

LAUNDRY ROOM DIRTY DOZEN



While the European Union has banned more than 1,400 harmful chemicals from personal care and cleaning products, the U.S. restricts less than 50 chemicals. Here's a list of the most common hazardous ingredients found in laundry products and other household cleaners. Steer clear of these for safer homes and healthier lives. **You deserve to know** what you're putting on (and potentially into) your body. Avoiding harsh toxic chemicals helps us protect our families and environment.

DIRTY DOZEN CHEAT SHEET:

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- SODIUM LAURYL SULFATE (SLS) & SODIUM LAURYL ETHER SULFATE (SELS)
- AMMONIUM LAURYL SULFATE (ALS)
- CHLORINE BLEACH
- 1,4 DIOXANE
- UNSPECIFIED FRAGRANCE
- UV/OPTICAL BRIGHTENERS
- DYES
- AMMONIUM QUATERNARY SANITIZERS
- PHOSPHATES
- NONYLPHENOL ETHOXYLATES (NPE)
- BENZYL ACETATE
- DICHLOROBENZENE (BENZENE)

✂ Save in your wallet for quick reference

1 SODIUM LAURYL SULFATE (SLS)/ SODIUM LAURYL ETHER SULFATE (SELS)*

Where to Look: Detergents, Shampoos, Hand Soaps, Dish Soaps

Purpose: Surfactant for Stain/Soil Removing. Great Foaming agent.

Why Avoid: Irritation of skin, eyes, or lungs; organ system toxicity (non-reproductive); environmental ecotoxicology.

What to Do: Look for labels that only contain plant-based surfactants.

3 CHLORINE BLEACH*

Where to Look: Bleach, Whiteners, Brighteners, Detergents

Purpose: Oxidizer for Stain/Soil Removing. Whitening agent.

Why Avoid: Irritation of skin, eyes, or lungs; respiratory problems; nervous system damage; asthma; headaches.

What to Do: Use brighteners or boosters with sodium percarbonate (an oxygen bleach) or hydrogen peroxide.

5 UNSPECIFIED FRAGRANCE* (Parfum)

Where to Look: Virtually all household and personal care products.

Purpose: Adding the perception of value/cleanliness through scent.

Why Avoid: Due to a loophole in US law, companies are not required to disclose the ingredients within fragrance blends. Many are documented carcinogens or hormone/endocrine disrupters.

What to Do: Use products that disclose fragrance ingredients or use essential oils. Or, choose unscented products and add your own essential oils.

2 AMMONIUM LAURYL SULFATE (ALS)*

Where to Look: Detergents, Shampoos, Hand Soaps, Dish Soaps

Purpose: Surfactant for Stain/Soil Removing. Great Foaming agent.

Why Avoid: Irritation of skin, eyes, or lungs; organ system toxicity (non-reproductive); environmental ecotoxicology.

What to Do: Look for labels that only contain plant-based surfactants.

4 1,4 DIOXANE (Diethylene Dioxide/ Diethylene Ether/ Dioxan)*

Where to Look: Detergents, Softeners, Stain Removers, Cosmetics

Purpose: Solvent for Stain/Soil Emulsifying, Blending Perfumes, Stabilizing.

Why Avoid: Irritation of skin, eyes, or lungs; endocrine & hormone disrupter; known carcinogen.

What to Do: Use products that have searchable and identifiable plant-based ingredients.

6 UV/OPTICAL BRIGHTENERS*

Where to Look: Detergents, Softeners, Products with Blue Beads, Plastics, Textiles

Purpose: Gives the appearance of brightness by absorbing ultraviolet light and re-emitting fluorescence.

Why Avoid: Can cause allergic reactions and/or rashes when in contact with skin. Some are documented carcinogens and hormone disrupters. Harmful to aquatic life.

What to Do: Use brighteners or boosters with sodium percarbonate (an oxygen bleach) or hydrogen peroxide.

* Note: We would never put any of these ingredients in our products at MyGreenFills.



7 DYES *

Where to Look: Detergents, Softeners, Shampoos, Hand Soaps, Cosmetics, etc.

Purpose: Give the perception of value through color but serve zero purpose for product performance.

Why Avoid: Can cause allergic reactions and/or rashes when in contact with skin. Some are documented carcinogens and hormone disrupters.

What to Do: Use only free and clear products without dyes.

9 PHOSPHATES *

Where to Look: Detergents, Softeners, Stain Removers, Dish Soap, Dish Powder

Purpose: Boost performance of cleaners by chelating minerals.

Why Avoid: Creates serious environmental ecotoxicological risks – especially to waterways.

What to Do: Only use products that are phosphate-free.

11 BENZYL ACETATE *

Where to Look: Dryer Sheets, Scent Boosters

Purpose: Boost lingering performance of fragrance as well as reduce static.

Why Avoid: Has been linked to pancreatic cancer.

What to Do: Throw a ball of aluminum foil in your dryer to reduce static and use essential oils to add a pleasant, safe scent to your laundry.

8 AMMONIUM QUATERNARY SANITIZERS* (Quats, Synthesised Cationic Surfactants)

Where to Look: Detergents, Softeners, Stain Removers, Dryer Sheets, Hand Soaps, Hair Conditioners

Purpose: Soften fabrics and carry fragrance.

Why Avoid: Can cause allergic reactions resulting in irritation of skin, eyes, or lungs; organ system toxicity (non-reproductive); and environmental ecotoxicology.

What to Do: Look for labels that only contain plant-based & eco-friendly surfactants.

10 NONYLPHENOL ETHOXYLATES* (NPE's, Nonoxynols)

Where to Look: Detergents, Softeners, Dryer Sheets, Scent Boosters, Clothing, Textiles, etc.

Purpose: Serve as an emulsifier for stain removal, carrier of fragrances, paint production, and agrochemical dispersion.

Why Avoid: Many are carcinogens or endocrine/hormone disruptors, capable of causing allergic reactions, skin rashes, and asthma or other respiratory issues.

What to Do: Use products that have searchable and identifiable plant-based ingredients.

12 DICHLOROBENZENE* (Benzene)

Where to Look: Dryer sheets, Fabric Softeners, Scent Boosters

Purpose: Boost lingering performance of fragrance as well as reduce static.

Why Avoid: Results in irritation of the skin, throat, and eyes. Chronic inhalation exposure in humans results in negative effects on the liver, skin, and central nervous system (CNS). It's linked to anemia and blood cancers such as leukemia, as well as being a known endocrine disruptor.

What to Do: Throw a ball of aluminum foil in your dryer to reduce static and use essential oils to add a pleasant, safe scent to your laundry.

* Note: We would never put any of these ingredients in our products at MyGreenFills.

READY TO DETOXYFY YOUR LAUNDRY ROOM?

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