

# The Dirty Dozen

These are some of the most dangerous ingredients which may be lurking in your home right now – under your kitchen sink or in your cleaning closet.

**Ammonia** – May irritate the eyes, throat, skin and lungs. May damage the liver and kidneys.

*Found in window cleaners, drain cleaners, toilet cleaners, bathroom cleaners, oven cleaners, stainless-steel cleaners, car polish, and all-purpose cleaners*

**Chlorine** – May irritate the eyes, nose, throat and lungs. May cause coughing spasms and a feeling of choking. May also cause vomiting and respiratory problems.

*Found in automatic dishwashing detergents, some laundry detergents, chlorine bleach, chlorinated disinfectant cleaners, mildew removers, and toilet bowl cleaners*

**2 Butoxyethanol** – May irritate skin and eyes. May cause blood disorders. Exposure to high doses may cause reproductive problems, birth defects and developmental problems in children.

*Found in glass cleaners, stain removers, carpet cleaners, car cleaners, degreasers, and oven cleaners*

**Ethyl Acetate** – A known neurotoxin. May cause headache, nausea, fatigue and dizziness. Repeated contact can cause dryness and cracking of the skin.

*Found in fabric softeners and used in the manufacture of dryer sheets*

**Formaldehyde** – May irritate airways and cause coughing, wheezing, chest pains and bronchitis. May also cause cancer.

*Found in laundry detergents, bath soaps, cleaning products, candles, air fresheners, and plug-ins*

**Fragrance** – May cause allergies, migraines, asthma and other respiratory problems. May interfere with hormone production.

*Found in laundry detergent, fabric softeners, dryer sheets, all-purpose cleaners, air-fresheners, and most all types of cleaning products*

**Nonylphenol ethoxylate (NPE)** – May cause skin and eye irritation. Known to disrupt hormones, cause reproductive harm and birth defects. NPEs are of particular concern for pregnant Moms and young children. NPEs are one of the

most dangerous chemicals in the home and yet they are rarely listed as ingredients on product labels.

*Found in laundry detergents, dish detergents and almost any products that have emulsifiers or stabilizers. Also found in paints, children's toys, clothing, dry cleaning products, footwear, toys and games, food wraps, and indoor pest sprays*

**Perchloroethylene (PERC)** – Known to be a neurotoxin. May cause cancer. May cause dizziness, loss of coordination and behavioral changes. May irritate the upper respiratory tract and the eyes. May cause kidney dysfunction.

*Found in Dry-cleaning solutions, spot removers, and carpet and upholstery cleaners*

**Petroleum Distillates (Naphthas)** – Known irritant to skin and eyes. May cause nausea, lung damage, respiratory failure when exposed to high doses,

*Found in various cleaning agents and dry-cleaning products*

**Phthalates** – Known endocrine disruptors and may cause reduced sperm counts. May also cause breathing difficulties when inhaled.

*Found in air fresheners, dish soap, and many products with fragrance*

**Quarternary Ammonium Compounds (Quats)** – A type of antimicrobial that may help breed antibiotic-resistant bacteria. A known skin irritant. May be a leading cause of contact dermatitis. May cause respiratory problems including asthma.

*Found in detergents, fabric softeners, dryer sheets and most products labeled "antibacterial"*

**Sodium Hydroxide** – Extremely corrosive, may cause severe chemical burns to the skin, may cause sore throat and respiratory problems

*Found in oven cleaners and drain openers*