. Within the study period of 12 months, it could be demonstrated that, depending on the soil used, an average weight loss of 88 % and 99 %, respectively, depending on the soil used. In comparison, the figures for synthetic materials were significantly lower: Neoprene 0–5 %, Nitrile 2–13 %, Vinyl 3–22 %. Further studies showed that factors such as UV light, material thickness and temperature as well as oxygen content have a positive influence on the biodegradability of natural rubber. In addition, a study showed that the degradation products of natural rubber condoms showed neither chronic nor acute harmful effects in aquatic organisms.

RUBBER: A NATURAL MATERIAL AS A SUSTAINABLE SOLUTION TO THE PLASTICS ISSUE

It is not only the environmentally harmful extraction of fossil fuels, which are also used in conventional plastics production, that shows the urgent need for alternative materials to synthetic plastics. In addition to the finite nature of crude oil and its derivatives, factors such as health and environmental compatibility, CO₂ balance and sustainable cultivation also play a role in the natural product natural rubber.

SOURCES:

Ikram et al. (2000): Biodegradability of NR gloves in soil. *J. Rubb. Res.*, 3(2), 104–114
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Lambert, S., Sinclair, C. J., Bradley, E. L., & Boxall, A. B. (2013). Effects of environmental conditions on latex degradation in aquatic systems. *Science of the total environment*, 447, 225–234.
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<https://pubs.rsc.org/en/content/articlelanding/2013/em/c3em00422h/unauth#!divAbstract>

Function of Carbon Sequestration and Oxygen Release of Rubber Plantations and Its Value Estimation
Jiang Jusheng, Wang Rusong
<https://europepmc.org/abstract/cba/389037>

THE PERIOD CUP DIRECTIONS FOR USE

HELLO

Congratulations on your purchase of the environmentally friendly Period Cup from FAIR SQUARED. The Period Cup is a soft menstrual cup made from Fairly Traded natural latex. It's inserted into the vagina and collects the menstrual fluid. The Period Cup is reusable and can last for several years. It can be used while you do sports, including swimming, you can use it at night and when travelling. You can wear your Period Cup throughout your whole menstrual cycle, no matter whether the menstrual flow is light or heavy. The Period Cup is suitable for young women who have just started menstruating as well as for women who have been menstruating for some time. Women who have had children can use it, too.

Please read the directions for use carefully before you use the Period Cup for the first time. And you may want to hold onto this guide so you can refer to it again later.

BEFORE THE FIRST USE

Before you use your Period Cup for the first time you should disinfect it by immersing it in boiling water for about 10 minutes. Make sure to fill the kettle with enough water so as not to damage the Period Cup: it should never touch the bottom of the cooking vessel. For that, you can place it inside a whisk. The Period Cup creates a light seal against the vaginal wall which keeps it in place. The tiny holes in the rim of the Period Cup make it easier to remove it. So please make sure that none of these holes are blocked.

BEFORE USE

Before you insert the Period Cup always wash your hands thoroughly with warm water and soap. To insert the cup get into a comfortable, relaxed position.

FOLDING

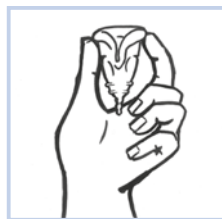
There are a number of folding techniques that make it easy to insert the Period Cup. For the start try the C-fold.



C-Fold



S-Fold



Punch-Down-Fold

INSERTING

You can insert the Period Cup while you are standing, sitting, kneeling or squatting. Relax. It's easier to insert the Period Cup when it's wet. Make sure the Period Cup is still folded and insert it gently upwards and towards your back. To check whether the Period Cup is placed correctly run your (clean) finger around the cup to make sure it is unfolded or try a very **gentle** pull on the stem: if you feel a slight resistance the cup is sitting in the correct position.

POSITION

You will easily find the right position for the Period Cup by trying it out. Some women prefer to position the cup close to the cervix, others place it away from the cervix. Make sure the Period Cup is not sticking out of the vagina, as it would make sitting uncomfortable.

REMOVING THE PERIOD CUP

You can wear the Period Cup day and night and you don't have to remove it to use the toilet. Usually it suffices to remove and empty it every 4 to 12 hours. The frequency will depend on what phase of your cycle you are in, the size of the cup and how heavy or light the flow is.

Once you've used it a few times you will have a pretty good idea of how often you need to empty your Period Cup. At the start you may want to do so about as often as you would change a tampon. You will get a better sense of how heavy the menstrual flow is and how often you actually have to empty the Period Cup.

Before you remove the Period Cup wash your hands with warm water and soap, make sure you rinse them well. **To remove the Period Cup you will have to overcome the seal-effect that keeps the Period Cup in place.** To do so, gently squeeze the base of the cup or insert a finger alongside the Period Cup, gently nudging it sideways. Now you can remove it. It's easiest in a squatting position or sitting on the toilet. If you can't reach the Period Cup use your pelvic muscles to gently press it down until you can reach the bottom of the cup with your fingers. **It is really important that you don't use the baubles of the stem to pull the cup out - this may cause pain and at worse have health consequences. Imagine it being a vacuum extractor which may pull down your organs like the bladder or uterus because of the vacuum.**

Removing the menstrual cup may take some practice. In the beginning just take your time and practice.

Empty the menstrual fluid into the toilet and rinse the Period Cup (see section "CLEANING AND CARE"). You can now reinsert your Period Cup.

NOTE

If you are wearing an IUD or IUs (coil) please talk to your gynaecologist or GP before using a Period Cup.

THE PERIOD CUP DIRECTIONS FOR USE

CLEANING AND CARE

Cleaning and care of your Period Cup are very important. While cleaning make sure the small holes are clear, too. During your menstrual cycle you just need to clean the cup with warm water and a mild oil-free soap. Rinse the cup well to remove any soap residue which could lead to skin irritation in the vagina. Should you be travelling in countries where clean tap water is unavailable make sure to use bottled drinking water for cleaning.

Before and after your menstrual cycle you should disinfect your Period Cup in boiling water. Boil the Period cup for 5 minutes at 100° C. Make sure to fill the kettle with enough water in order not to damage the Period Cup: it should never touch the bottom of the cooking vessel. The cotton bag that comes with your Period Cup is ideal for storage. The Period Cup should be stored in a dark, clean and dry place.

ADJUSTING THE LENGTH OF THE STEM

Should the baubles of the stem cause you any discomfort while walking or sitting you can shorten the stem. You can simply cut off one or two of the baubles. Remove the Period Cup from the vagina and use a clean pair of scissors to shorten the stem.

Before you reinsert the Period Cup you should thoroughly clean it (see Cleaning and Care). Initially only cut off one bauble, insert the Period Cup and see how that feels. Cut off the second bauble if necessary. Before you shorten the stem you should be well practised in inserting and removing the Period Cup in order not to accidentally shorten the stem too much.

CAUTIONS

- The Period Cup is made from natural latex which in rare cases can lead to allergic reactions.
- Make sure the tiny holes under the brim of the cup are clear before use.
- Before using the Period Cup for the very first time boil it for about 10 minutes; make sure to have enough water in the kettle in order not to damage the cup.
- The Period Cup is not a contraceptive and should not be worn during intercourse. The Period Cup does not protect against sexually transmitted diseases.
- Should you have gynaecological problems or issues please consult your physician/GP before using a Period Cup.
- Always wash your hands with warm water and soap before using the Period Cup.
- Never wear the Period Cup for more than 12 hours without giving it a thorough clean.

- If you are wearing a contraceptive IUD please consult your physician/GP before using a Period Cup. Wearing a Period Cup may change the alignment of an IUD or IUs (coil). You can check this by inserting your finger to touch the brim and feel if you can also touch the thread of the IUD. **Moreover, it is absolutely necessary to only remove the Period Cup when the vacuum was loosened (see section „REMOVING THE PERIOD CUP“).** If the IUD causes you pain or seems to have moved use an alternative form of contraception (e.g. condoms) and ask your physician/GP to check your IUD/IUs (coil).
- Should you experience pain, skin irritation, a burning sensation or inflammation of the vagina or genital area, or should passing urine be painful, remove the Period Cup immediately. If you experience one or more of these symptoms, see your physician/GP immediately.
- Do not clean your Period Cup in a dishwasher as the detergents can damage the material.
- The Period Cup should not get in contact with oily substances.
- Store your Period Cup in a dark, clean and dry place.
- Keep your Period Cup away from children and animals.
- Should you notice small cracks, fissures or other changes in your Period Cup we recommend that you replace it with a new one.
- Do not share a Period Cup with another person.
- Over time the Period Cup may change colour slightly: that has no impact on the cup's functionality.
- Do not use the Period Cup right after having given birth. Vaginal discharge (lochia) has to end first.

TOXIC SHOCK SYNDROME (TSS)

Toxic shock syndrome (TSS) is an infection caused by certain bacteria and the poisonous substances they produce. These can enter the body through open wounds and mucous membranes.

TSS SYMPTOMS

Sudden high fever, spells of unconsciousness, muscle pain, increased heart rate, nausea and vomiting, diarrhoea, drowsiness, loss of blood pressure, general reddening of the skin like a sun burn with subsequent peeling of the skin, in particular on the palms of the hands and the soles of the feet.

Should you experience one or more of these symptoms during your period immediately remove the Period Cup and see your physician/GP. Tell your doctor that you are suspecting TSS. If you have experienced TSS in the past do not use a Period Cup.

FAIR RUBBER

Not all raw materials that FAIR SQUARED process are covered by the Fairtrade Labelling Organizations International (FLO). There are simply too many natural raw materials for that. One of these raw materials is natural rubber. It is produced from the sap of the tropical tree “*Hevea brasiliensis*”. The aim of the Fair Rubber Association is “to contribute to an improvement of the working and living conditions of the primary producers of natural latex by applying the principles of Fair Trade to the trade in products made from natural rubber”. That is what their statute says. But what does it actually mean? Fair Rubber is good for the people. Participation in Fair Trade should be an option, particularly for the primary producers of natural rubber, the rubber tree tappers, and small rubber-farmers.

But the low prices paid for raw materials make it impossible for the tappers, plantation workers, and small-scale farmers to support themselves and their families. This is where Fair Rubber wants to help:

Paying a Fair Trade premium of 0.50 € per kilo of natural rubber to the primary producers ensures that even during periods of depressed world market prices, the costs of production would be covered and the suppliers would have a surplus. Crucially, this would allow them to improve their working and living conditions. The decision of how this premium is to be used remains with the workers: for example by the management board for small-scale farmer associations, or in plantations by a panel consisting of selected employee representatives and delegated management. The FAIR SQUARED products which carry the Fair Rubber association’s label are condoms, Period Cups, and future products made of fairly traded natural rubber. www.fairrubber.org

VEGAN SOCIETY

The seal of the international society “The Vegan Society” (with headquarters in Birmingham) is not only to be found on cosmetic products, but also on food, packaging, clothes, cleaning products, and others. The logo guarantees that the product does not contain any animal products. FAIR SQUARED products are certified by the English Vegan Society and meet their standards. www.vegansociety.com

Here is an extract from their standards:

- **Animal Ingredients:** The manufacturer and/or producer may not involve or have involved the usage of any animal products or animal by-products in their product or by the manufacturing of their product.
- **Animal Testing:** The development and/or manufacture of the product may not involve or have involved testing of any sort on animals conducted at the initiative of the company or that has been carried out by a party/parties over whom the company has effective control.
- **Genetically Modified Organisms:** The development and/or production of genetically modified organisms (GMO) may not have involved concerning animal genes or animal-derived substances. Products containing GMOs must be labelled as such.

FSC® – FOREST STEWARDSHIP COUNCIL

The FSC® (Forest Stewardship Council®) is committed to promoting an eco-friendly, socially responsible and economically viable management of forests which meets the social, economic and ecological needs of present and future generations. The label ensures that only FSC® certified and controlled materials will be used at any time of the production chain. For the production of FSC® certified products the following materials can be used:

FSC® certified quantities, controlled wood or recycled materials. Depending on the FSC® label, one can see whether the product is made only with material from FSC® certified forests (FSC® 100 %), if it is made with recycled, certified material (FSC® recycled), or if it consists of a mixture of certified and controlled materials (FSC® mix). Only the products that are identified as such on this document are FSC® certified. www.fsc-deutschland.de





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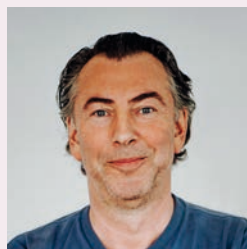
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