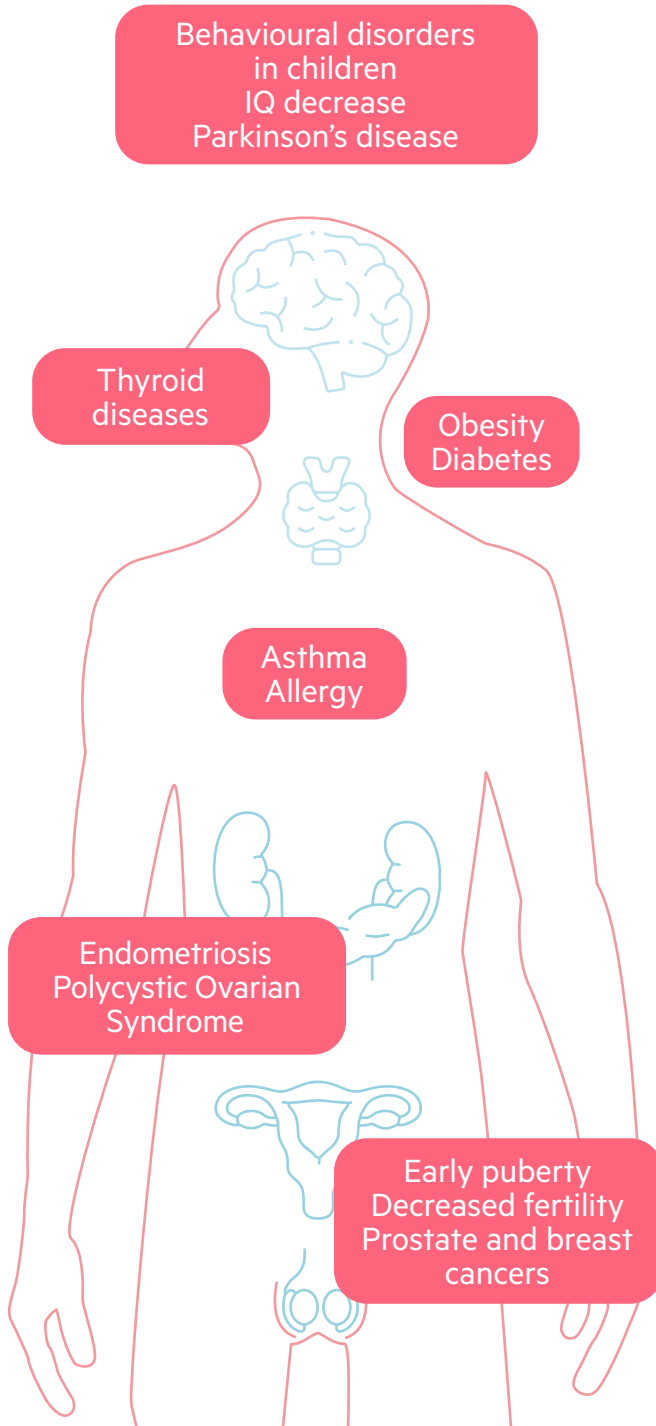


EFFECTS ON HEALTH

THESE SUBSTANCES CAN AFFECT OUR GLANDS AND CAUSE VARIOUS DISEASES

Santé publique, 2021-09, 29 p.



SVR IS COMMITTED

TO TEST OUR FINISHED PRODUCTS ON SOME ENDOCRINE MECHANISMS TO PROTECT OUR CONSUMERS' HEALTH

HOW DOES IT WORK?



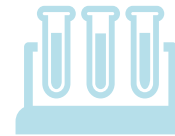
FINISHED PRODUCTS

To evaluate the product you use on a daily basis, and not just stop at a list of components



EXPERT LABORATORY

Test on **ENDOCRINE** mechanisms



TESTED PRODUCTS

Informed consumers



October 2022

FOR MORE INFORMATION,
SCAN THIS QR CODE

ENDOCRINE DISRUPTORS

WHAT ARE THEY?

Substances (or mixtures of substances) that disrupt the function(s) of our endocrine system (which produces our hormones) and cause harmful effects on our health, which can be transmitted to our children, grandchildren, great-grandchildren...*



WHO ARE THEY AFFECTING?

EVERYONE!

But some people are more vulnerable:

During the first 1000 days of life

Foetus, baby, child up to 3 years and the mother before, during and after pregnancy

But also throughout childhood and adolescence

WHERE ARE THEY?

Everywhere, but mostly...
in plastics, food,
cleaning products & odorants,
fabrics and cosmetics...



SVR
LABORATOIRE DERMATOLOGIQUE

*For the full definition from WHO : WHO, 2022

FIRST STEPS TO LIMIT EXPOSURE TO ENDOCRINE DISRUPTORS...

... IN YOUR DAILY LIFE

... DURING THE FIRST 1000 DAYS OF LIFE

The time when we are most vulnerable to ED
(Mom, foetus and baby up to 3 years)

RISKY SOURCES

SOLUTIONS

PLASTICS

- Meals in containers → Transfer them to non-plastic containers to reheat
- Utensils: kettle, carafe, tumbler, cutlery, straw, baby bottles → Use stainless steel or glass containers
- Bottled water → Favour tap water (except in identified areas under surveillance), do not leave the water bottle in the sun
- Toys → Wooden, fabric, organic...
Favour second hand

FABRICS

- Clothes, bedding, bath mats → Always wash once after purchase
Use cotton, wool, linen or second hand

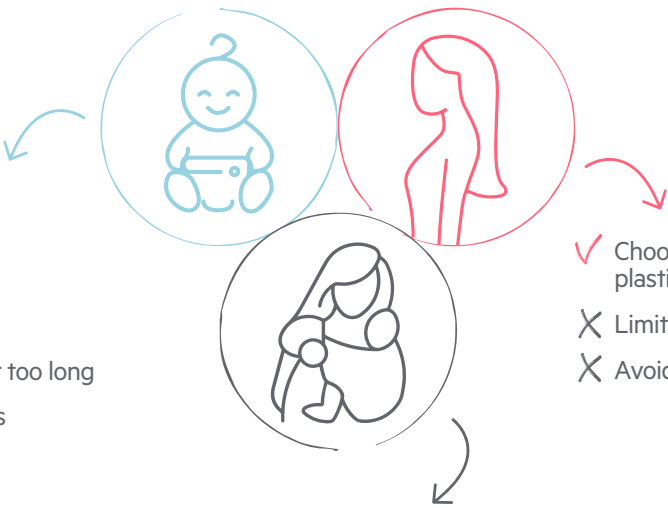
FOOD

- Meals, fruits, vegetables → Prefer homemade meals.
Buy produce from organic agriculture, peel fruits and vegetables
- Tea infusers → Use loose tea in stainless steel or glass containers
- Pans → Buy cast iron or stainless steel pans. Change as soon as the coating is worn / scratched

SCENTED PRODUCTS

- Candles, scent diffusers, perfumes, air purifiers, essential oils → Air the house for 20 minutes a day rather than using these products.
Change the vacuum cleaner bag (to avoid odors and limit airborne pollutants)

ADDITIONAL TIPS CONCERNING DAILY LIFE PRODUCTS FOR MOM AND BABY

- 
- ✓ Choose plastic-free diapers, made of natural materials
 - ✓ Use washable baby wipes
 - ✓ Two baths a week are enough
 - ✗ Do not leave the diaper full for too long
 - ✗ Do not use perfumed products
 - ✓ Choose cosmetics tested for endocrine disruption
 - ✓ Choose cosmetics with a reduced number of ingredients
 - ✓ Choose fabrics (clothes, bed sheets) made of natural fibers, cotton, linen, wool, silk...
 - ✓ Choose environmentally friendly household products (including laundry)
 - ✗ Do not use products containing essential oils
 - ✗ Limit products to basic necessities
 - ✓ Choose sanitary protections without plastic, in natural materials
 - ✗ Limit make-up
 - ✗ Avoid nail polish and hair spray

TO INFORM THE PUBLIC, ANSES* PROPOSES A LIST OF PROVEN ENDOCRINE DISRUPTORS THAT MAY EXIST IN OUR DAILY PRODUCTS

Some proven endocrine disruptors
Triclocarban, Triclosan, Oxybenzone...



If your cosmetic contains one of these ingredients, it doesn't necessarily mean it is endocrine disruptor or dangerous

Ingredient ✗ ingredient + packaging =
The finished product which must be tested as a whole