

	Cellulose blown or loose	Cork boards	Cellulose or wooden boards	Cotton polyester mix quilts	Flax/hemp quilts	Wool quilts	Straw	Coconut Fibre board	Perlite Beads	Mineral fibre blown
k value	0.036	0.041	0.038	0.037	0.038	0.037	0.05	0.045	0.05	0.040
Approx cost (£) per m2 100mm thick	£4 Sold in bags: £8. 2m per bag at 100mm	£2.50 (8mm)	£2	£6-£12	£7 - £9	£9.50	<£1 a bale	£9	£2.50 - £3	£4.50
Renewable	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Recyclable	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No, mined	No, mined
Embodied energy	Low	Low	Low	Low	Low	Low	Low	Low	Yes	Yes
Pollution/ toxic	Low	Low	Low (depending on binder)	Low	Low	Low	Low	Low	High	High

Material	Phenolic Foam board	Eco-wool	VIP's	Polyurethane	Expanded Polystyrene (EPS)	Foamed Glass slab	Mineral wool batts	Fibreglass	Extruded Polystyrene (EXP)
k value	0.018 – 0.025	0.039 – 0.042	0.004	0.033	0.032	0.042	0.035	0.032	0.032
Approx cost (£) per m2 100mm thick	£5	£3	Bespoke	£10	£5	£9.50	£2 - £3	£1.50 - £2	£3
Renewable	No	Yes	No	No	No from fossil fuels	No	No	No	No
Recyclable	Reclaimable	Yes	Reclaimable	Yes	Yes	Reusable	Reusable	Reclaimable	Reclaimable
Embodied Energy	High	High	High	Very High	High	High	High	High	High
Pollution /Toxic	High	No	HCFC free	High	High	HCFC free	Low	High	High

	Glass fibre blown	Polystyrene (Blown beads)	Latex Foam	Aerogel
k value	0.040	0.032 - 0.040	1.5	0.021
Approx cost (£) Per m2	£6	£3 a bag	£145 a roll	Bespoke
Renewable	No, mined	No, from fossil fuels	No	No
Recyclable	No but made of recycled glass.	Yes	No	Reclaimable
Embodied energy	High	High	High	High
Pollution/ toxic	High	High	High	High