

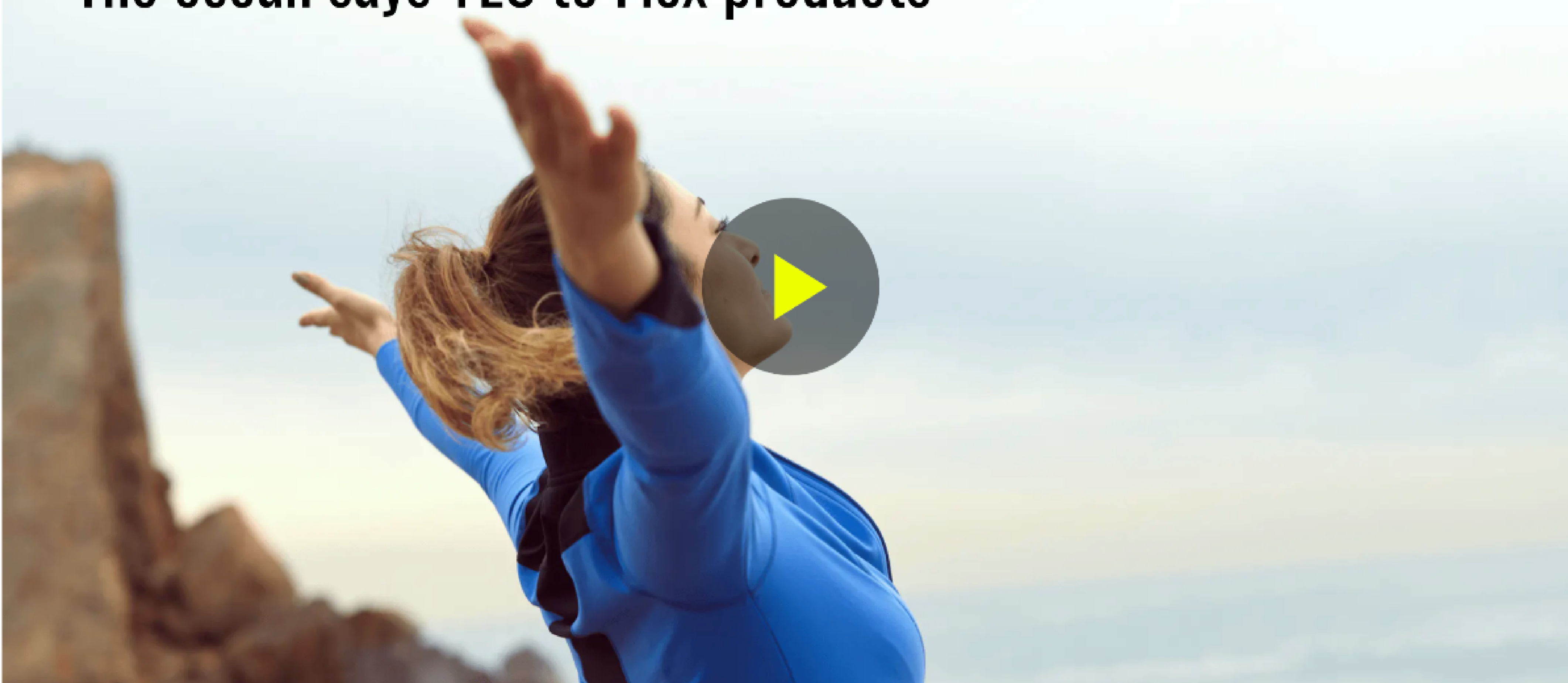
20% OFF SUSTAINABLE PERIOD CARE

Just one simple swap can make a big difference. This Earth Day, upgrade your period—sustainably. Save on Flex Reusable Disc, Flex Cup, and Flex Plant+ Disc.

1 WEEK ONLY! SHOP THE SALE



The ocean says YES to Flex products



1,000's of users won't go back

AMAZING

I love this thing!! So nice to not worry about leaking or having to change tampons at work or out in public. So comfortable, don't even know it's there, easy to put in, easy to remove. Don't ever have to buy tampons again, and they dry you out. So happy.

Dani

NEVER GOING BACK

I love your discs, they are so comfortable I don't even realize I'm wearing it even on my heaviest days! Best thing to happen to my period ever!

Megan

LOVE LOVE LOVE

So easy once you get the hang of it! I workout at 5 am and do a lot of jumping/running/yoga and no leaks, very comfortable, forgot it was even there! Then I am a chiropractor all day twisting and using my body for leverage and still no issues.

Sarah

AMA

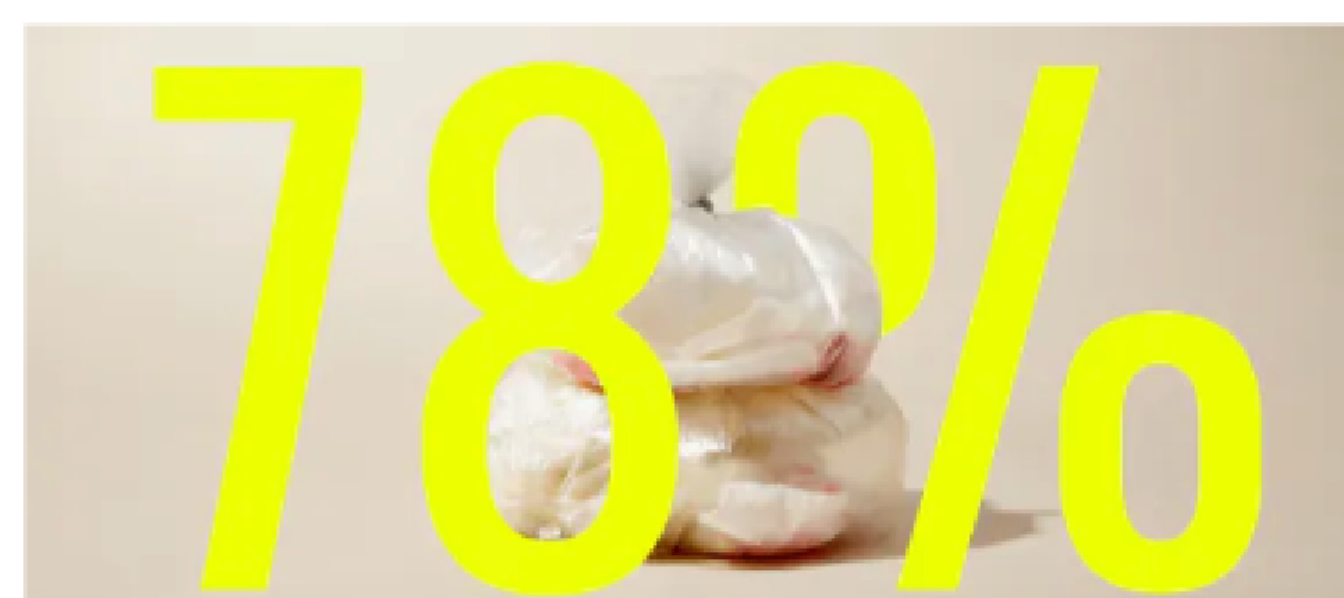
I love about ta com there Don' and'

Dani

We asked, you answered: Sustainability survey results



60% of surveyed users feel it is very important for their period products to be **eco-friendly**. Flex provides a sustainable lineup of body-safe menstrual products.



78% of surveyed users feel it is important for period care companies to use packaging materials that are **recyclable or compostable**. Our new packaging offers just that.



80% of surveyed users feel it is important for period care companies to reduce how much waste is created by their products. Our single-use discs produce **60% less waste** than traditional products.

The sustainable period disc of your dreams

Flex Reusable Disc is designed to mimic the look and feel of our bestselling disposable discs, but it's made with 100% medical-grade silicone. As a zero-waste product, Flex Reusable Disc provides unreal comfort, can be worn for up to 12 hours, and lasts for years. Plus, **94% of surveyed OB/GYNs recommend Flex Reusable Disc**.

TRY REUSABLE DISC



A cup above the rest

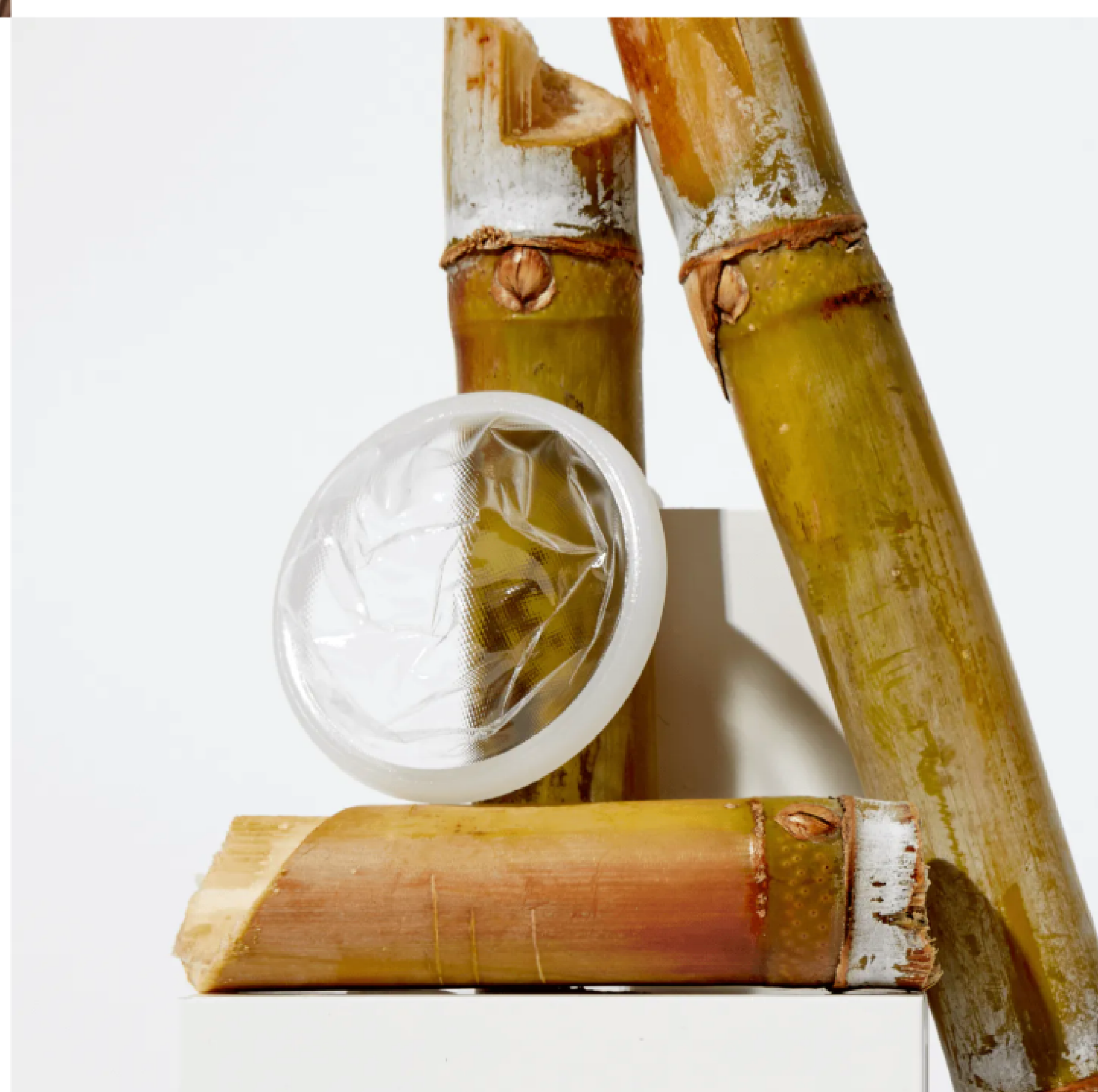
Flex Cup provides up to 12 hours of leak protection and has an **adjustable patented pull-tab** that makes removal as easy as pulling out a tampon. No more struggling to pinch the base of your menstrual cup during removal: Flex Cup does it for you. Made with 100% medical-grade silicone, our reusable cup is body-safe and beginner-friendly.

TRY FLEX CUP

A plant-based disc that cuts back on CO2

Our convenient and eco-friendlier Plant+ Disc will be your new period BFF. It's made with **40% plant-based polymers that capture CO2 during production**, helping to reduce greenhouse gas emissions. What else? While it's a single-use product, Flex Plant+ Disc produces 67% less waste than applicator tampons.

TRY PLANT+ DISC



MOTHER EARTH-APPROVED

Everything you need for a sustainable cycle, month after month.

COMPARE ECO PRODUCTS

20% OFF EARTH DAY FAVORITES w/ code EARTH20

FAQs

- What is the Flex Reusable Disc? +
- What is Flex Cup? +
- What is the Flex Plant+ Disc? +
- What's the difference between Flex Disc, Plant+ Disc, and Flex Reusable Disc? +
- How do I clean Flex Cup or Flex Reusable Disc in between wears? +
- What are your sustainability practices? +

SEE ALL FAQs