**Chapter-3**

**Sustainable Material Optimization for Cost Reduction**

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**ABSTRACT**

This chapter provides a thorough analysis of the sustainable material optimization strategies used by the pharmaceutical and cosmetic packaging sectors to cut costs. Despite notable advancements in the field of sustainable pharmaceuticals and cosmetics, the production of sustainable packaging in large quantities has proven to be difficult. It can be challenging to choose the best course of action among diverse supply-chain components located all over the world due to the complexity of environmental, economic, social, technological, and policy considerations, as well as differences in consumer behavior and corporate objectives. Additionally, the expense and effort involved in creating, evaluating, and validating alternative strategies deters empirical research into possible alternatives. One industry that is constantly growing worldwide is pharmaceutical and cosmetic packaging. By 2018, it is projected that the market will have grown to a value of $78.79 billion. Success, safety, and sales all depend on packaging. Pharmaceutical packaging must meet the same standards for quick packing, protection, identification, product quality, patient comfort, display, and security as other packaged commodities. Pharmaceutical research and development advancements have always been reliant on packaging technology. High-quality packaging ensures that drugs maintain their integrity during transportation, storage, and delivery.

**Keywords:** sustainable material, cost reduction, pharmaceutical and cosmetic packaging.

**INTRODUCTION**

Packaging is a term used to describe a method that keeps pharmaceutical and cosmetic products contained from the point of manufacture until they are used. Pharmaceutical packaging is used to supply solid and semisolid dosage forms, powders, poultices, blood and blood products, surgical instruments, life-saving medications, and nutraceuticals[1]. In essence, pharmaceutical packaging offers transportation convenience, drug safety, identity, and confinement. Packaging for pharmaceuticals must strike a balance among several intricate factors. Pharmaceutical packagers have moved on from relatively simple issues like creating attractive designs and interacting with customers to more urgent ones like combating counterfeiting, promoting patient compliance, guaranteeing drug integrity, and striking a balance between accessibility for the elderly and child resistance. A cosmetics product's overall appearance, in addition to its quality, is one of the most critical drivers of its market attractiveness[2].

Sustainability is becoming an increasingly crucial prerequisite for human activity, making sustainable development a key goal in human growth. At its core, sustainable development is the belief that social, economic, and environmental concerns should be addressed concurrently and holistically in the development process[3]. Human well-being, the economy, and the environment are the three primary components of sustainability. These three categories can be viewed as a means of promoting human well-being (i.e., equitable burden-sharing and social fairness) while also preserving the ecosystem's resilience. If the use of virgin resources is decreased and post-consumption products are recyclable or reusable from readily available materials, packaging materials are said to be sustainable. Material sustainability is determined by a variety of aspects ranging from the economic to the environmental, including costs and consequences, the usefulness of aesthetic features, production to end-of-life processing, and effects on a local to global scale[4].

Sustainability is defined as the intersection of three important aspects, with examples of traits found at the intersection of any two sections.

Sustainability indicators play a crucial role in measuring and improving sustainability initiatives. Indicators provide insight into a project's state, progress, challenges, and necessary steps to overcome obstacles. Sustainability indicators differ from those used to track economic, social, and environmental progress. Indicators for a sustainable community highlight weak linkages between economy, environmental stewardship, and society, and prioritize solutions to solve these issues. Sustainability indicators take into account the interconnectedness of the three dimensions of sustainability and the various variables that impact them, unlike traditional indicators such as economic profitability, health, and water quality, which only evaluate one aspect of a society.

**Packaging Materials in Pharmaceuticals and cosmetics**

**Secondary Packaging**

1. Boxes
2. Cartons

**Tertiary Packaging**

1. Containers
2. Barrels & Crates

**Primary Packaging**

1. Plastic bottles (HDPE Bottles)
2. Blister packs
3. Wrappers
4. Aerosol spray cans

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Tertiary Package

(contains many units of secondary package)

Dosage form

Secondary Package

(contains many units of primary package)

Primary Package

(contains many units of dosage form it actually goes in patient hand)

**Types of Packaging Materials**

The quality of the packaging material serves as a link between the customer and the manufacturer, ensuring the customers' trust in their product[5]. The materials used for packing are a significant part of product display and preservation. When it comes to choosing packing materials, the type of product is also an important consideration. Various sectors (food, cosmetics, medicines, meat, etc.) use materials that are best suited to their products and services. As a result, there is a need for in-depth discussions of various materials[6].

1. **Plastics**

Petroleum-based polymeric polymers are commonly employed as packaging materials. Polymers commonly found include PE, PP, PS, and PET. Plastic-based materials are the most widely used packaging materials, accounting for approximately 26% of all polymer usage in packaging[7, 8]. Plastics are predicted to double in use over the next 20 years as they quickly replace traditional packaging materials. This is owing to intrinsic qualities like as good barrier properties, light weight, low cost, and so on. Despite the numerous benefits of plastic packaging materials, the manufacture of petroleum-based materials emits CO2 into the atmosphere. [9]. Improper handling of packaging plastics, as well as collection and recycling, will result in their ending up in landfills and bodies of water, polluting and poisoning the land and oceans. Numerous sectors are looking into sustainable and ecologically favorable solutions. Recycling plastic materials with numerous layers is difficult and expensive, highlighting the critical need for sustainable and ecologically friendly alternatives[10].

Researchers are working to improve the physical and mechanical qualities of bio-based packaging materials by using biodegradable components. Biodegradable polymers can be both natural and manmade, although there is a difference between biopolymer materials and biodegradable materials. All biopolymer materials are biodegradable; however, not all biodegradable materials are biopolymers. Biopolymers can be manufactured from renewable resources, for example, starch, whereas biodegradable materials can disintegrate into inorganic chemicals, such as CO2, CH4, H2O, or biomass. [11, 12].

Natural

Environmentally Degradable Polymers

Synthetics

Aromatic co-polymers

(eg. PBAT)

Aliphatic co-polymers

(eg. PBSA)

Poly ortho esteramide(POEA) copolymers

Polyesteramides (PEA)

Polycaprolactones (PCL)

Polyurethane (PU)

Polylactic acid (PLA)

Polylactide-co-

Glycolide (PLGA)

Polygylcolic acid (PGA)

Polylactides

Polyglycolides

Polyhydroxybutyrate-co-valerate (PHBV)

Polyhydroxybutyrates (PHB)

Polyhydroxyalkanoates

(PHA)

Silk

Elastin

Fibrinogen/

Fibrin

Casein

Albumin

Collegan/gelatin

Polysaccharides

(plant/algae)

Starches and derivatives

Cellulose and derivatives

Polysaccharides

(vegetal)

Proteins

Polysaccharides

Petrochemical products

Biotechnology products

Micro-organism products

Agro-polymer

Wheat gluten

Soy protein

Zein

polynucleotieds

Pectin

Insulin

Alginate

carrageenan

1. **Metals**

Most of the time, the packaging materials and their contents come into direct touch, particularly with can drinks. Metal-based packaging materials are a popular choice for various applications, manufacturers put consumer’s health and safety first. To prevent dangerous interactions between the content and container, it's important to follow fundamental regulations and conduct regular risk assessments[13]. Several metals are commonly used for packaging. These include aluminium, tin, lead, and chromium, among others. Aluminium is the most commonly used metal for packaging due to its cost-effectiveness, lightweight, flexibility, recyclable nature, and great heat resistance[14].

**Applications of Packaging Materials**

Packaging materials enhance product quality and prevent contamination. The product will decide the sort of packing material to use. Similarly, the financial burden of creating packaging materials, as well as environmental concerns, are major decision-making variables. Various regulations govern the selection of materials for dry and moist packaging. The subheadings below cover the various applications of sustainable packaging materials[15].

*Cosmetics*

Plastic and glass are the most commonly used packaging materials in the cosmetics business. This is due to their direct interaction with the product. Paper/paperboard can be used, but must be coated with polymers or aluminium foil to prevent it from absorbing the contents[16]. Packaging shields materials from contamination by microbes and light while also giving product information for marketing. When designing packaging materials for cosmetics, food, or medicines, it is critical to consider leaching, which happens when certain chemicals move from the container material to the contents.

Priority should be given to carefully selecting and improving materials during manufacture. The necessary qualities necessitated the creation of biodegradable polymers for cosmetic packaging. The heart of this is the increased demand for new and superior materials, as well as the sustainability of packaging materials. Glass is another essential material for cosmetic packaging. Glass is thought to be one of the oldest packing materials. Glass is impermeable, nonporous, chemically inert, non-biodegradable, and recyclable. Cosmetic glass containers vary in shape and size. Glass containers have multiple applications, including perfume jars, lip balms, eye shadow, and liquid foundation. It can also be transparent or coloured glass, depending on the content and appeal to customers[17].

*Pharmaceuticals*

Pharmaceutical goods are chemical compounds, both manufactured and natural, that have pharmacological or medicinal effects on the body. These items are classified according to their medicinal effects, administration methods, and chemical features. The author also mentions that these include antipyretics, analgesics, antibiotics, antiseptics, stimulants, antimalarials, stabilizers, statins, contraceptives, and tranquilizers [18]. They can also target the cardiovascular, digestive, central nervous, endocrine, respiratory, reproductive, urinary, and immunological systems, as well as organs (skin, musculoskeletal, ear, eye, and nose). Thus, pharmaceutical packaging is critical in ensuring that the product satisfies the appropriate specifications. This might occur during manufacturing, transit, storage, sales, delivery, or usage. Pharmaceutical packaging materials safeguard medicines against deterioration, loss of potency, contamination, and undesired environmental conditions (light, moisture, and O2) while also providing product and dose information. Pharmaceutical items are packed in plastics, paper, and glass using primary, secondary, and tertiary methods. The primary system directly contacts the drug, whereas the secondary system is located outside of the primary container. Pharmaceutical items are packed in plastics, paper, and glass using primary, secondary, and tertiary methods. The primary system directly contacts the drug, whereas the secondary system is located outside of the primary container[19].

**Strategies to enhance Sustainability in Packaging**

High usage of virgin resources may cause their depletion. Another consequence of the depletion of virgin materials is a scarcity of raw materials for the creation of packaging materials. Exploiting raw resources (from extraction to refinement) for packaging causes global environmental challenges. To promote sustainability in packaging, it's important to recycle discarded materials into new products. Packaging materials include paper, plastic, metal, and glass [20]. The packaging industry's sustainability depends on various aspects, including raw material availability, recycling methods, renewable resource use, and efficient product packaging policies. Plastic packaging, manufactured from petroleum-based polymers including PE, PP, PS, and PET, has been in use for decades. These petroleum-based polymers are not biodegradable and have a recycling rate of less than 14%. Exploring ecologically friendly biodegradable polymers is crucial for the sustainability of plastic-based packaging products. Biodegradable polymers, including proteins, polysaccharides, lipids, and vegetal sources (e.g., cellulose, starch, chitosan, maize zein, whey protein, waxes, collagen) have been extensively studied [21]. These materials should be encouraged for packaging purposes. The government should adopt and implement policies promoting the use of biodegradable and recyclable materials. Similarly, packaging material manufacturers should endeavour to make their products 100% recyclable.

Investigating the impact of biodegradable and non-biodegradable plastics on packaging.

Petroleum based plastics

Biodegradable plastics

Non-biodegradable plastics

Bio-based plastics

Bio-based plastics Bio-based plastics

PE (9%) PLA (10%)

PET (26%) PBAT (7%)

PA (12%) PBS (5%)

PTT (9%) Starch based materials (18%)

Other (1%) PHA’s

Conventional Petroleum Bio-based plastics (2%)

based plastics

PP PBAT

PE PCL

PET

Manufacturers of packaging materials (e.g. glass, metals, paper/paperboards) should prioritize environmental sustainability by using recyclable and reusable materials. Metals such as aluminum are 100% recyclable [22]. Recycled paper is less water and energy-intensive than virgin pulp, with a lower environmental impact. Glass can be reused for several purposes, including fine aggregate in concrete and mortar. The % recyclability of packing materials is an excellent indicator of their sustainability. Manufacturers of packaging materials should prioritize adopting biodegradable and sustainable materials with high recycling rates [23].

**Strategy to Reduce Cost of Packaging**

1. **Improving Materials Storage and Packaging Lines**

Is there a method to streamline your designs and speed up the packing process? If you'd like to improve your current operations, take these steps:

* Analyze your current inventory of product packing
* Identify similar items that could be grouped together
* Identify infrequently used packing materials and group them together

### Reduce the Amount of Packing Time with Automation

An automated packaging line will improve your operations in the following ways:

* **Increased output: Automation accelerates the picking and packing process, increasing your company's profitability.**
* **Reduce your environmental impact: Manual sealing causes a lot of garbage. A machine that is automated only consumes the precise amount of material required.**
* **Reduce workplace injuries: Automation minimizes the chance of repetitive strain injuries, lowering absenteeism and occupational injury claims.**
* **Boost the credibility of your company: Machinery provides accuracy, resulting in neatly wrapped and protected items. As a result, you can display a more appealing product to your consumers while also lowering the risk of harm.**

### Optimize Packaging by Using Smaller Boxes

### When you transport relatively little commodities in large boxes, you are missing out on a simple cost-sscutting opportunity. Consider the following tactics to enhance packing and reduce delivery costs:

### Optimize packing space: Ship as many items as possible in a single packaging box.

### Diversify your packing materials: Instead of utilizing the same three box sizes, consider your typical shipment size and make sure you have adequate packaging that does not incur dimensional volume fees.

### Use cushioned envelopes: Some of your items may be small enough to fit into big, padded envelopes rather than small boxes.

### Automation of operations: Automated packaging technology can quickly identify the right box for each product depending on its size.

### Negotiate shipping rates: If you send a significant number of products frequently, contact your account manager to negotiate preferred pricing. Remember, everything is negotiable. Before negotiating with your carrier, review your shipping data to gain a better understanding of your profile.

### Minimize Returns by Ensuring Products are Properly Packaged and Transported

### Poor load stability might also cause transportation damage. Product damage can occur if a transporter fails to correctly stack its goods or stacks its pallets too high. Some causes, such as extended vibration, are difficult to prevent. In these circumstances, investing in long-lasting packaging, such as heavy-duty boxes or protective stuffing materials, is crucial. Poor load stability, while the carrier's responsibility, is more difficult to establish. A recommended technique is to employ different carriers and identify which carrier handles the most damaged and returned merchandise. If you find such a carrier, you may discuss it with your account manager or switch to a different, more dependable carrier.

### Redesign to Optimize Packaging

Cutting unit costs while sacrificing product safety is never a smart idea. However, product packaging might be expensive for reasons of design rather than substance. Consider revamping your present packaging to be more space-efficient. Furthermore, you may avoid costly add-ons like as labels by printing designs or logos right into the box.

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