

BRAND	PRICING	KEY DESCRIPTIONS	PFAS / TOXINS	ADVANTAGES	MY REVIEW	THE EXACT PERIOD PANTY I TRIED
The Period Company	\$12 - \$28	- Organic cotton options- Super absorbent (up to 10 tampons)- Size-inclusive (up to 6X)	PFAS-Free (3rd party testing)	- Most affordable- Great for heavy flow- Minimalist design	These are perfect for the first few days of my period because they're the heaviest. I also love them for overnight. You'll want to size up!	The Bikini Period For Heavy Flow
Thinx	\$35 - \$45	- Large variety of styles - Absorbs up to 5 tampons- Cotton & mesh options	PFAS detected in past (lawsuit settlement 2023)	- Sleek, stylish- Good fit for daily wear- Brand recognition	I was skeptical to try thee because of PFAS lawsuit, but overall this offers so much variety in the style of period panties. I still feel sexy even in period underwear!	Ultra Soft High Waist
Saalt Wear	\$29 - \$44	- Made with TENCEL™ Modal- Up to 3 tampons absorbency- Moisture-wicking & odor control	PFAS-Free (3rd party tested)	- Sustainable materials- Great for sensitive skin- Elegant styles	I felt like these were luxury underwear, not period panties. You can choose based on my flow. A period panty thong is the perfect no-panty-line solution for my activewear during my period.	Hanky Panky Original Thong
Knix	\$23 - \$38	- Seamless designs- Up to 8 tsp absorbency- Leakproof gusset	PFAS detected in some tests (2022)	- Great for workouts- Invisible under clothes- Strong community	These are also seamless, which I appreciate, but the possibility of PFAS does leave me more hesitant to use it. These held ALOT.	Super Leakproof® No-Show French Cut
Modibodi	\$26 - \$42	- Wide style range (briefs, bikini, boyshorts)- Absorbs up to 10 tampons- Maternity & swim options	Doesn't mention PFAS on the website, but states they are certified as free from harmful substances to human health including allergens and carcinogens	- Good for all flow levels- Maternity-friendly- Period swimwear available	Period panties, but make them swimwear! This was perfect for my vacation on the last day of my period. No more fear of a tampon string in my bathing suit!	Swimwear One Piece
Bambody	\$12-\$22 per pair	Bamboo fabric, high absorbency, basic styles	Claims no PFAS	Budget-friendly, soft and breathable, solid absorbency	My favorite thing about these is that they are so affordable. If you're just starting out and want to slowly build a stash, these are great. Size up!	Leakproof Reusable Underwear - 3 Pack