

"Both high and low-permeance exterior insulation can improve energy efficiency and durability. At the same time, each must be used appropriately to avoid moisture-related issues such as mold. For high-permeance insulation (i.e., mineral wool), the main concern is inward vapor drive; for low-permeance insulation (e.g., XPS, foil-faced polyiso), the concern is trapping water against sheathing".

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