

The Toxic Audit

25 questions to find out what's really in your daily routine

Answer honestly — this isn't a test, it's a starting point. Check "Yes" or "No" for each question, then add up your "Yes" answers for your Toxic Tally at the end.

LAUNDRY & FABRIC CARE

1 Do you use a scented conventional laundry detergent? ☐ Yes ☐ No

2 Do you use fabric softener or dryer sheets? ☐ Yes ☐ No

PERSONAL CARE

3 Do you use a conventional (aluminum-based) antiperspirant or deodorant? ☐ Yes ☐ No

4 Do you use a conventional toothpaste with SLS or artificial dyes? ☐ Yes ☐ No

5 Do you use a conventional shampoo or conditioner (sulfates, silicones)? ☐ Yes ☐ No

6 Do you use a scented, conventional body wash? ☐ Yes ☐ No

7 Do you wear nail polish regularly? ☐ Yes ☐ No

8 Do you use a chemical (non-mineral) sunscreen? ☐ Yes ☐ No

MAKEUP & FRAGRANCE

9 Do you wear makeup daily (foundation, mascara, concealer, etc.)? ☐ Yes ☐ No

10 Do you use waterproof or long-wear cosmetics regularly? ☐ Yes ☐ No

11 Do you wear perfume or cologne daily? ☐ Yes ☐ No

HOME AMBIANCE

12 Do you regularly burn conventional (paraffin) candles? ☐ Yes ☐ No

13 Do you use plug-in air fresheners or scented sprays? ☐ Yes ☐ No

KITCHEN

14 Do you use a conventional (fragranced) dish soap? ☐ Yes ☐ No

15 Do you run a dishwasher with conventional detergent pods or tablets? ☐ Yes ☐ No

16 Do you cook with nonstick (Teflon-style) cookware? ☐ Yes ☐ No

17 Do you store or microwave food in plastic containers? ☐ Yes ☐ No

CLEANING

18	Do you clean with bleach?	☐ Yes ☐ No
19	Do you use disinfecting wipes regularly?	☐ Yes ☐ No
20	Do you use antibacterial hand soap or surface spray?	☐ Yes ☐ No
21	Do you clean glass or mirrors with an ammonia-based cleaner?	☐ Yes ☐ No

HOUSEHOLD MATERIALS

22	Do you have a vinyl (PVC) shower curtain?	☐ Yes ☐ No
23	Is your furniture or mattress older, with foam padding, and bought before 2015?	☐ Yes ☐ No
24	Do you handle paper receipts often (retail, service, or restaurant work)?	☐ Yes ☐ No

FEMININE HYGIENE

25	Do you use conventional (non-organic) tampons or pads?	☐ Yes ☐ No
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YOUR TOXIC TALLY

YOUR TOTAL "YES" COUNT: _____ / 25

0–6: Low Tox Living

You're already ahead of the curve. A few small refinements and you've covered the basics.

7–14: Making Progress

You've made some swaps already — a handful of easy changes could meaningfully lower your everyday exposure.

15–25: Time for a Reset

Your routine is full of conventional products with known trade-offs. Start with one category at a time — our free guides and classes are built exactly for this.

Follow up with 25 Reasons Why Toxins Matter

The companion response sheet that explains exactly why each item on this audit made the list. Sign up for our newsletter to get new guides first.

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This audit is for general awareness, not a medical or safety assessment. A "yes" answer reflects common product categories with documented trade-offs, not a judgment about your choices.