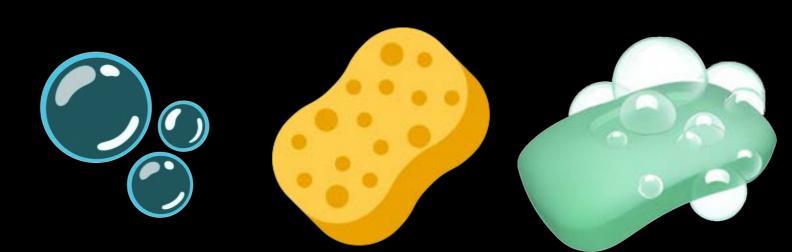


# BEST 0F 2023



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!

© Tonic Health Ltd. 2023

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

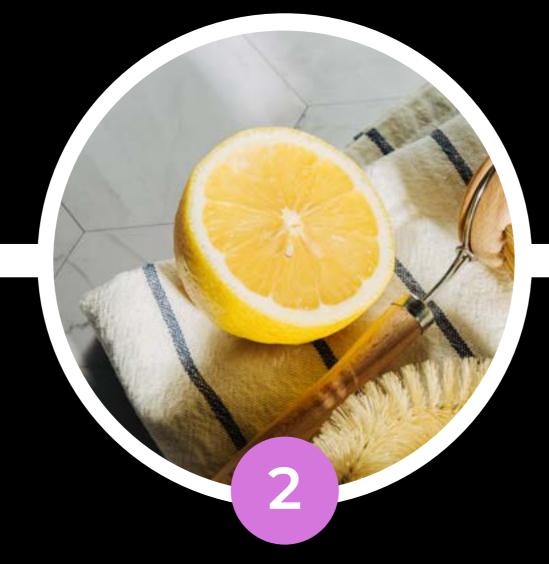




# CHOOSE CLEANING PRODUCTS THAT HAVE



Refillable options



Natural ingredients



Eco-friendly



Free from chemicals



Transparency from the brand



sm.

their products, plus a clean/transparent brand

## LOOK FOR

### Chemical free, biodegradable ingredients, plant based/derived ingredients



Neat. Anti-Bac Multi-Purpose Refill Concentrate (Mango & Fig)

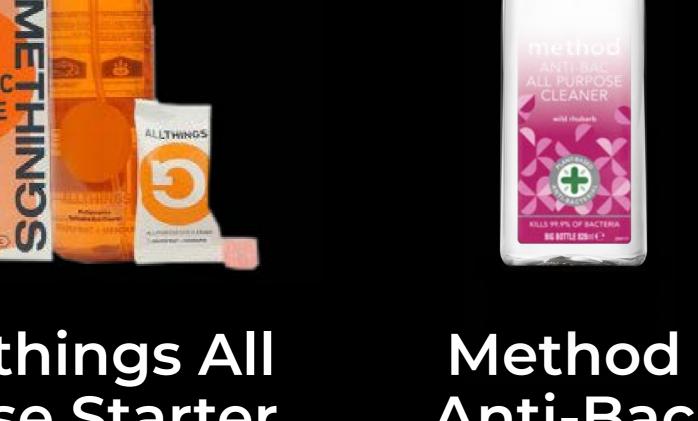
£2.50 **TESCO** Cocado WAITROSE



Homethings All Purpose Starter Pack

£2

**RECVIHTAMOH** 



Anti-Bac Cleaner (Rhubarb)

£4

Cocado WAITROSE



**Ecover** Surface

Sainsbury's TESCO

Cocado WAITROSE

Multi Action Cleaner

£2.60

**RECALL THE SECULATION** WAITROSE

£4

Homethings

Bathroom

Eco Clean

Delphis Eco Bathroom Cleaner

£4

Cocado WAITROSE amazon

#### 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.







Chemicals that cause skin allergies eg. Benzisothiazolinone and Methylisothiazolinone



**Unknowns on** ingredient list



Single use plastic where possible



Yours in health

Sunna Van Kampen Founder, Tonic Health