



GOOD CHEMISTRY

Green Tips for Better Health

Cleaning Products

What should I know about cleaning products?

- By design, some cleaning products contain poisonous ingredients and strong odors, which have been linked to cancer and other health problems.
- Products likely to contain the most harmful ingredients are drain cleaner, oven cleaner, and toilet bowl cleaner.
- The effects of any chemical exposure are dependent on the toxic properties of the ingredients, the timing of exposure, and the duration of exposure. Some chemical exposures from cleaning products can affect the way hormones behave and can lead to:

- Reduced fertility
- Menstrual changes
- Reduced sperm count
- Breast cancer
- Testicular cancer
- Miscarriages
- Premature deliveries
- Changes in the onset of puberty
- Birth defects of penis and scrotum
- Insufficient production of thyroid hormone



 **Planned Parenthood**[®]
of Northern New England

1-800-230-PLAN | www.ppnne.org

EVERYDAY, WE EAT, DRINK, BREATHE, AND TOUCH CHEMICALS THAT EXIST AROUND US — SOME OF WHICH CAN AFFECT OUR HEALTH. PLANNED PARENTHOOD IS COMMITTED TO GIVING YOU THE INFORMATION YOU NEED TO MAKE CHOICES FOR BETTER HEALTH AND A GREENER ENVIRONMENT.



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What can I do?

Risks associated with cleaning products can be reduced by following these tips:

- Make your own non-toxic cleaning products. Here are some ideas:

HOMEMADE OVEN CLEANER

Mix 5 tbsp. baking soda, 3 drops of dish soap, and 4 tbsp. white vinegar. Apply paste to the inside of oven, scrub, then wipe clean and rinse.

HOMEMADE DRAIN CLEANER

Pour ½ c. baking soda followed by ½ c. white vinegar down the drain. Follow with boiling water after the foam settles.

HOMEMADE TOILET BOWL CLEANER

Sprinkle with baking soda, spray with white vinegar, and then scrub with toilet brush. For tougher stains, drop two denture tablets in the bowl and scrub with toilet brush.

HOMEMADE SHOWER MOLD AND MILDEW REMOVER

Mix ½ c. hydrogen peroxide (3%) with 1 c. water and spray directly on affected area.

HOMEMADE ALL-PURPOSE FLOOR CLEANER

Mix a few drops of vinegar and a cap full of baby oil or olive oil in a bucket of warm water and then mop.

- Use less toxic products — consult **Green Seal** (www.green Seal.org) for a list of brands that are certified to be less toxic.
- Never mix products.
- Store products in safe places out of reach to children and pets.
- Call the **National Poison Center** (1-800-222-1222) if there is an exposure.



Other Online Resources:

- www.womenandenvironment.org/greenclean/host/index_html
- www.watoxics.org/homes-and-gardens/cleaning-products
- www.seventhgeneration.com