



Which products should you use?

There are some effective steps you can take to keep toxic products out of your home.

The good news is that of the many chemicals in use today that are carcinogenic, only a few show up in household products. The same is true of endocrine-disrupters and reproductive toxins.

By carefully choosing the products you buy, you can avoid toxic cleaners. There's more information on this sheet to help you do that.

Some of the particularly toxic ingredients that you do find in household products include the following:

CARCINOGENS

Methylene chloride: used in some household paint strippers.

Naphthalene: the main ingredient in mothballs. Some brands are 99 per cent naphthalene.

Paradichlorobenzene: used instead of naphthalene in such mothball products as cedar mothballs.

Silica: finely ground quartz. Breathing in the dust can cause cancer and a lung disease called silicosis through repeated exposure. It appears in some abrasive cleaners that come in shaker cans.

Trisodium nitrilotriacetate: also known as NTA, this

is a common ingredient in both powdered and liquid laundry soaps. It can be absorbed through the skin.

ENDOCRINE DISRUPTERS

Ethoxylated nonyl phenols: these have now been declared toxic under the Canadian Environmental Protection Act and may be banned over the next five years by Environment Canada. But they are still in some household products.

REPRODUCTIVE TOXINS

2-butoxyethanol: this ingredient, which can cause infertility in men and learning disabilities in children, is in a number of products, including spray cleaners and glass cleaners.

Xylene: this is found in many scuff mark removers.

How do you avoid those ingredients?

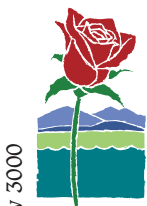
The various lines of environmentally-friendly products, such as Seventh Generation, Nature Kleen and others, make it easy — the manufacturers disclose the ingredients.

It's more difficult for the many products available on the retail shelf, but the table on the other side provides some help in determining which products you might want to avoid and others that are safe to buy.

Some examples of cleaning products...

PRODUCT NAME*	METHYLENE CHLORIDE	SILICA	TRISODIUM NITRILOTRIACETATE	ETHOXYLATED NONYL PHENOL	2-BUTOXYETHANOL	XYLENE
All Ultra laundry soap	—	—	—	—	—	—
Ajax cleanser with bleach	—	yes	—	—	—	—
Behr The Stripper	yes	—	—	—	—	—
Comet powder with Chlorinol	—	yes	—	—	—	—
Fantastik spray cleaner	—	—	—	—	yes	—
Fantastik bathroom cleaner	—	—	—	—	yes	—
Goof-Off scuff remover	—	—	—	—	—	yes
Purex liquid laundry soap	—	—	—	yes	—	—
Shout laundry stain remover	—	—	—	—	—	—
Scotchgard outdoor fabric	—	—	—	—	—	yes
7th Generation dishwasher	—	—	—	—	—	—
Sunlight laundry detergent	—	—	yes	—	—	—
Tide laundry detergent	—	—	—	—	—	—
Tilex soap scum remover	—	—	yes	—	—	—
Tilex total bathroom	—	—	—	—	yes	—
Twinkle Copper Brass polish	—	yes	—	—	—	—
Vim Oxygel Cleaner	—	—	—	—	—	—
Zout laundry stain remover	—	—	—	yes	—	—
3M Safest Stripper	—	—	—	—	—	—

* based on product MSDS as of February, 2003



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