

How to File a Tampon Tax Refund Claim in North Carolina

North Carolina requires its official refund claim forms to be signed not just by you, but by the store or company where you bought the period products.

So, Period Law has created a simpler form. While “symbolic,” this is still impactful.

Follow the steps below to register your outrage at paying sales tax on a medical necessity for half the population!

Step 1

Purchase tampons, pads, liners, or menstrual cups and save your receipt.

Step 2

Fill out the attached form.

Step 3

Attach/include the receipt.

Step 4

Mail to: North Carolina Department of Revenue
Post Office Box 871
Raleigh, NC 27602

Step 5

Please let us know if you've completed the Tampon Tax Refund Activation by emailing suzanne@periodlaw.org or sending us a DM at @periodlaw.



Thank you for challenging this unfair, unconstitutional tax!

What To Expect Next

You may receive a letter from the state denying your request for a sales tax refund. You are not obligated to reply, and there will be no repercussions if you disregard it. However, please send a photo of any letter or email from the state to suzanne@periodlaw.org. If you're interested in pursuing this further, we can arrange a time to talk with you about your options.

Please note: Period Law is not providing legal advice.

To: North Carolina Department of Revenue
Post Office Box 871
Raleigh, NC 27602

From:

Date:

Re: Tampon Tax Refund Request

I hereby request a refund of \$_____ for sales tax paid on menstrual products I purchased on _____. A copy of the receipt is attached. I am requesting a refund because a sales tax on menstrual products is not just inequitable and unfair; it is sex-based discrimination in violation of the equal protection clauses of the state and federal constitutions and is therefore unconstitutional and illegal.

Signed: _____

Printed Name: