



**Meeting your wellness
goals just got a whole lot
easier.**

SAMPLE REPORT

1/1/2024

MM1234567

You're about to meet the healthier you.

We are excited to share your results with you. They are the door to your detox journey! Unlock your fullest potential by using this report to help further reduce your toxic exposures.



Phthalates

ON THE RIGHT TRACK



Parabens

ON THE RIGHT TRACK



Bisphenols

KEEP IT UP



Oxybenzone

AREAS TO IMPROVE

Remember: This report is based on your toxic exposures 24 hours before collecting your samples. If you didn't follow your regular diet or use your favorite products during this period, your report might not be the most accurate representation of your levels. Confirm your toxic exposures by re-testing in the next few months.

Your sample tested **HIGH** for at least one bisphenol, paraben, phthalate, and/or oxybenzone compared to other Million Marker users and national data.

TOP RECOMMENDATIONS

Take action: oxybenzone

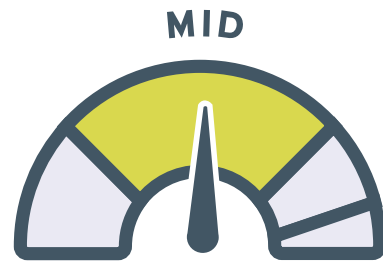
1 We recommend reading product labels on sunscreens and personal care products with an SPF (sun protection factor) number. If a product contains **oxybenzone**, also known as benzophenone-3, it will appear under the active ingredient section on the top of the product label. Avoid products containing oxybenzone and opt instead for mineral sunscreens containing non-nano zinc oxide or titanium dioxide for UV protection. You can also protect yourself from the sun with umbrellas, shade coverings, and face and head coverings.

Avoid: fragrance

2 We recommend avoiding products containing fragrances, including personal care products, cleaning products, air fresheners, perfumes, candles, etc. Fragrance ingredients are largely protected as confidential business information and phthalates, as well as other toxic chemicals, can be hidden under “fragrance” or “parfum” on ingredient labels. Choose fragrance-free products as unscented products may contain chemicals used to mask unpleasant scents from other ingredients. Natural fragrance and essential oils are not regulated and may be contaminated with phthalates during extraction, processing, and packaging.

Avoid: plastic food packaging

3 We recommend avoiding food and beverages that are packaged in plastic or other materials that may contain a plastic lining. Paper-based food packaging such as boxes and cartons may expose you to bisphenols and/or phthalates in liners as well as other toxic chemicals, including PFAS, that are added to make packaging resistant to oil and liquid. We recommend a whole food, organic diet. Opt for homemade food and beverages and buy ingredients in bulk when possible, and transport/store food in cloth, glass, or stainless steel containers. Limit takeout.



Phthalates

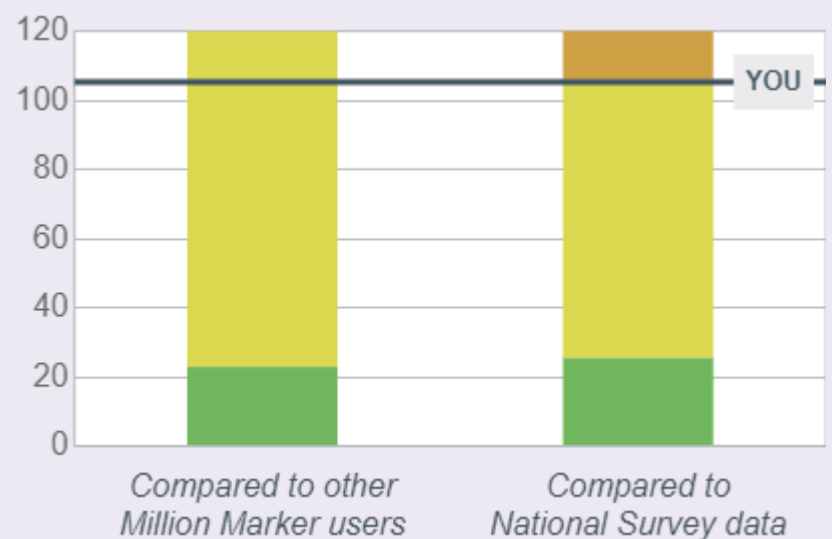
ON THE RIGHT TRACK

Phthalates are chemicals that make plastics more flexible and durable. Phthalates are also used as solvents for materials such as adhesives (glues), detergents, plastic clothing (raincoats), perfumes, soaps and hair sprays. They are linked to endocrine and reproductive dysregulation, early puberty, endometriosis, and infertility.

Low Molecular Weight

The low MW phthalates that we test include MEP and MBP. These phthalates are present in personal care products and fragrances.

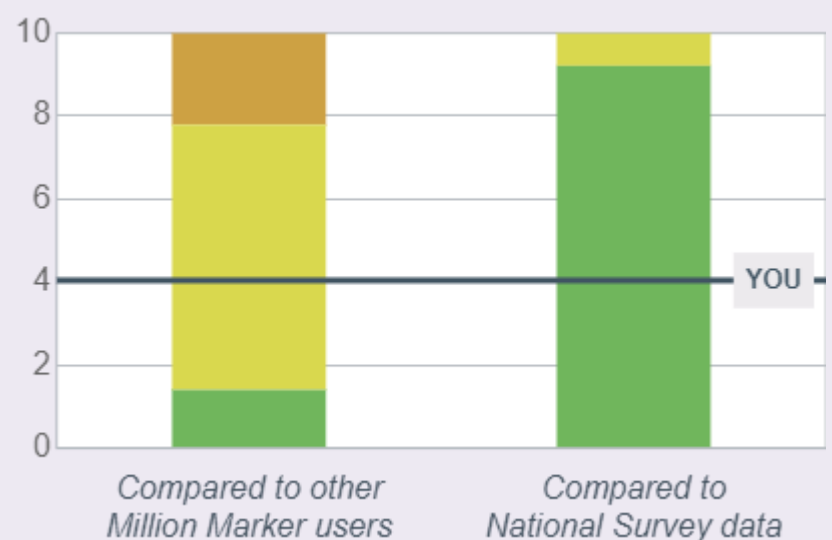
105.30 $\mu\text{g/g}$



High Molecular Weight

The high MW phthalates that we test include MEHP, MEHHP, and MECPP. These phthalates are present in plastic, food packaging, and dust.

4.05 $\mu\text{g/g}$



PERSONALIZED RECOMMENDATIONS

Fine Hair Shampoo (Ouai)

Ingredients of concern:

- sodium C14-16 olefin sulfonate
- cocamidopropyl betaine
- sodium methyl cocoyl taurate
- peg-200 hydrogenated glyceryl palmate
- cocamide mipa
- fragrance / parfum
- panthenol
- hydrolyzed keratin
- cetrimonium chloride
- glycerin
- sodium lauroyl glycinate
- peg-150 distearate
- propoxytetramethyl piperidinyl dimethicone
- trideceth-6
- C11-15 pareth-7
- peg-7 glyceryl cocoate
- sodium chloride
- polyquaternium-7
- disodium edta
- citric acid
- sodium hydroxide
- tetrasodium edta
- potassium sorbate
- sodium benzoate
- phenoxyethanol
- benzyl alcohol
- acetic acid
- benzyl salicylate
- limonene
- hexyl cinnamal

Daily Moisturizing Body Wash (Aveeno)

Ingredients of concern:

- glycerin
- cocamidopropyl betaine

- PEG-80 sorbitan laurate
 - sodium cocoyl isethionate
 - acrylates/c10-30 alkyl acrylate crosspolymer
 - fragrance
 - caprylyl glycol
 - sodium benzoate
 - potassium sorbate
 - sodium hydroxide
 - citric acid
-

Compassion Flower Liquid Hand Soap (Mrs. Meyer's)

Ingredients of concern:

- cocamidopropyl hydroxysultaine
 - sodium methyl 2-sulfolaurate
 - glycerin
 - fragrance
 - disodium 2-sulfolaurate
 - citric acid
 - sodium chloride
 - potassium sorbate
 - sodium benzoate
-

Sensitive Skin Thick & Rich Shaving Cream (Barbasol)

Ingredients of concern:

- stearic acid
 - triethanolamine
 - isobutane
 - laureth-23
 - sodium lauryl sulfate
 - propane
 - fragrance
-

Classic Deodorant (Old Spice)

Ingredients of concern:

- alcohol denat
- propylene glycol
- sodium stearate
- fragrance

- triclosan
 - yellow 10
 - green 5
-

Ultra Lotion SPF 50+ (Banana Boat Sport)

Ingredients of concern:

- avobenzene
 - homosalate
 - octisalate
 - octocrylene
 - glyceryl stearate
 - PEG-100 stearate
 - cetyl alcohol
 - cetyl dimethicone
 - propylene glycol
 - phenoxyethanol
 - caprylyl glycol
 - VP/eicosene copolymer
 - acrylates/c12-22 alkyl methacrylate copolymer
 - behenyl alcohol
 - sodium polyacrylate
 - chlorphenesin
 - xanthan gum
 - disodium EDTA
 - fragrance
 - tocopheryl acetate
-

Original Scent Liquid Laundry Detergent (Tide)

Ingredients of concern:

- sodium and MEA laureth sulfate
- sodium and MEA lauryl sulfate
- C10-16 pareth
- sodium and MEA C10-16 alkylbenzenesulfonate
- ethanolamine
- calcium formate
- sodium cumenesulfonate
- sodium borate
- sodium and MEA salts of C12-18 fatty acids
- trimethylsiloxysilicate
- simethicone

- phenylpropyl ethyl methicone
- sodium and MEA citrate
- subtilisin
- pentasodium pentetate
- fluorescent brightener 71
- diethylenetriamine
- methyl di-t-butyl hydroxyhydrocinnamate
- 2,6-dimethyl-7-octen-2-ol
- 3a,4,5,6,7,7a-hexahydro-4,7-methano-1h-indenyl acetate
- 3-buten-2-one,4- (2,6,6-trimethyl-1-cyclohexen-1-yl) -
- alpha-isomethyl ionone
- benzoic acid,2- [(2-methylundecylidene) amino] -,methyl ester
- benzyl acetate
- butylphenyl methylpropional
- coumarin
- cyclamen aldehyde
- dipropylene glycol
- gamma-undecalactone
- hexyl acetate
- hexyl cinnamal
- linalool
- methyl decenol
- methyl ionone
- naphthalene,2-methoxy-
- oxacyclohexadecenone
- raspberry ketone
- terpinol acetate
- tetramethyl acetyloctahydronaphthalenes
- undecanal,2-methyl-
- polyethyleneimines alkoxyated
- alcohol
- propylene glycol

Ultra Dishwashing Liquid Dish Soap - Original Scent (Dawn)

Ingredients of concern:

- sodium lauryl sulfate
- C10-16 alkyldimethylamine oxide
- alcohol denat.
- C9-11 pareth-8
- deceth-8
- sodium chloride

- PPG-26
- PEI-14 PEG-24/PPG-16 copolymer
- 1,6-octadiene,7-methyl-3-methylene-
- 2,6-dimethyl-7-octen-2-ol
- 3a,4,5,6,7,7a-hexahydro-4,7-methano-1h-indenyl acetate
- 3-buten-2-one,4- (2,6,6-trimethyl-1-cyclohexen-1-yl) -
- eucalyptol
- geraniol
- hexyl salicylate
- limonene
- linalool
- linalyl acetate
- methylhydrojasmonate
- terpineol
- phenoxyethanol
- methylisothiazolinone
- acid blue 9

Platinum ActionPacs Dishwasher Detergent Pods, fresh scent (Cascade)

Ingredients of concern:

- sodium carbonate
- sodium sulfate
- sodium carbonate peroxide
- isotridecanol ethoxylated
- PEG/PPG/propylheptyl ether
- dipropylene glycol
- benzotriazole
- fragrance
- subtilisin
- glycerin
- acid red 33
- polyvinyl alcohol polymer
- 2,6-dimethyl-7-octen-2-ol
- 2,6-nonadienenitrile,3,7-dimethyl-
- 2-t-butylcyclohexyl acetate
- cyclohexene,1-methyl-4- (1-methylethylidene) -
- decanal
- geraniol
- limonene

- methyl rosinat
 - methyldihydrojasmonate
 - terpineol
-

Plastic toothbrush

Plastic toothbrushes may contain BPA, BPA-alternatives (BPS, BPF), and/or phthalates. We recommend that you opt for bamboo toothbrushes, such as those from the Million Marker Approved Products list, next time you replenish supplies!

Food and drink attribute: Carton

We recommend avoiding food and beverages that are packaged in plastic or other materials that may contain a plastic lining. Paper-based food packaging such as boxes and cartons may expose you to bisphenols, parabens, phthalates in liners as well as other toxic chemicals, including PFAS, that are added to make packaging resistant to oil and liquid and/or preserve the content. We recommend a whole food, organic diet. Opt for homemade food and beverages and buy ingredients bulk when possible, and transport/store food in cloth, glass, or stainless steel containers. Limit takeout and packaged food.

Food and drink attribute: Plastic container (box, bag, wrap, food storage, etc.)

We recommend avoiding storing food in plastic. Instead, opt for cloth, glass, or stainless steel containers. Many options are available on the Million Marker Approved Products List.

Food and drink attribute: Glass container or cooking vessel

We recommend avoiding plastic food and kitchenware, and glass is a great option. Make sure the glass is not lined with any plastic or resin lining, and avoid plastic or plastic-lined lids.

Plastic beverage containers

We recommend avoiding beverages that are packaged in plastic. Rigid water bottles labeled as BPA-free may contain other bisphenols with similar health concerns while soft plastic bottles may contain phthalates. Instead, opt for beverages in glass containers.

Cooking appliances: Metal

Stainless steel is a great option for cooking appliances. Avoid other types of metals. Make sure the surfaces are not coated with plastic or epoxy resin (which can contain bisphenols or phthalates), or non-stick coatings (which can contain PFAS).

Plastic shower curtains

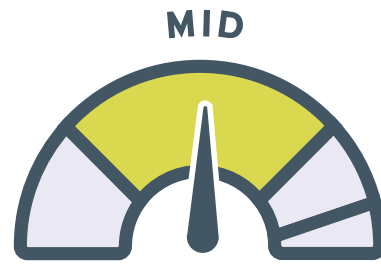
Plastic shower curtains and liners are typically made from vinyl materials or PVC that may contain phthalates. Opt for shower liners made from natural fibers when possible.

Plastic toys

Plastic toys may contain BPA and/or phthalates, and recycled plastic can concentrate these chemical additives. Choose wooden or food-grade (platinum, filter free) silicone toys.

Synthetic clothing

Million Marker recommends choosing natural textiles when possible. Bisphenols, phthalates, nonylphenol ethoxylates, and other toxic chemicals have been detected in synthetic fibers, including polyester and spandex. In addition, water and stain-repellent clothing may contain PFAS.



Parabens

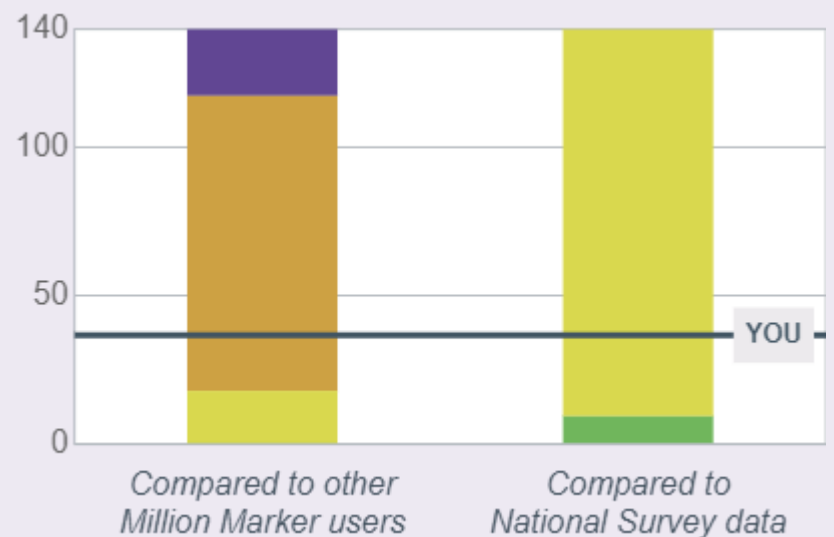
ON THE RIGHT TRACK

Parabens act like natural estrogen in the body and can disrupt hormone function or activate breast cancer cells. They are found in cosmetics, personal care products, and food preservatives.

Methylparaben

Methylparaben is used as an antimicrobial preservative in cosmetics and personal-care products, an antimicrobial in food preservatives, a neuroprotective agent, and an antifungal agent.

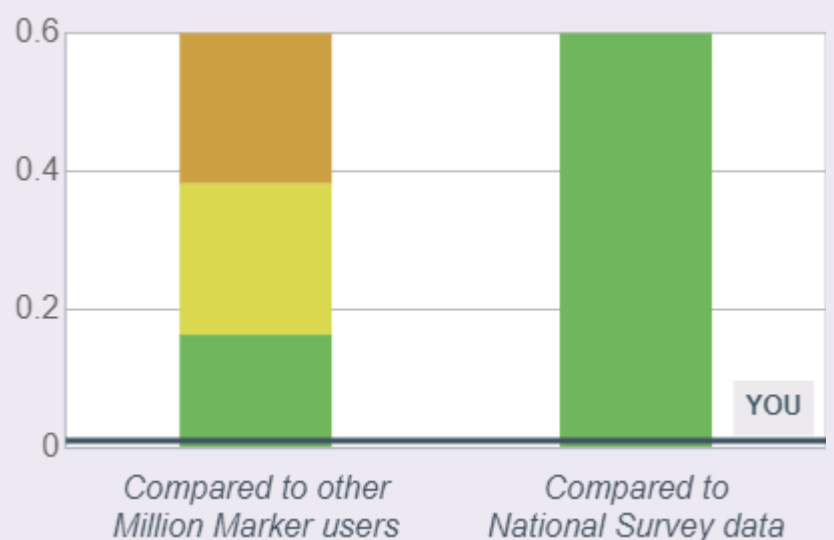
36.74 $\mu\text{g/g}$



Ethylparaben

Ethylparaben is used as an antimicrobial food preservative and an antifungal agent in food additives, food packaging, pharmaceuticals, and cosmetics.

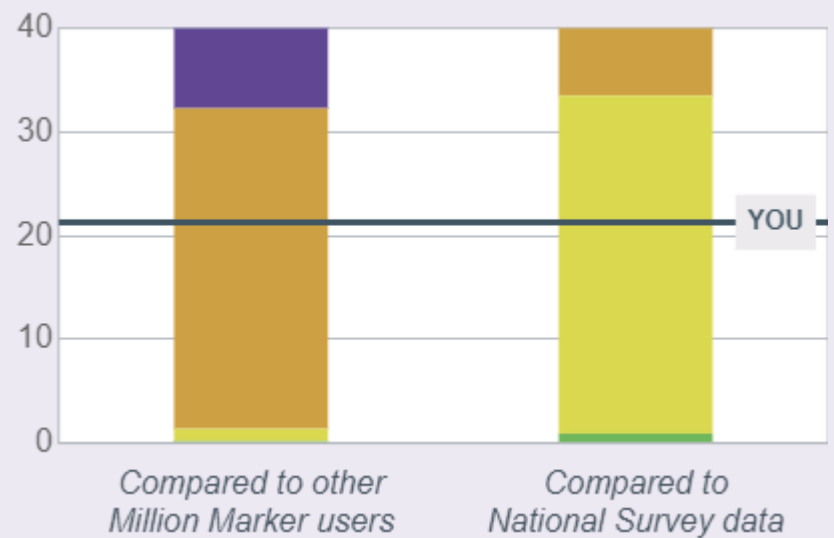
Level < LOD (below detection limit)



Propylparaben

Propylparaben is a benzoate ester, used as an antifungal agent and an antimicrobial agent in cosmetics, personal care products, and food preservatives.

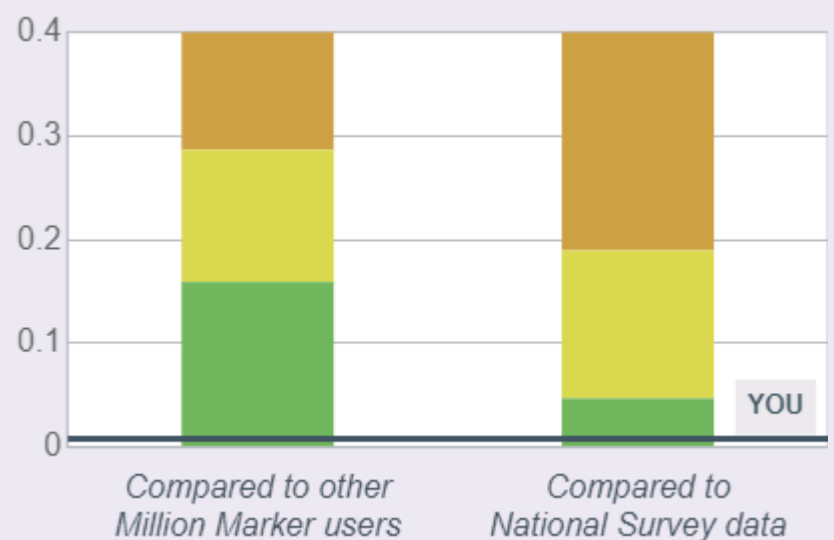
21.28 $\mu\text{g/g}$



Butylparaben

Butylparaben is used as a preservative and fragrance ingredient in cosmetics and personal care products.

Level < LOD (below detection limit)



PERSONALIZED RECOMMENDATIONS

Oil-Free Moisture Broad Spectrum SPF 35 (Neutrogena)

Ingredients of concern:

- avobenzene
- homosalate
- octisalate
- octocrylene
- oxybenzone
- dimethicone
- glycerin
- trisiloxane
- potassium cetyl phosphate
- glyceryl stearate
- PEG-100 stearate
- cetearyl alcohol

- behenyl alcohol
 - styrene/acrylates copolymer
 - benzyl alcohol
 - ethylhexylglycerin
 - methylparaben
 - xanthan gum
 - propylparaben
 - disodium EDTA
 - BHT
 - methylisothiazolinone
-

Food and drink attribute: Plastic container (box, bag, wrap, food storage, etc.)

We recommend avoiding food and beverages that are packaged in plastic or other materials. Parabens may be used as preservatives in packaged or processed foods. We recommend a whole food, organic diet. Opt for homemade food and beverages and buy ingredients bulk when possible, and transport/store food in cloth, glass, or stainless steel containers. Limit takeout and packaged food.

Food and drink attribute: Carton

We recommend avoiding food and beverages that are packaged in plastic or other materials that may contain a plastic lining. Paper-based food packaging such as boxes and cartons may expose you to bisphenols, parabens, phthalates in liners as well as other toxic chemicals, including PFAS, that are added to make packaging resistant to oil and liquid and/or preserve the content. We recommend a whole food, organic diet. Opt for homemade food and beverages and buy ingredients bulk when possible, and transport/store food in cloth, glass, or stainless steel containers. Limit takeout and packaged food.



Bisphenols

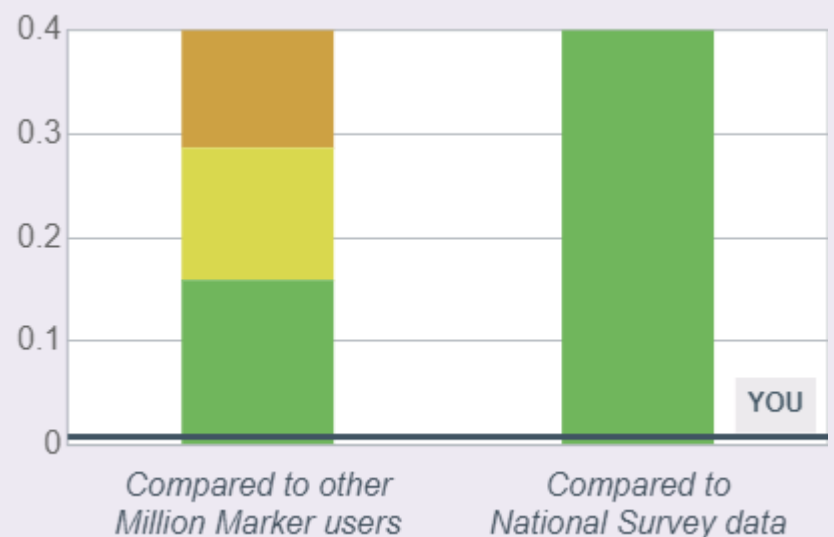
KEEP IT UP

Bisphenols are endocrine disruptors, meaning they mess up the hormone system. Various types are found in plastics (such as those for food and beverage storage, CDs, shatterproof safety equipment, and other hard plastic products), epoxy resins (such as dental sealants, water pipes, and the linings on food cans), receipts, paper, food packaging, and more. 'BPA-Free' products often contain BPS or BPF.

Bisphenol A

Bisphenol A (BPA) is used primary in the production of polycarbonate plastics and epoxy resins. It is found in plastics, epoxy resins, indoor dust, thermal printer cash register receipts, and household waste paper.

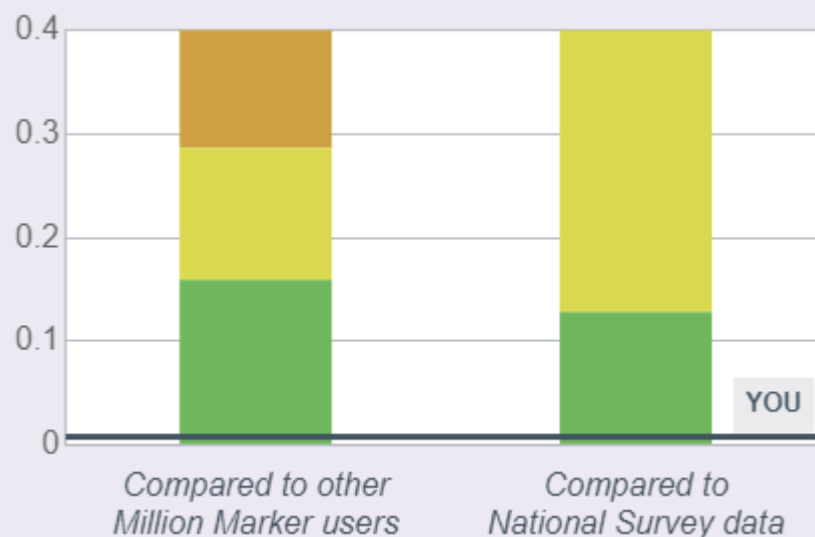
Level < LOD (below detection limit)



Bisphenol F

Bisphenol F (BPF) is a common substitute for Bisphenol A (BPA) in manufacturing of products containing polycarbonates and epoxy resins. It has been proven to be just as potent as BPA in disrupting normal hormone functioning. Many 'BPA-free' products contain BPF as an alternative, which is equally harmful to the endocrine system.

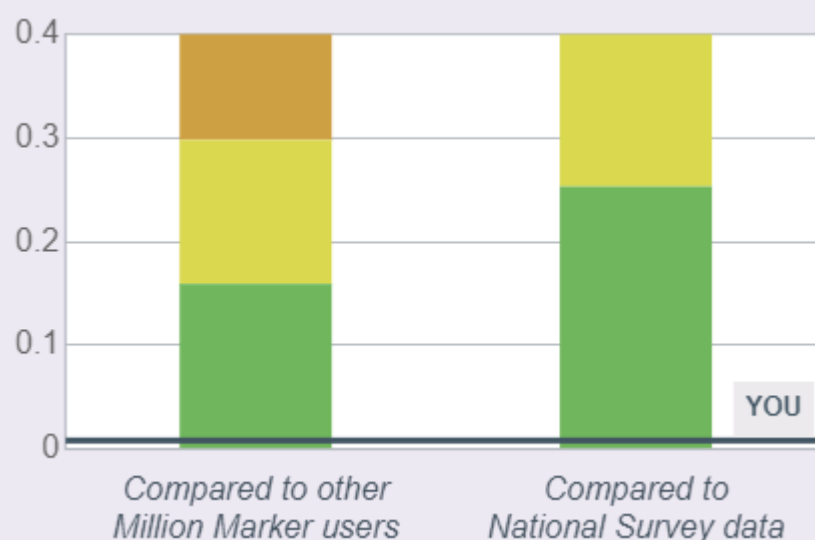
Level < LOD (below detection limit)



Bisphenol S

Bisphenol S (BPS) is used in curing fast-drying epoxy glues and as a corrosion inhibitor, as well as as a reactant in polymer reactions. It is very similar to BPA and is similarly an endocrine disruptor. Many 'BPA-free' products contain BPS as an alternative.

Level < LOD (below detection limit)



PERSONALIZED RECOMMENDATIONS

Plastic toothbrush

Plastic toothbrushes may contain BPA, BPA-alternatives (BPS, BPF), and/or phthalates. We recommend that you opt for bamboo toothbrushes, such as those from the Million Marker Approved Products list, next time you replenish supplies!

Food and drink attribute: Carton

We recommend avoiding food and beverages that are packaged in plastic or other materials that may contain a plastic lining. Paper-based food packaging such as boxes and cartons may expose you to bisphenols, parabens, phthalates in liners as well as other toxic chemicals, including PFAS, that are added to make packaging resistant to oil and liquid and/or preserve the content. We recommend a whole food, organic diet. Opt for homemade food and beverages and buy ingredients bulk when possible, and transport/store food in cloth, glass, or stainless steel containers. Limit takeout and packaged food.

Food and drink attribute: Canned

We recommend avoiding food and beverages that are packaged in plastic or other materials that may contain a plastic lining. Aluminum cans often contain plastic linings treated with bisphenols. Avoid/limit canned food and beverages. Buy fresh foods and store them in cloth, glass, or stainless steel containers.

Food and drink attribute: Plastic container (box, bag, wrap, food storage, etc.)

We recommend avoiding storing food in plastic. Instead, opt for cloth, glass, or stainless steel containers. Many options are available on the Million Marker Approved Products List.

Food and drink attribute: Glass container or cooking vessel

We recommend avoiding plastic food and kitchenware, and glass is a great option. Make sure the glass is not lined with any plastic or resin lining, and avoid plastic or plastic-lined lids.

Plastic beverage containers

We recommend avoiding beverages that are packaged in plastic. Rigid water bottles labeled as BPA-free may contain other bisphenols with similar health concerns while soft plastic bottles may contain phthalates. Instead, opt for beverages in glass containers.

Cooking appliances: Metal

Stainless steel is a great option for cooking appliances. Avoid other types of metals. Make sure the surfaces are not coated with plastic or epoxy resin (which can contain bisphenols or phthalates), or non-stick coatings (which can contain PFAS).

Plastic toys

Plastic toys may contain BPA and/or phthalates, and recycled plastic can concentrate these chemical additives. Choose wooden or food-grade (platinum, filter free) silicone toys.

Synthetic clothing

Million Marker recommends choosing natural textiles when possible. Bisphenols, phthalates, nonylphenol ethoxylates, and other toxic chemicals have been detected in synthetic fibers, including polyester and spandex. In addition, water and stain-repellent clothing may contain PFAS.



Oxybenzone

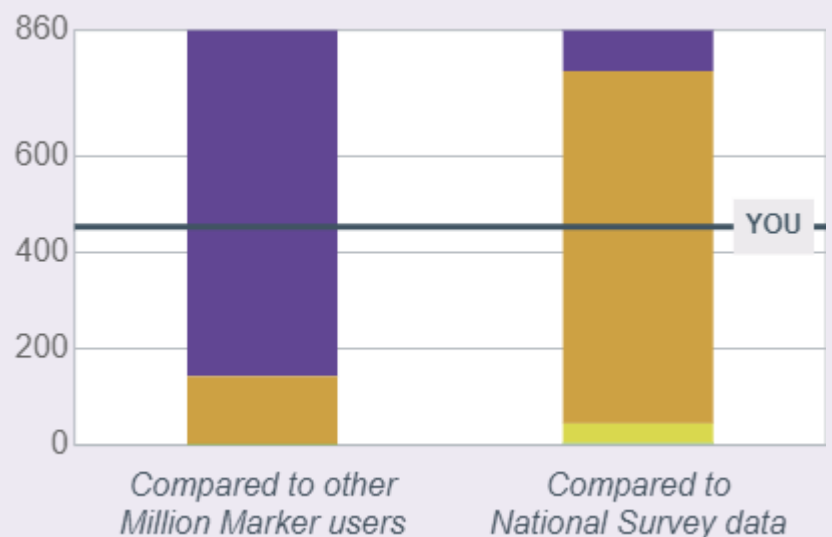
AREAS TO IMPROVE

Oxybenzone is an endocrine disruptor and is associated with altered birth weight in human studies.

Oxybenzone (Benzophenone 3)

Oxybenzone is a commonly used chemical UV filter in sunscreens and SPF skin care products.

452.38 $\mu\text{g/g}$



PERSONALIZED RECOMMENDATIONS

Oil-Free Moisture Broad Spectrum SPF 35 (Neutrogena)

Ingredients of concern:

- avobenzene
- homosalate
- octisalate
- octocrylene
- oxybenzone
- dimethicone
- glycerin
- trisiloxane

- potassium cetyl phosphate
- glyceryl stearate
- PEG-100 stearate
- cetearyl alcohol
- behenyl alcohol
- styrene/acrylates copolymer
- benzyl alcohol
- ethylhexylglycerin
- methylparaben
- xanthan gum
- propylparaben
- disodium EDTA
- BHT
- methylisothiazolinone

Other Toxic Chemicals

VOCs, PFAS, and surfactants are among thousands of other toxic chemicals that are known to be environmental and human health hazards. While we don't test for these specific chemicals, they may be associated with some of the items in your report. It's important to be aware of their potential presence so that you can make educated decisions about your product purchases.

PERSONALIZED RECOMMENDATIONS

Premium Plus Scope Outlast Toothpaste, Long Lasting Mint Flavor (Crest)

Ingredients of concern:

- sodium fluoride 0.243% (0.15% W/v fluoride ion)
 - sorbitol
 - disodium pyrophosphate
 - flavor
 - sodium lauryl sulfate
 - sodium hydroxide
 - alcohol
 - xanthan gum
 - glycerin
 - poloxamer 407
 - carbomer
 - polysorbate 80
 - sodium benzoate
 - cetylpyridinium chloride
 - benzoic acid
 - titanium dioxide
 - blue 1
 - yellow 5
-

Sodium Fluoride 5000 Ppm Toothpaste (Wentworth)

Ingredients of concern:

- sodium fluoride USP 1.1%
 - sorbitol
 - glycerin
 - tetrapotassium pyrophosphate
 - flavor
 - PEG 12
 - sodium lauryl sulfate
 - titanium dioxide
 - FD&C blue no 1
-

Glide Pro-Health Original Floss (Oral B)

Ingredients of concern:

- polytetrafluorethylene
-

Fine Hair Shampoo (Ouai)

Ingredients of concern:

- sodium C14-16 olefin sulfonate
- cocamidopropyl betaine
- sodium methyl cocoyl taurate
- peg-200 hydrogenated glyceryl palmate
- cocamide mipa
- fragrance / parfum
- panthenol
- hydrolyzed keratin
- cetrimonium chloride
- glycerin
- sodium lauroyl glycinate
- peg-150 distearate
- propoxytetramethyl piperidiny dimethicone
- trideceth-6
- C11-15 pareth-7
- peg-7 glyceryl cocoate
- sodium chloride
- polyquaternium-7
- disodium edta
- citric acid
- sodium hydroxide
- tetrasodium edta
- potassium sorbate
- sodium benzoate
- phenoxyethanol
- benzyl alcohol
- acetic acid
- benzyl salicylate
- limonene
- hexyl cinnamal

Daily Moisturizing Body Wash (Aveeno)

Ingredients of concern:

- glycerin
- cocamidopropyl betaine
- PEG-80 sorbitan laurate
- sodium cocoyl isethionate
- acrylates/c10-30 alkyl acrylate crosspolymer

- fragrance
 - caprylyl glycol
 - sodium benzoate
 - potassium sorbate
 - sodium hydroxide
 - citric acid
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Compassion Flower Liquid Hand Soap (Mrs. Meyer's)

Ingredients of concern:

- cocamidopropyl hydroxysultaine
 - sodium methyl 2-sulfolaurate
 - glycerin
 - fragrance
 - disodium 2-sulfolaurate
 - citric acid
 - sodium chloride
 - potassium sorbate
 - sodium benzoate
-

Sensitive Skin Thick & Rich Shaving Cream (Barbasol)

Ingredients of concern:

- stearic acid
 - triethanolamine
 - isobutane
 - laureth-23
 - sodium lauryl sulfate
 - propane
 - fragrance
-

Oil-Free Moisture Broad Spectrum SPF 35 (Neutrogena)

Ingredients of concern:

- avobenzene
- homosalate
- octisalate
- octocrylene
- oxybenzone
- dimethicone
- glycerin
- trisiloxane
- potassium cetyl phosphate

- glyceryl stearate
 - PEG-100 stearate
 - cetearyl alcohol
 - behenyl alcohol
 - styrene/acrylates copolymer
 - benzyl alcohol
 - ethylhexylglycerin
 - methylparaben
 - xanthan gum
 - propylparaben
 - disodium EDTA
 - BHT
 - methylisothiazolinone
-

Classic Deodorant (Old Spice)

Ingredients of concern:

- alcohol denat
 - propylene glycol
 - sodium stearate
 - fragrance
 - triclosan
 - yellow 10
 - green 5
-

Daily Moisture Lotion (Aveeno)

Ingredients of concern:

- glycerin
 - distearyldimonium chloride
 - petrolatum
 - isopropyl palmitate
 - cetyl alcohol
 - dimethicone
 - benzyl alcohol
 - sodium chloride
-

Ultra Lotion SPF 50+ (Banana Boat Sport)

Ingredients of concern:

- avobenzone
- homosalate
- octisalate

- octocrylene
 - glyceryl stearate
 - PEG-100 stearate
 - cetyl alcohol
 - cetyl dimethicone
 - propylene glycol
 - phenoxyethanol
 - caprylyl glycol
 - VP/eicosene copolymer
 - acrylates/c12-22 alkyl methacrylate copolymer
 - behenyl alcohol
 - sodium polyacrylate
 - chlorphenesin
 - xanthan gum
 - disodium EDTA
 - fragrance
 - tocopheryl acetate
-

Original Scent Liquid Laundry Detergent (Tide)

Ingredients of concern:

- sodium and MEA laureth sulfate
- sodium and MEA lauryl sulfate
- C10-16 pareth
- sodium and MEA C10-16 alkylbenzenesulfonate
- ethanolamine
- calcium formate
- sodium cumenesulfonate
- sodium borate
- sodium and MEA salts of C12-18 fatty acids
- trimethylsiloxysilicate
- simethicone
- phenylpropyl ethyl methicone
- sodium and MEA citrate
- subtilisin
- pentasodium pentetate
- fluorescent brightener 71
- diethylenetriamine
- methyl di-t-butyl hydroxyhydrocinnamate
- 2,6-dimethyl-7-octen-2-ol
- 3a,4,5,6,7,7a-hexahydro-4,7-methano-1h-indenyl acetate
- 3-buten-2-one,4- (2,6,6-trimethyl-1-cyclohexen-1-yl) -

- alpha-isomethyl ionone
 - benzoic acid,2- [(2-methylundecylidene) amino] -,methyl ester
 - benzyl acetate
 - butylphenyl methylpropional
 - coumarin
 - cyclamen aldehyde
 - dipropylene glycol
 - gamma-undecalactone
 - hexyl acetate
 - hexyl cinnamal
 - linalool
 - methyl decenol
 - methyl ionone
 - naphthalene,2-methoxy-
 - oxacyclohexadecenone
 - raspberry ketone
 - terpinol acetate
 - tetramethyl acetyloctahydronaphthalenes
 - undecanal,2-methyl-
 - polyethyleneimines alkoxyated
 - alcohol
 - propylene glycol
-

Free and Gentle Fabric Softener Dryer Sheets (Bounce)

Ingredients of concern:

- polyester sheet
 - dialkylester dimethyl ammonium methosulfate
 - bentonite
-

Ultra Dishwashing Liquid Dish Soap - Original Scent (Dawn)

Ingredients of concern:

- sodium lauryl sulfate
- C10-16 alkyldimethylamine oxide
- alcohol denat.
- C9-11 pareth-8
- deceth-8
- sodium chloride
- PPG-26
- PEI-14 PEG-24/PPG-16 copolymer
- 1,6-octadiene,7-methyl-3-methylene-

- 2,6-dimethyl-7-octen-2-ol
 - 3a,4,5,6,7,7a-hexahydro-4,7-methano-1h-indenyl acetate
 - 3-buten-2-one,4- (2,6,6-trimethyl-1-cyclohexen-1-yl) -
 - eucalyptol
 - geraniol
 - hexyl salicylate
 - limonene
 - linalool
 - linalyl acetate
 - methylhydrojasmonate
 - terpineol
 - phenoxyethanol
 - methylisothiazolinone
 - acid blue 9
-

Platinum ActionPacs Dishwasher Detergent Pods, fresh scent (Cascade)

Ingredients of concern:

- sodium carbonate
 - sodium sulfate
 - sodium carbonate peroxide
 - isotridecanol ethoxylated
 - PEG/PPG/propylheptyl ether
 - dipropylene glycol
 - benzotriazole
 - fragrance
 - subtilisin
 - glycerin
 - acid red 33
 - polyvinyl alcohol polymer
 - 2,6-dimethyl-7-octen-2-ol
 - 2,6-nonadienenitrile,3,7-dimethyl-
 - 2-t-butylcyclohexyl acetate
 - cyclohexene,1-methyl-4- (1-methylethylidene) -
 - decanal
 - geraniol
 - limonene
 - methyl rosinat
 - methylhydrojasmonate
 - terpineol
-

Clear Away Plantar Wart Remover (Dr. Scholl's)

Ingredients of concern:

- salicylic acid
 - iron oxides
 - mineral oil
 - petroleum hydrocarbon resin
 - silicon dioxide
 - talc
-

Chewable Antacid Tablets, assorted fruit flavors (Tums)

Ingredients of concern:

- adipic acid
 - FD&C blue 1 lake
 - mineral oil
 - sodium polyphosphate
 - talc
-

Melatonin Fast Dissolve Strawberry Tablets (Natrol)

Ingredients of concern:

- silicon dioxide
 - malic acid
 - natural flavor
 - stearic acid
 - magnesium stearate
 - citric acid
-

Food and drink attribute: Carton

We recommend avoiding food and beverages that are packaged in plastic or other materials that may contain a plastic lining. Paper-based food packaging such as boxes and cartons may expose you to bisphenols, parabens, phthalates in liners as well as other toxic chemicals, including PFAS, that are added to make packaging resistant to oil and liquid and/or preserve the content. We recommend a whole food, organic diet. Opt for homemade food and beverages and buy ingredients bulk when possible, and transport/store food in cloth, glass, or stainless steel containers. Limit takeout and packaged food.

Food and drink attribute: Glass container or cooking vessel

We recommend avoiding plastic food and kitchenware, and glass is a great option. Make sure the glass is not lined with any plastic or resin lining, and avoid plastic or plastic-lined lids.

Food and drink attribute: Foil

Research suggests that aluminum may leach from aluminum foil, especially when cooking acidic foods. Minimize the use of aluminum foil when cooking, if possible. For storage, opt for glass or stainless steel containers, or beeswax or cloth coverings.

Pots and pans: Stainless steel

Stainless steel is a good option for cookware!

Cutting boards: Bamboo

Bamboo cutting boards are glued together, and adhesives may contain traces of toxic chemicals such as formaldehyde or melamine. To be safe, choose bamboo cutting boards made with water-based adhesives. We recommend opting for wooden or platinum-grade silicone cutting boards when it comes time to replace your bamboo cutting boards.

Serving ware: Metal

Metal serving ware such as stainless steel can be a great option. Avoid aluminum as well as non-stick coated metals.

Knives and cutlery: Metal

Stainless steel cutlery is a great option. Avoid other types of metals and metals with non-stick coatings, which can contain PFAS.

Cooking appliances: Metal

Stainless steel is a great option for cooking appliances. Avoid other types of metals. Make sure the surfaces are not coated with plastic or epoxy resin (which can contain bisphenols or phthalates), or non-stick coatings (which can contain PFAS).

Pesticides

We recommend avoiding the use of synthetic pesticides. If pest control is needed, consider manual methods (i.e. traps, physical deterrents, moisture control, hand weeding, etc.), or using non-toxic alternatives.

Synthetic clothing

Million Marker recommends choosing natural textiles when possible. Bisphenols, phthalates, nonylphenol ethoxylates, and other toxic chemicals have been detected in synthetic fibers, including polyester and spandex. In addition, water and stain-repellent clothing may contain PFAS.

Vehicle exhaust

Vehicle exhaust is a complex mixture of toxic chemicals and particulate matter. The EPA cautions that vehicle emissions contribute to ambient levels of air toxics known or suspected to be carcinogens. Exposure to chemicals in exhaust can also impact neurological, cardiovascular, respiratory, reproductive and/or immune system function. We recommend that you avoid inhaling motor vehicle exhaust whenever possible.

GENERAL RECOMMENDATIONS

Diet

- As much as possible, use **BPA-free products**. **Avoid polycarbonate containers** (clear, hard plastic). **Do not microwave or heat polycarbonate plastic food containers**. BPA-free products do not mean that they are free of other types of BPA, such as BPS and BPF, which may affect our bodies the same way as BPA.
 - **Avoid plastic and aluminum cups/mugs/water bottles**. Plastic containers may leach BPA and BPA-alternatives into your beverage. The plastic lining in aluminum cans may do the same. Drink beverages in glass, ceramic, and/or stainless steel containers.
 - **Avoid single-use plastic straws and utensils**. Opt for stainless steel and/or glass straws and stainless steel, wooden and/or bamboo utensils.
 - **Avoid single-use plastic containers** when getting take-out food from restaurants or going grocery shopping. Bring your own glass and/or stainless steel tupperware to hold food to-go. Opt for package-less or glass/paper-packaged grocery store items.
 - **Avoid single-use plastic baggies** (e.g. Ziploc bags) **and plastic wrap** (e.g. Saran wrap) as they may contain phthalates, which can leach into your food. Opt for glass, beeswax wrap, silicone and/or stainless steel food storage containers.
 - **Avoid canned ingredients when cooking**. The plastic lining in aluminum cans may leach BPA and BPA-alternatives into the food.
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Medications & Supplements

- Make sure to check the “inactive ingredients” when selecting capsule supplements and **avoid any products containing hydroxypropyl methylcellulose, “time-release capsules,” or “enteric coatings.”**
 - Prescription medications may contain harmful ingredients in addition to the active drug. These inactive or inert ingredients fulfill various functions such as fillers to enable proper dosing, preservatives, dyes, or coatings. Please consult your doctor or pharmacist if you have any questions or concerns regarding inactive ingredients in your medications. Additionally, time release medications, similar to the supplements described above, can contain phthalates. If you're prescribed time release tablets, we recommend asking your doctor about possible alternatives.
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Personal Care

- **Read personal product labels.** Benzophenone is used to protect products from UV light. It can be found in personal care products and household products.
 - **Be aware of plastic packaging.** Clear, hard plastic (polycarbonate, #7) can contain bisphenols.
 - **Choose products that do not list “fragrance” on the ingredient label.** Phthalates (DBP, DEHP, DEP and others) can be found in synthetic fragrance, nail polish, and hairspray to make the scents stick to skin. Synthetic flavor or fragrances are engineered scents or flavoring agents that may contain any combination of 3,000+ stock chemical ingredients, including hormone disruptors and allergens. Fragrance formulas are protected under federal law's classification of trade secrets and therefore may remain undisclosed.
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Household

- Any kind of water filter is better than no filter at all. However, we recommend you **consider investing in a reverse osmosis system.** They're like a catch-all filter, removing many EDCs from your water, including PFAS. You can start with a smaller one that fits on your countertop or attaches to your faucet to purify your cooking and drinking water, or opt to invest in a whole-house system.
 - **Avoid rubber gloves,** which may contain phthalates due to vinyl content.
 - **Avoid flexible vinyl plastics,** often called PVC or designated with the #3 “recycling” symbol.
 - Toilet paper made from recycled paper may be contaminated with BPA from thermal receipt paper. **Opt for sustainably sourced bamboo toilet paper instead.**
 - Dry cleaning agents may contain fragrance formulated with phthalates. **Avoid dry cleaning** by air drying clothes in the sun or handwashing.
 - Plastic shower curtains may contain phthalates due to vinyl content. **Try using cotton or linen shower curtains instead.**
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Environment

- **Avoid “Proposition 65” products.** Proposition 65 requires California to publish a list of chemicals known to cause cancer or reproductive toxicity. BPA and phthalates are on this list. Exercise caution before purchasing any commodity with the Prop 65 warning label on it (or, if shopping online, in the product description section).
- BPA and phthalates can also come out of products and collect in dust. Remember to **wash your hands often**, especially before preparing or eating food. **Clean your floors regularly**, using a wet mop or HEPA vacuum if possible. Use a damp cloth to dust surfaces.
- Thermal paper receipts can contain BPA and BPA-alternatives. **Opt for emailed or texted digital receipts instead**, if possible. If you must handle a receipt, wash your hands immediately afterward.
- **Avoid handling CDs, DVDs, or other optical discs**, as these can contain BPA. If you must, wash your hands thoroughly immediately after handling.

These results are not your fault.

Environmental toxins are everywhere, and nobody warns us about them. That's what makes knowledge so powerful.

You now have the tools necessary to change your levels of toxic exposure. Embody a healthier you by using the data in this report – your data – to discover which foods and products might mess up your hormones.

