



INGREDIENTS TO AVOID IN CLEANING PRODUCTS

| CHEMICAL | FOUND IN | HEALTH EFFECTS |
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| Glycol Ethers (Most common type is 2-butoxyethanol) | Grease-cutters and window cleaners (Simple Green, Formula 409, Windex, etc.) | <ul style="list-style-type: none"> • Liver cancer in lab animals • Exposure by inhalation & skin • Can go through rubber gloves |
| Alkylphenol Ethoxylates (Nonylphenol and Octylphenol; Nonoxynol) | Laundry detergents (may see them listed as “nonionic surfactants”), cleaning products, paint, hair care products, pesticides | <ul style="list-style-type: none"> • Mimics estrogen • Shown to multiply breast cancer cells in lab tests • May disrupt immune system • Bioaccumulates |
| Dye | All-purpose cleaners, window cleaners, toilet bowl cleaners, laundry detergent | <ul style="list-style-type: none"> • Term used to hide chemical info; not sure what ingredients it contains |
| Ethanolamines: Monoethanolamine (MEA), Triethanolamine (TEA), Diethanolamine (DEA) | De-greasing formulas (Fantastik, Formula 409, Easy Off, etc.), laundry detergents | <ul style="list-style-type: none"> • Possible contamination with nitrosamines (carcinogens) • Can trigger asthma attacks, even in those w/o asthma |
| Fragrance | Multi-purpose cleaners, floor cleaners, laundry detergent, dryer sheets, window cleaners, dish soap, dusting sprays | <ul style="list-style-type: none"> • Endocrine disruption • Can be made up of hundreds, if not thousands of chemicals |
| Quaternary Ammonium Compounds (Benzalkonium Chloride) | Disinfecting sprays (Pine-Sol Cleaner & Anti-bacterial and Fantastik), fabric softeners and laundry detergents (Purex brand), oven cleaners, drain clog removers | <ul style="list-style-type: none"> • Can cause asthma and allergic reactions • Can cause severe skin burns and eye damage |
| Synthetic Musk | Soap, cosmetics, laundry detergent, dryer sheets | <ul style="list-style-type: none"> • Enhances the effects of other toxic chemicals in products • Bioaccumulates |
| Chlorinated Phenol | Toilet bowl cleaners | <ul style="list-style-type: none"> • Toxic to the respiratory system |
| Diethylene Glycol | Window cleaners | <ul style="list-style-type: none"> • Depresses the nervous system |
| Butyl Cellosolve | All-purpose and window cleaners | <ul style="list-style-type: none"> • May damage liver, kidneys, bone marrow, and nervous system |
| Bleach | (Will be labeled “with bleach”) Chlorine bleach, countertop sprays, toilet bowl cleaners | <ul style="list-style-type: none"> • Can cause irritation in the eyes, mouth, lungs, and skin • Can be fatal if swallowed • Is corrosive internally & externally |
| Ammonia | Window cleaners, metal polishers, stainless steel and brass polishes, some all-purpose cleaners (especially those labeled “Tough on Grease”) | <ul style="list-style-type: none"> • Moderate risk for respiratory concerns • Can cause dangerous, even deadly fumes, especially when mixed with bleach products |

