

**COMMON TOXINS: WHAT TO AVOID AND WHAT TO USE**

***All info adapted from IHP***

**TOOTHPASTE & MOUTHWASH**

**AVOID**

* Triclosan
* Sodium Lauryl Sulfate (SLS)
* Artificial Sweeteners
* Fluoride
* Propylene Glycol *(mineral oil)*
* Diethanolamine (DEA)
* Microbeads *(These are plastic beads!)*
* Chlorhexidine
* Alcohol
* Hexetidine (oraldene)
* Methyl Salicylate
* Benzalkonium Chloride
* Cetylpyridinium Chloride
* Methylparaben

**BEST BRANDS**

* Dirty Mouth tooth powder
* Jason
* Dr. Brite
* Redmond
* Dr. Bronner’s
* Lucky Teeth organic

**MAKEUP**

**AVOID**

* BHA and BHT
* Coal tar dyes: p-phenylenediamine and colors *(listed as "CI" number)*
* DEA-related ingredients
* Dibutyl phthalate
* Formaldehyde- releasing preservatives
* Parabens
* Parfume *(a.k.a. “fragrance”)*
* PEG compounds
* Petrolatum
* Siloxanes
* Sodium laureth sulfate
* Triclosan

**BEST BRANDS**

* Ilia
* Eminescence
* Maia’s
* Mineral Fusion Beauty Counter Rejuva Minerals W3LL

**SHAMPOO**

**AVOID**

* Sodium Laurel Sulfate
* Formaldehyde
* Triclosan
* Dioxane
* Diethanolamine
* Phalthates
* PCBS
* Parabens
* PEG-6

**BEST BRANDS**

* Soap for Goodness Sake
* Makes 3 Organics
* Opas
* Himalaya
* Dr. Bronner

**DEODORANT**

**AVOID**

* Aluminum
* Parabens
* Steareths
* Triclosan
* Propylene Glycol
* TEA and DEA
* Artificial Colors & Dyes

**BEST BRANDS**

* Piper Wai
* Truly’s
* Bali Secrets
* BeGreen
* Purely Great
* Honestly pHresh

**MOISTURIZERS**

**AVOID**

* Resorcinol
* Hydroquinone
* Petrolatum
* Xylene
* Toluene
* Mineral oil
* Liquid paraffin
* Methylisothiazolinone
* Oxybenzone
* Parabens
* Synthetic colors
* Fragrance
* Phthalates
* Triclosan
* Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES)
* Formaldehyde
* Toluene

**BEST OILS**

* Argan Oil
* Jojoba oil
* Carrot Seed oil
* Apricot Seed oil
* Sesame oil (body)
* Coconut oil (body)

***Oil Pulling: look for these notations:***

* Organic (non-GMO)
* First pressed
* Cold pressed
* Extra virgin (especially olive oil) 

**LAUNDRY**

**AVOID**

* Sodium lauryl sulfate (SLS)/sodium laureth sulfate (SLES)
* Sodium dodecyl sulfate
* Sulfuric acid, monododecyl ester, sodium salt
* Sodium salt sulfuric acid
* Monododecyl ester sodium salt sulfuric acid
* A13-00356
* Akyposal SDS
* Aquarex ME 1,4-dioxane
* NPE (nonylphenol ethoxylate)
* Phosphates

**BEST BRANDS**

* Green Shield
* Earth Friendly
* BioKleen
* Attitude
* Better Life
* Fit Organic
* Green Shield
* Seventh Generation
* Sun & Earth

**COOKWARE**

**AVOID**

* Aluminum
* Teflon
* “Non-stick”

**BEST MATERIALS**

* Stainless steel
* Cast Iron
* Ceramic
* Glass
* Stoneware
* Copper (unless you have copper toxicity)

**CHILDREN’S PRODUCTS**

**AVOID**

* Aluminum
* Parabens
* Steareths
* Triclosan
* Propylene Glycol
* TEA and DEA
* Artificial Colors & Dyes

**BEST BRANDS**

* Piper Wai
* Truly’s
* Bali Secrets
* BeGreen
* Purely Great
* Honestly pHresh

**HOME/OFFICE**

**AVOID**

* Air Fresheners
* Cleaning products
* Dryer sheets
* Synthetic perfumes or fragrances
* Lead paint
* Paint fumes
* Varnishes
* Urethanes on floors
* Vinyl’s Polyurethane
* Synthetic insulation
* Smoke (candles, cooking, etc.)
* Mold spores
* Mildew
* Dust mites
* Synthetic carpet outgassing
* Pet dander/allergens
* Flame retardant particles
* Fabric outgassing
* Natural gas
* Carbon monoxide
* Construction materials
* Chlorine vapors
* Car garage solvents & fumes
* Oil & gas fumes

**BEST BRANDS**

* Aspen Clean
* Attitude
* Biokleen
* Dr. Bronner’s
* ECOS
* Planet
* Seventh Generation
* Sun & Earth
* Truce

**WATER**

**AVOID**

* Tap water to avoid toxins such as flouride, aluminum, drugs
* Bottled water with “Natural flavors”

**BEST BRANDS**

* Berkey countertop filter
* Zero water pitcher
* Thersage water pitcher
* Whole house water filtration system
* \*look for multi-step water filtration system or reverse osmosis filtration system

**SHOWER & BATH FILTERS**

* Aquabliss (you keep your current shower head)
* Sprite (replaces your existing showerhead)
* Culligan (small shower head and filter all-in-one) 