



How do THINX work?

We thought you'd never ask! Our patented technology (called THINX QuadTECH®) is made up of 4 ultra-thin layers that all work together to do their thang:

1. organic cotton against your skin for breathability and moisture-wicking goodness
2. anti-microbial (aka bacteria-fighting) fibers so you stay fresh
3. blood-lovin', super-absorbent fabric
4. a leak-resistant barrier that keeps you (and your pants/couch/sheets) protected

How much fluid can THINX hold?

THINX can hold up to 2 regular tampons' worth of fluid, but absorbency levels vary depending on the style you choose.



What can THINX replace? How do I use them?

THINX can replace pads and liners, *and* they can be used as a backup to or replacement for tampons and cups (pretty cool, huh?). You know your flow best, so we suggest trying out a few combinations to see what is ideal for your body and cycle. Put THINX on with your tampon for added protection, or replace your entire routine on light days. One v important thing: Don't wear THINX with a pad or liner (it cancels out the tech).

What are THINX made out of? Will they irritate me?

The top layer of THINX is organic cotton so you have a soft, breathable fabric touching your most sensitive skin. The rest of our technology is between the cotton interior layer and the nylon/spandex exterior layer (interior innermost 95% cotton, 5% elastane; middle breathable PUL, 95% cotton, 5% elastane; outer 89% nylon, 11% elastane; trim 100% polyester). This way, your undies look sexy but feel safe!



Is THINX gross?

Heck no! It's not like sitting in your own blood or wearing a diaper (both of those are *def* gross). Thanks to our patented 4-layer tech, THINX is designed to fight bad bacteria so you stay dry, smell fresh, and feel totally comfortable.

How are THINX washed?

We recommend that you rinse your THINX by hand first, and then throw 'em in the cold wash with the rest of your delicates. DO NOT use fabric softener as it prevents the anti-microbial and moisture-wicking treatments from working. Finally, hang dry.

Who is THINX for?

THINX is for real menstruating humans: women, trans men, girls with Down syndrome, young ladies with autism, people of color, physically disabled fems, daughters, sisters, moms, BFFs, and every V in between.