

BEST OF 2023
CLEANING
PRODUCTS



Spring is very much around the corner and with that the annual spring clean! Let's look at the back of all the products under your sink!

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We don't try to influence. Take on health responsibility. We are on outside opinion that has not been sponsored.

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CHOOSE
CLEANING
PRODUCTS
THAT HAVE



★
SUNNA'S
TOP HEALTH
PICK

smol

offering free trial on selection of their products, plus a clean/transparent brand

Chemical free, biodegradable ingredients, plant based/derived ingredients



LOOK FOR

Neat. Anti-Bac Multi-Purpose Refill Concentrate (Mango & Fig)	Homethings All Purpose Starter Pack	Method Anti-Bac Cleaner (Rhubarb)	Ecover Multi Action Surface Cleaner	Homethings Bathroom Eco Clean	Delphis Eco Bathroom Cleaner
£2.50	£2	£4	£2.60	£4	£4

Other: Available Online

Smol Multi-Purpose Spray	EcoVibe Kitchen Surface Cleaner Refills
free trial available (includes free bottle and trigger spray), then 6 pack for £6	glass bottle plus refill £5.99, 5 refill sachets £9.99

*All of the above offer bathroom, kitchen and toilet products too with the same ethos as listed. Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

AVOID



- Chemicals that cause skin allergies eg. Benzisothiazolinone and Methylisothiazolinone**
- Unknowns on ingredient list**
- Single use plastic where possible**



Yours in health

Sunna
Sunna Van Kampen
Founder, Tonic Health

Want to ask Sunna a question? Email him on sunnavankampen@tonichealth.co