

Write to your MP

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Subject: Urgent call for tampon safety regulations to protect health & safety

Dear (MP's Name),

I am writing to ask for your support in introducing product-specific safety regulations for tampons in the UK.

Currently, tampons are regulated as consumer goods, despite being used internally in one of the body's most absorbent areas. This means there is no legal requirement for ingredient labelling, comprehensive safety testing, or structured post-market monitoring. Consumers deserve stronger protections and greater transparency.

We are calling for tampons to be subject to product-specific safety regulations that:

- Ensure rigorous pre-market safety and performance testing, including bench tests, biocompatibility studies, and toxicology assessments.
- Mandate full, transparent ingredient disclosure on packaging, including all materials that come into contact with the body.
- Require ongoing safety monitoring and reporting, including post-market surveillance of adverse events, safety signals, and recalls.
- Guarantee that these safety requirements do not compromise VAT-free status, so affordability is not affected.

Introducing these regulations would provide robust oversight, safeguard public health, and enable consumers to make informed choices about products used in their bodies.

I urge you to raise this issue with the relevant ministers and support legislative action to deliver safer, more transparent menstrual products. I would welcome the opportunity to hear your stance on this issue.

Periods are not a luxury. Safety shouldn't be either.

Yours sincerely,

(Your Name)

(Your Address & Postcode)