

Tips on How to Choose Healthy Products

You have made a decision to change to healthier products. The information below will help you make good choices for your health and a healthier environment.

It can be challenging to choose healthy products, especially since there are so many on the market, and so many of them make claims such as 'natural', 'eco-friendly', 'green', 'biodegradable', or 'good for the environment'. How do you know what to believe? Here are a few tips that can help you...

Avoid the following chemicals:

- *Parfum*/Perfumes or Fragrances;
- Phthalates (DMP, DEP, DBP, DnBP, BBzP, DEHP, DINP, DIDP, BBP, DNOP);
- Bisphenol A;
- DEA (diethanolamine): Cocamide, Oleamide, Lauramide DEA;
- Formaldehyde;
- DMDM hydantoin;
- Diazolidinyl urea;
- Imidazolidinyl urea;
- Methenamine;
- Quaternium-15;
- Sodium hydroxymethylglycinate;
- Parabens;
- Benzene;
- Sodium Lauryl Sulfate (SLS), Sodium Laureth Sulfate (SLES);
- Petrolatum;
- Mineral oil, White oil;
- Glycol ethers: Polyethylene glycol (PEG), Propylene glycol (PG);
- p-Phenylenediamine (PPD);
- MEA (Monoethanolamine)
- TEOA/TEA (Triethanolamine);
- Phenoxyethanol;
- Triclosan;
- Aluminum;
- Carbopol (Carbomer);
- Silicone: Dimethicone (PDMS);
- Siloxanes: Cyclomethicone, Cyclotetrasiloxane;
- DEET and other pesticides;
- Colours;
- Flavours;
- Nitrates/Nitrites;
- Sulfites;
- BHA or BHT.

1. Always read ingredients and avoid the product if there is *parfum*/perfume or fragrance on the label;
2. Do not rely on labelling such as "natural", "eco-friendly", "green", "biodegradable", or "good for the environment";
3. Buy unscented or fragrance-free products;
4. Choose clear products, free of colourings;
5. Seek out products with a short list of ingredients;
6. Use fewer products and use them less often.

Consult websites such as: www.ewg.org/skindeep and www.lesstoxicguide.ca.

Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)

C.P. 364, Saint-Sauveur, Québec J0R 1R0
P.O. Box 364, Saint-Sauveur, Québec J0R 1R0

Phone: 514-332-4320 | Fax: 450-227-4143 | Email: office@aseq-ehaq.ca
www.aseq-ehaq.ca | www.EnvironmentalSensitivities.com | www.ecoasisquebec.ca

