



Ingredients to Avoid in Cleaning Products

CHEMICAL	FOUND IN	HEALTH EFFECTS
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

