

# New York Becomes First State to Require Tampon Manufacturers to Disclose Ingredients

New York Democratic Governor, Andrew Cuomo, has signed a new law that requires manufacturers of menstrual products to disclose the ingredients on their products. The law will be put into effect 180 days from now and gives manufacturers 18 months to develop new packaging and labels. As stated by Gov. Cuomo, many consumers aren't aware of the toxic and/or allergy-causing ingredients in their menstrual products, and the FDA has avoided requiring manufacturers to disclose ingredients for several decades.

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*The law was signed Friday by Democratic Gov. Andrew Cuomo, who said menstrual products could contain toxic or allergy-causing chemicals unknown to consumers.*

*The law takes effect in 180 days. Manufacturers of menstrual products, including pads and tampons, will then have 18 months to develop new packaging or labels.*

*NBC New York*

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Tampons are widely reported as containing toxins, allergens, carcinogens, and endocrine disruptors that impact the hormonal system, including but not limited to dioxin, chlorine, rayon, GMO cotton, and fragrances. dioxin and chlorine are both used

in the bleaching process and are widely known to cause hormonal issues as well as immunity problems. Rayon is a high absorbency compound linked to toxic shock syndrome, while GMO cotton contains traces of pesticides. Tampons containing fragrance can cause allergies and PH imbalance. Consumers can avoid these ingredients by choosing menstrual products that disclose their ingredients and by sticking to products that are 100% organic. We at OLM recommend pads over tampons for health and recommend reusable pads over disposable ones for the environment.