



Household Products: Ingredients to **Avoid**

Harmful Ingredient	Why is it harmful?	Often Found In...
Ammonia	Irritant eyes/lungs/skin, Respiratory tract irritant, Lung injury	Auto/metal polish, Paint stripper, Adhesive remover, All purpose cleaners, Window/Glass Cleaner, Concrete Acrylic Fortifier
Ammonium Quaternary Compound (Quats)- benzyl chloride	Irritant skin/eyes/lungs, Immunotoxin,	Static Stoppers/Fabric Softener, Disinfectants & Sanitizers, Swimming Pool algaecides
Bisphenol A (BPA)	Endocrine Disruption	Plastics, baby bottles, electronics, tableware
Bleach	Irritant eyes/skin/throat, especially to individuals with a previous lung condition	Detergent (laundry and dishwasher), Floor Cleaner, Disinfectant Cleanser, Bathroom Cleaners
Chlorine	Irritant eyes/skin/throat, especially to individuals with a previous lung condition	Garden Fertilizer, Plant Food, Detergents (laundry and dishwasher), Bathroom cleaners
Formaldehyde	Carcinogenic, Reproductive Toxicity, Allergies, Organ System Toxicity, Irritant eyes/skin/lungs	Glues (wood, school, flooring), Insulation, detergents,
PBDEs	Bioaccumulation	Flame retardant, couches, mattresses, clothing, pillows, chairs, Plastics (remotes, TVs, cell phones)
Phthalates	Endocrine Disruption	Children's toys, synthetic leather, adhesives, shower curtains, perfumes, hair sprays
Triclosan & Triclocarban- synthetic antimicrobial chemicals	Bioaccumulation, Hormone Disruption	Liquid hand soap, Dishwashing liquid, Body wash, Foaming Lotion, Face wash, Deodorant, Antibacterial