

# Cleaning Without Toxins

## Buy cleaner products

look for products with safer ingredients, such as cleaning products labeled:

- Nontoxic
- Chlorine-free
- Phosphate-free
- Biodegradable
- Bio-based
- Organic
- Natural fragrance

### Avoid:

Nonylphenol ethoxylates (NPE) found in detergents, stain removers and citrus cleaners, Ammonia, Chlorine Bleach, Diethanolamine, Phosphates

**Antibacterial soap and disposable wipes have not been proven to be more effective than regular soap in preventing infection among average consumers.**

SOURCE: MOTHER EARTH NEWS

To learn more about the health risks associated with ingredients found in household cleansers, visit:  
[www.householdproducts.nlm.nih.gov](http://www.householdproducts.nlm.nih.gov)

## The toxic impact

Cleaning products were responsible for nearly 10 percent of all toxic exposures reported to U.S. Poison Control Centers



in 2000, accounting for 206,636 calls. Of these, nearly two-thirds involved children under six, who can swallow or spill cleaners stored or left open inside the home.

According to the U.S. Environmental Protection Agency, the air inside the typical home is on average 2-5 times



more polluted than the air just outside—and in extreme cases 100 times more contaminated—largely because of household cleaners and pesticides.