## The Cost of Clean



## Laundry Detergents:

Linear alkyl sodium sulfonates (LAS): Carcinogenic and reproductive toxins such as benzene are released into the environment in processing.

**Petroleum distillates (aka napthas):** These chemicals have been linked to cancer, lung damage, lung inflammation and damage to mucous membranes. **Phenols:** Severe toxicity results from phenol's effects on the central nervous system, heart, blood vessels, lungs and kidneys.

**Nonyl phenol ethoxylate:** Stimulates the growth of breast cancer cells and feminizes male fish.

Optical brighteners: Toxic to fish. Causes bacterial mutations.

**Phosphates:** Stimulate the growth of certain marine plants, which contributes to unbalanced ecosystems.

**Sodium hypochlorite (household bleach):** Reacts with organic materials in the environment; carcinogenic and toxic compounds are created that can cause reproductive, endocrine and immune system disorders..

**EDTA (ethylene-diamino-tetra-acetate):** Can re-dissolve toxic heavy metals in the environment, allowing them to re-enter the food chain.

Fragrance: Cancer, developmental/reproductive toxicity, allergies,

immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity.



## Fabric Softeners:

Benzyl acetate: Linked to pancreatic cancer. Benzyl Alcohol: Upper respiratory tract irritant. Ethanol: On the Environmental Protection Agency's (EPA) Hazardous Waste list and can cause central nervous system disorders. Limonene: Known carcinogen. A-Terpineol : Can cause respiratory problems, including fatal edema, and central nervous system damage.

Ethyl Acetate: A narcotic on the EPA's Hazardous Waste list. Camphor: Causes central nervous system disorders. Chloroform: Neurotoxic, anesthetic and carcinogenic. Linalool: A narcotic that causes central nervous system disorders. Pentane: A chemical known to be harmful if inhaled. Fragrance: Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity.

Cleaning products, air fresheners, dry cleaning chemicals, fuel, exhaust, paint, newspapers and furnishings can contain many toxic chemicals including Volatile **Organic Compounds (VOCs):** Short term: Eye, nose and throat irritation Headaches Nausea / Vomiting Dizziness Worsening of asthma symptoms Increased risk of: Cancer Liver damage Kidney damage

Central Nervous System damage



Source: www.sixwise.com, Minnesota Department of Health, http://www.health.state.mn.us/divs/eh/indoorair/voc/index.htm

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