

# WASHING HALF AS MUCH REDUCES ENVIRONMENTAL IMPACT BY **ONE THIRD**.



**POLYGIENE**  
FRESHNESS

THE LIFE CYCLE ASSESSMENT (LCA) IS A CRADLE-TO-GRAVE ANALYSIS TECHNIQUE TO ASSESS ENVIRONMENTAL IMPACTS ASSOCIATED WITH ALL THE STAGES OF A PRODUCT'S LIFE.



# ONE

WE'VE ONLY GOT ONE PLANET, BUT ONE PERSON CAN MAKE ONE POSITIVE CHANGE WITH JUST ONE MORE WEAR. IT'S ONE GREAT IDEA! WE CALL IT MINDFUL LIVING.  
**HERE'S HOW IT WORKS...**

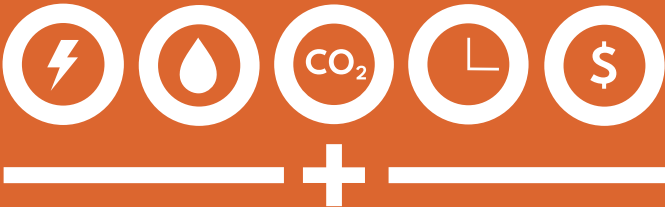


**90% POLYESTER, 10% ELASTANE T-SHIRT  
TREATED WITH POLYGIENE\***  
**WORN FOR 156 TRAINING SESSIONS IN A YEAR**

# SKIPPING EVERY SECOND WASH



# ONE LESS WASH MEANS YOU SAVE



# YOUR GEAR LASTS LONGER

\*Polygiene StayFresh™ – odor control technology inhibiting odor causing microbes at the source.  
LCA<sub>1</sub> information is based on "A Life Cycle Assessment of a t-shirt, investigating the environmental footprint for use scenarios with and without antimicrobial treatment", by Sweco, one of the leading European engineering consultancies, with experts within sustainability assessments, climate impact and more, Sweden 2022. A critical review of the LCA was carried out by an external independent LCA-expert. The Functionary Unit (FU) of the LCA defines the "unit of comparison which assures that the products being compared provide an equivalent level of function or service" (U.S.EPA, 2006, p79). FU<sub>1</sub> One active person training 3 x per week in Europe, 156 training sessions in a year. The EF 3 (Environmental Footprint 3) method, which consists of 16 impact categories is an initiative introduced by the European Commission. The time horizon of the scenarios is 2020 and the represented area is Switzerland. Worst case scenario - the results are calculated for the least favourable cases, i.e. it was assumed that all of the silver and other chemicals added to the fabric is released to water during the use stage. Releasing 100 % of the added chemical from the t-shirt during its life-time also gives a conservative approach regarding environmental impact from this emission. No tumble drying is included in the energy calculations. Results are presented in a single-score system, which means that the impact within all of the assessed categories, can be presented in the same scale. European Commission, PEFCR Guidance document.

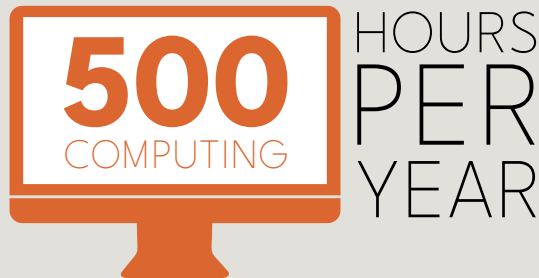
**POLYGIENE ODOR CONTROL  
KEEPS PRODUCTS FRESH  
SO YOU CAN **WASH LESS.****



**POLYGIENE®**  
FRESHNESS

**ONE LESS WASH =  
51 KWH**

**SAVED PER YEAR  
WHICH EQUATES TO**



**SKIPPING EVERY  
SECOND WASH**

**GIVES YOU**

**FOUR  
FREE DAYS  
IN A YEAR  
TO DO THE  
THINGS YOU LOVE**



**SAVE  
3800  
LITERS  
OF WATER**

**JUST BY SKIPPING  
ONE WASH**

**AND WHEN YOU  
WASH LESS  
YOU SAVE MONEY  
YOUR PRODUCTS  
LAST LONGER  
AND YOU GET THE  
CONFIDENCE TO  
BE STINK FREE!**



**SCAN THE QR CODE TO FIND OUT MORE ABOUT HOW  
POLYGIENE PRODUCTS CAN HELP YOU STAY FRESH!**

CALCULATIONS<sub>1</sub> Energy/electricity use calculations<sub>1</sub> konsumentguiden.se, Vattenfall.se, Sweden. Time calculations based on U.S. Department of Energy test procedure Code of Federal Regulations, Title 10, Section 430 Appendix J1. Data compiled from, "Women's Work and Wages", Inga Persson and Christina Jonung ed., Routledge, 1998; "Measuring Time Spent in Unpaid Household Work", Results From the American Time Use Survey", Rachel Krantz-Keht, Monthly Labor Review, 2009.