**Avoiding Toxins in Body Products**

**Look for fragrance-free products:** Fragrance is considered a high hazard ingredient because fragrance is often made up of many chemicals which companies keep secret. Some of the chemicals commonly used in fragrance are toxic, such as phthalates. Phthalates are hormone disrupting chemicals linked to reproductive and respiratory problems.

**Reduce the number of products you use:** We use a lot of products on our bodies. The average American woman uses 12 products daily while men use 6. Many of these products contain untested or toxic chemicals.

**AVOID antibacterial products:** Antibacterial products contain toxic chemicals such as triclosan and triclocarban. These chemicals are linked to cancer and hormone disruption. Use soaps, toothpaste, and other body products without these chemicals. Alcohol based hand sanitizers are good options for on the go hand washing.