

Antibacterial Soaps May Be Harmful to Your Health and the Environment

Triclosan persists in the environment, and contributes to the growing problem of bacterial resistance to antibiotics.



Avoid Triclosan Containing Products

What is triclosan?

Triclosan is a synthetic compound used as an antibacterial/anti-fungal agent in a growing number of consumer products such as hand-soaps, laundry-detergents, and all-purpose cleaners.

Why be concerned about triclosan?

- Triclosan is a registered pesticide now found widespread in our environment.
- As a result of extensive human use, triclosan and other antibacterial chemicals have been found in water bodies, including the San Francisco Bay. Studies demonstrate that it is toxic to marine life.
 - Triclosan has been found in human blood, urine and breast milk, however, the impact of its use on human health are unknown.

Why are triclosan-free products better?

According to the Center for Disease Control and the American Medical Association, there is no demonstrated benefit of Triclosan containing soaps over plain hand soap in protecting people from germs.

Use **plain soap and warm water**, with vigorous scrubbing for 15-20 seconds, to fight germs on the hands.

What can I do? Read the label!

Use alternative products:

- Pure glycerin, castile or vegetable-based soap
- Hand-sanitizing gels with at least 60% alcohol or peroxide base
- Less toxic products without synthetic perfumes, dyes or synthetic petroleum compounds

To learn more and find alternative products, visit:

www.thegreenguide.com
www.foodandwaterwatch.org/water/
www.greenhome.com/

www.greenseal.org/
www.goodguide.com
www.ewg.org/node/26861

