

## CHEMICALS TO CUT FROM YOUR CLEANING ROUTINE<sup>43</sup>

Ingredient	What It Is	Why It's Harmful
<b>Formaldehyde (formalin)</b>	An industrial-strength disinfectant.	Classified by the World Health Organization as a known human carcinogen. <sup>44</sup>
<b>1,4-dioxane</b>	A manufacturing by-product found in liquid laundry detergent.	Classified by the EPA as a probable human carcinogen. <sup>45</sup>
<b>Bronopol (2-bromo-2-nitropropane-1,3-diol)</b>	Formaldehyde-releasing preservative added to cleaners to help kill bacteria and extend a product's shelf life.	Known to cause negative skin reactions and release low amounts of formaldehyde. <sup>46</sup>
<b>Diethylene glycol monomethyl ether (also known as DEGME, methoxydiglycol)</b>	Found in heavy-duty cleaners, degreasers, and antifreeze.	Linked to fertility issues for women and men, this class of chemicals can be absorbed through the skin or inhaled and reach toxic levels in the body. <sup>47</sup>
<b>Sodium hypochlorite (bleach)</b>	Found in a wide range of cleaners in the laundry room, bathroom, and pool.	An extreme irritant with potent fumes shown to aggravate asthma. Can cause poisoning if inhaled or swallowed. <sup>48</sup>
<b>Ammonium hydroxide</b>	A deep cleaner, degreaser, and polisher used on its own or as an additive.	Ammonia is super corrosive (think chemical burns) and can cause respiratory issues when the fumes are inhaled. <sup>49</sup>

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<b>Quaternary ammonium compounds: benzalkonium chloride, alkyl dimethyl benzyl ammonium chloride; alkyl dimethyl ethylbenzyl ammonium chloride</b>	These “quats” function as germ busters in antibacterial scrubbers, dish soaps, hand soaps, and disinfecting air fresheners. They also show up in fabric softeners.	Known to cause respiratory issues, including the development or worsening of irritation and asthma. <sup>50</sup>
<b>Ethanolamines (mono-, di-, and triethanolamine)</b>	Used to control acidity in some cleaners; used as detergents in many cleaning products.	Known to cause respiratory issues and irritation. <sup>51</sup>
<b>Perchloroethylene (PCE, PERC)</b>	Used in dry cleaning chemicals, spot cleaners, and polishes, including shoe polish.	According to the National Toxicity Program, this chemical is “reasonably anticipated to be a human carcinogen.” <sup>52</sup>
<b>Phthalates</b>	Yep, these scented babies are lurking in your detergents and other cleaning products, too.	Flagged for carcinogenic concerns and reproductive toxicity. <sup>53</sup>