



NADIA LADAK

Young Woman of Distinction

Nadia Ladak is a bold and creative entrepreneur, and co-founder and the Chief Executive Officer of Marlow.

When a university project prompted her to create a product she was passionate about, she co-founded Marlow, a gender-inclusive, eco-friendly menstrual care brand offering the first lubricated tampon. Nadia has since raised \$1 million in funding to fuel the brand's growth, earning \$400,000 in grants, including from the Entrepreneurship World Cup, the Canada Post Tales of Triumph contest and the Visa She's Next Grant Program.

Nadia sees her success as an opportunity to support future generations of women business leaders; she does this by volunteering to mentor high school-aged young women on entrepreneurship and advocating for the needs of women entrepreneurs through Startup Canada's Women Advocacy Network. Additionally, she has contributed to international entrepreneurship policy as a member of the G20 Young Entrepreneur Alliance and has spoken

globally at the G20 Youth Entrepreneurship Summit in Germany, the Young Entrepreneurs of the World Summit in New York, and the Ontario Student Leadership Conference.

In tandem with Nadia's dedication to supporting women in business is her passion for reproductive health education and destigmatizing periods. Her work has led her to present at 25 universities across Canada and earned Marlow more than 100 million views on social media.

In 2023, Nadia and her Marlow co-funders appeared on the Forbes 30 Under 30 Toronto list and season 18 of CBC's Dragon's Den.

Nadia's extraordinary commitment to making bold change as an entrepreneur is further evidenced in her weekly newsletter, A Founder Diary, where she continues to shape a community of young women leaders.

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