



## Simple Steps to Reading Personal Care Product Labels

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### ***Steps you can take to improve the safety of your products:***

- Read labels and beware of “greenwashing”.
- Use fewer products whenever possible.
- Avoid aerosol sprays and loose powders.
- Make your own cleaners with baking soda, vinegar, and lemon juice
- Opt for fragrance free.
- Support companies that are reducing the use of toxic chemicals in personal care products.
- Support research on the effects of common chemicals.
- Support the Safe Chemicals Act.
- Utilize your social networks to educate others!
- **Some key ingredients to avoid:**
  - Phthalates (not on the label – avoid fragrance/parfum)
  - Triclosan
  - Parabens
  - Formaldehyde (also formed from Quaternium-15, DMDM Hydantoin, Diazolidinyl Urea and Imidazolidinyl Urea)
  - 1,4-dioxane (not on the label - avoid sodium laureth sulfate, cetareth, polyethylene glycol/PEG)

- DEA (diethanolime) compounds

## References

[www.saferchemicals.org](http://www.saferchemicals.org)

Find out how you can support the Safe Chemicals Act.

<http://www.ewg.org/>

<http://safecosmetics.org/>

Find ingredient lists and see how your products rank for safety.

<http://www.epa.gov/dfe/>

Lists “safer” products certified EPA’s Design for the Environment program

<http://www.womensvoices.org/>

Get info, sign petitions urging companies to remove toxins from products, find DIY recipes

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