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THE MARYLAND HOUSE OF DELEGATES
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Testimony in Support of HB 1357: Consumer Protection - Menstrual Hygiene Products - Labeling Requirements
March 25, 2026

Madam Chair Beidle and distinguished members of the Finance Committee, it is my pleasure to come before you and offer testimony in favor of **House Bill 1357: Consumer Protection - Menstrual Hygiene Products - Labeling Requirements**. This bill is a consumer protection measure to require ingredient transparency for menstrual products sold in Maryland.

Menstrual products are used by millions of Marylanders for decades of their lives, often in prolonged contact with highly absorbent body tissue. Yet unlike food or cosmetics, menstrual products are not required under federal law to list their ingredients on packaging. Consumers are routinely purchasing and using these products without knowing what they contain.

This lack of transparency is concerning considering emerging research showing the presence of per- and polyfluoroalkyl substances (PFAS), dioxins, volatile organic compounds, and even pesticide residues in certain menstrual products. In one study, the University of Notre Dame found evidence of intentionally added PFAS in approximately 30% of tested reusable menstrual products. PFAS exposure has been associated with cancer, hormone disruption, immune system effects, and reproductive harm. While research on these risks continues, recent lawsuits from individuals who suffered serious health problems from menstrual products highlight the urgent need for transparency.

Recognizing both the health risks and the need for consumer transparency, several states, including New York, California, New Jersey, and Nevada, have successfully enacted laws requiring menstrual product ingredient disclosure without disrupting product availability. The Maryland bill mimics those states and mandates that manufacturers list all ingredients on product packaging in order of predominance, like food labeling, ensuring this information is readily accessible to consumers rather than hidden online.

The amendment I have prepared further clarifies definitions, ensures the ingredient list is consumer-facing, and establishes a civil enforcement mechanism consistent with other states.

As science evolves, consumers deserve transparency and accountability. **HB 1357** does not ban products or dictate how they must be made. It simply ensures that ingredient information is available so individuals can make informed choices for themselves and their families.

This bill passed the House with a vote of 132-1. I urge a favorable report on **HB 1357**.