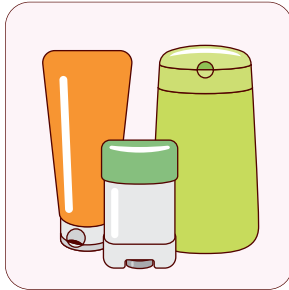


Every day we eat, drink, breathe, and touch chemicals that exist around us. The chemicals can affect our health. Planned Parenthood GREEN CHOICES will give you the information you need to make choices for better health and a greener environment — for yourself, your family, and your community.

## What do I need to know about personal care and beauty products?



- **Think about those you use — deodorant, hairspray, lotion, lubricants, make-up, nail polish, sunscreen, shampoo, soap, and toothpaste.**

Many contain chemicals that may harm your health. These chemicals get into your body in different ways:

- You might breathe them into your lungs.
- They may soak through your skin.
- You may swallow them if they get into your mouth.
- **No government agency approves the safety of *all* the ingredients in these products.**

## Does it matter if I use them only once in a while?



There may not be enough harmful chemicals in them to hurt you if you use them only once. But they can build up in your body over time — enough to really harm you.

- They can increase your risk of **cancer**.
- They may also **disrupt your hormones** and make it harder for you to get pregnant.
- They may cause other health problems.

## How can I use personal care products more safely?

We can't tell you what brands to use. Here is the best advice we can give you:

- **Always read the product label.**



- **Avoid products that have**
  - fragrance — phthalates — used in all perfume and some deodorants, hair sprays, moisturizers, nail polishes, and shampoos

- mercury — thimerosal — used in eye drops, mascara, and ointments
- placenta — used in hair relaxers, lotions, and toners
- **Use fewer products.**
- **Use them less often.**
- **Use safer products.**

## What Can I Do?

- Many products are made with safer ingredients. Go to [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) to find safety ratings on products and ingredients.
- Learn about the Campaign for Safe Cosmetics, find companies who have pledged not to use toxic chemicals in their products, and take action at [www.safecosmetics.org](http://www.safecosmetics.org)