Meeting your wellness goals just got a whole lot easier.

SAMPLE REPORT - TEST ONLY

5/7/2024

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.

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.

What We Tested For

We analyzed your urine for 13 common chemicals found in everyday products:

- 5 Phthalates (mono-ethyl, mono-n-butyl, mono-2-ethylhexyl, mono-(2-ethyl-5-hydroxyhexyl), and mono-(2-ethyl-5-carboxypentyl) phthalate)
- 4 Parabens (methyl-, ethyl-, propyl-, and butylparaben)
- 3 Bisphenols (BPA, BPF, and BPS)
- Oxybenzone

Some of these chemicals are intentionally used in products as preservatives, UV blockers, or to enhance fragrances. Some may contaminate products through packaging materials. **All of them are harmful to your health**, so this report will provide you with recommendations to help you avoid these chemicals as much as possible.

Why It Matters

Alarmingly, even in small amounts, these chemicals can cause significant harm to our health and well-being.

The chemicals we tested your body for can disrupt how your hormones work. Repeated exposure to these chemicals has been linked to severe chronic health conditions, including infertility, diabetes, obesity, neurological disorders, and cancer. The good news is that our bodies typically eliminate these harmful chemicals within 24-48 hours. But we are continuously exposed to them through our personal care products, cleaning supplies, food, and more. Identifying and reducing exposure to these chemicals as much as possible is crucial for maintaining optimal health.

How We Report Your Results

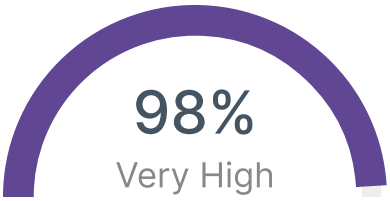
Your report compares your chemical levels to US population biomonitoring data from the Centers for Disease Control and Prevention (CDC). The CDC program tests ~3000 adults and children every two years, and includes the chemicals we tested in your urine sample. We compare your levels to the CDC data because there are currently **no established safe levels** of exposure for comparison. Remember, even if you test low, it's essential to continue minimizing exposure to these chemicals whenever possible.

What Can I Do About It?

Our report includes recommendations for reducing your exposure based on the levels of chemicals we found in your urine. We hope this information helps you on your detox journey and supports a future of good health!

RESULT SUMMARY

Phthalates

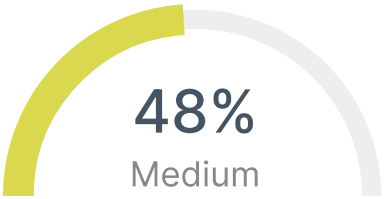


Your top phthalate exposure is **very high** compared to the rest of the US population. Your measured concentrations are **higher than 98%** of those tested by the CDC in a national survey.

Phthalates are linked to endocrine and reproductive problems, metabolic diseases, early puberty, endometriosis, and infertility in men and women.

Major phthalate exposure sources are fragrances, extended release tablet coatings, plastic food and drink containers, and house dust.

Parabens

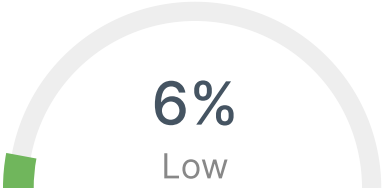


Your top paraben exposure is **moderate** compared to the rest of the US population. Your measured concentrations are **higher than 48%** of those tested by the CDC in a national survey.

Parabens are linked to thyroid disorders, cancer, obesity, and male and female infertility.

Major paraben exposure sources are personal care products, including cosmetics, and processed food.

Bisphenols

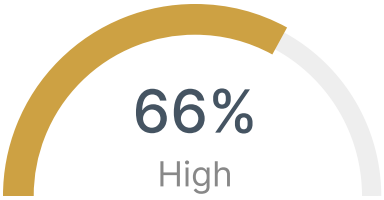


Your top bisphenol exposure is **low** compared to the rest of the US population. Your measured concentrations are **higher than 6%** of those tested by the CDC in a national survey.

Bisphenols are linked to infertility in men and women, diabetes, immune disorders, cardiovascular disease, endometriosis, PCOS, obesity, abnormal brain development in babies and children, and cancer.

Major bisphenol exposure sources are plastic food and drink containers, thermal receipts, and canned foods.

Oxybenzone



Your oxybenzone exposure is **high** compared to the rest of the US population. Your measured concentration is **higher than 66%** of those tested by the CDC in a national survey.

Oxybenzone is linked to thyroid disorders, kidney disease, early puberty, and altered birth weight.

Major oxybenzone exposure sources are sunscreens, personal care products with sun protection, and plastic packaging.

TOP RECOMMENDATIONS

Take action: phthalates

We recommend avoiding products containing fragrances to reduce levels of low molecular weight phthalates. These include perfumes, soaps, shampoos, and other personal care products, but also air fresheners, cleaning products, candles, toys, or any other scented items. Choose products included on the Million Marker Approved Products List or opt for products labeled fragrance-free. In addition, extended release tablets/pills (also marked as "slow-release," or with "enteric coatings") are likely to contain low molecular weight phthalates in the coating. If prescribed an extended-release medication, we recommend asking your doctor or medical health professional if there are alternate options for medication. To reduce levels of high molecular weight phthalates, we recommend avoiding food and beverages that are packaged in plastic and storing homemade food in glass or stainless steel containers. Also, limit takeout as packaging and plastic utensils may contain high molecular weight phthalates, and can leach into foods, especially when they are hot.

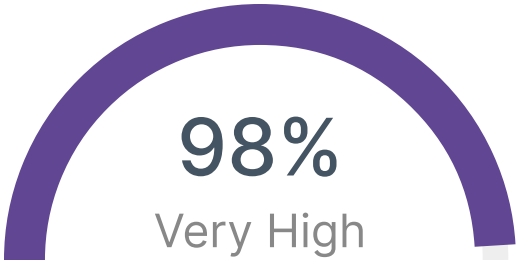
Take action: oxybenzone

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.

Take action: parabens

Parabens are used as preservatives in personal care products, medications, and processed foods. We recommend reading product labels and avoiding products with ingredients ending in **-paraben**. Opt for paraben-free products included on the Million Marker Approved Products List and choose food made from fresh or bulk ingredients when possible.

RESULT DETAILS



Phthalates

REDUCE EXPOSURE NOW

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

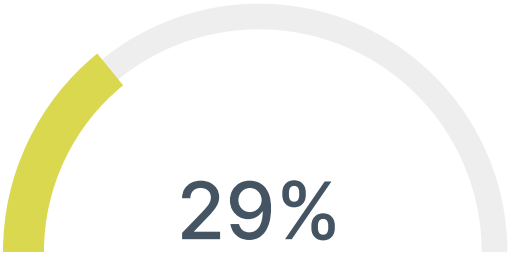
We analyze your phthalate exposure in two different categories based on the chemical composition of the phthalate (molecular weight) and their use. This lets us give you more accurate recommendations to reduce your exposure.

Low Molecular Weight Phthalates

The low molecular weight phthalates that we test include MEP and MBP. These are a class of phthalates that are present in personal care products and fragrances.

Your level: 27.6 µg/g

This result is **higher than 29%** of the rest of the US population.

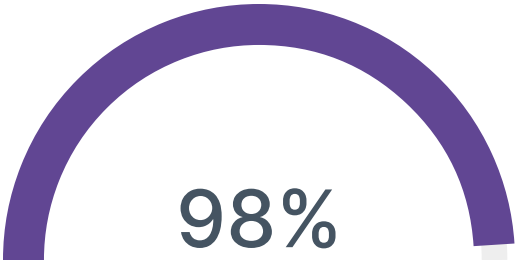


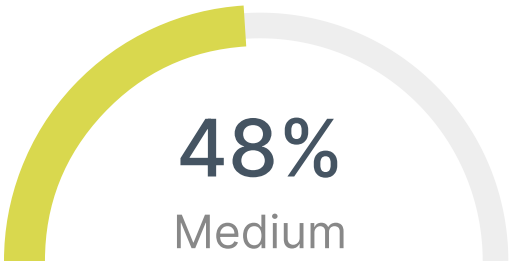
High Molecular Weight Phthalates

The high molecular weight phthalates that we test include MEHP, MEHHP, and MECPP. These are a class of phthalates that are present in plastic, food packaging, and dust.

Your level: 134.8 µg/g

This result is **higher than 98%** of the rest of the US population.





Parabens

ON THE RIGHT TRACK

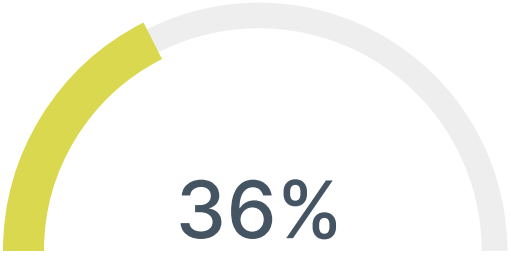
Parabens are used as preservatives. They are found in cosmetics, personal care products, and food. Parabens are linked to health effects such as thyroid disorders, cancer, obesity, and male and female infertility.

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.

Your level: 17.6 µg/g

This result is **higher than 36%** of the rest of the US population.

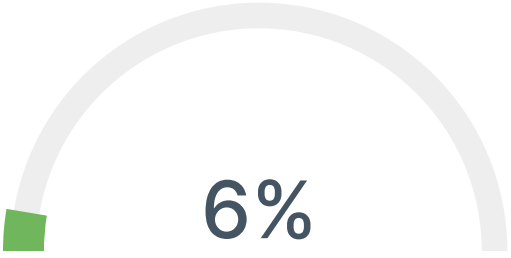


Ethylparaben

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

Your level: 0.32 µg/g

This result is **higher than 6%** of the rest of the US population.

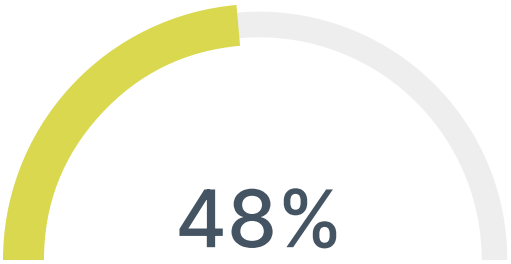


Propylparaben

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

Your level: **4.2** µg/g

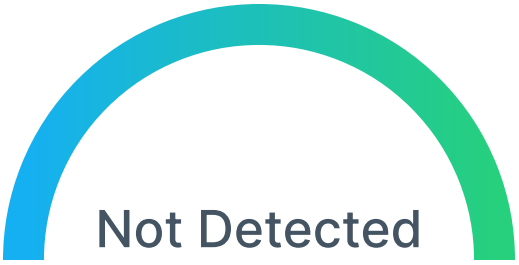
This result is **higher than 48%** of the rest of the US population.

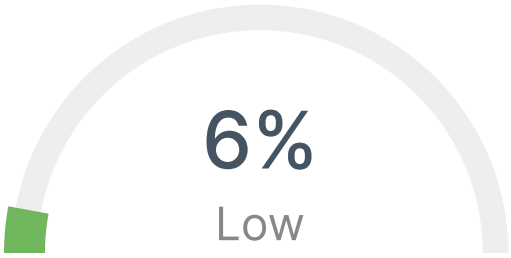


Butylparaben

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

Your level was below the detection limit for this chemical.





Bisphenols

KEEP IT UP!

Bisphenols are used 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), thermal (“shiny”) receipts, paper, food packaging, and more. ‘BPA-Free’ products often contain BPS or BPF. Bisphenols are linked to many diseases and disorders including infertility in men and women, diabetes, immune disorders, cardiovascular disease, endometriosis, PCOS, obesity, abnormal brain development in babies and children, and cancer.

Bisphenol A

Bisphenol A (BPA) is used primarily in the production of polycarbonate plastics and epoxy resins. It is found in plastics, epoxy resins, indoor dust, and thermal paper receipts.

Your level was below the detection limit for this chemical.

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.

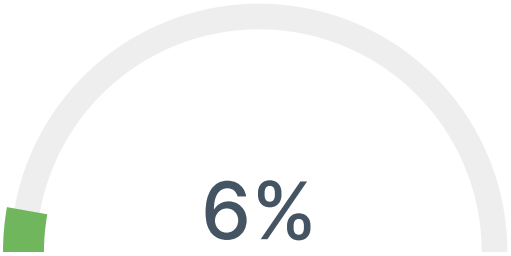
Your level was below the detection limit for this chemical.

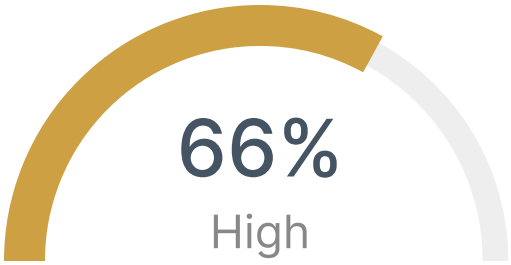
Bisphenol S

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.

Your level: **0.10** µg/g

This result is **higher than 6%** of the rest of the US population.





Oxybenzone

REDUCE EXPOSURE NOW

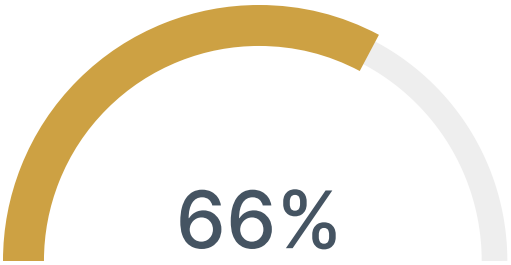
Oxybenzone is a UV ray blocker and is found in sunscreens as well as in plastic packaging. It is an endocrine disruptor and is associated with thyroid disorders, kidney disease, early puberty, and altered birth weight. In addition, pregnant women with higher levels of oxybenzone may have an increased incidence of babies with Hirchsprung's disease, a congenital defect of the intestines.

Oxybenzone (Benzophenone 3)

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

Your level: **14.5** µg/g

This result is **higher than 66%** of the rest of the US population.



GENERAL RECOMMENDATIONS

Thank you for using Million Marker's Detect & Detox Test Kit! Please follow these general recommendations on how to avoid the harmful environmental chemicals we test for. We have a curated list of approved products, including personal care and household items, to help you make the best choices to avoid these chemicals.

Diet

- As much as possible, **use BPA-free products. Avoid polycarbonate containers** (clear, hard plastic). **Do not microwave or heat polycarbonate plastic food containers.** Note that "BPA-free" products may include other types of bisphenols, such as BPS and BPF, which may affect our bodies in 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 storage containers to hold food to-go. Opt for glass- or paper-packaged grocery store items, or items without packaging.
- **Avoid single-use plastic baggies and plastic 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.

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.

Personal Care

- Read personal care and household product ingredient labels. Oxybenzone/benzophenone is used to protect products from UV light, and parabens (chemicals with names ending in -paraben) are used as preservatives.
- 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 flavors 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.

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.
- Rubber gloves may contain phthalates due to vinyl content. Try washing dishes **without wearing gloves**.
- **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-raised 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.**
- Avoid garments and clothing made of synthetic fibers such as polyester, nylon and rayon. Opt for natural fiber such as organic cotton, wool, hemp, and linen.
- **Avoid products containing PFAS and/or PBDEs**, which are forever/persistent chemicals that are known to be harmful. These are found in non-stick coatings, waterproofing or stain-resistant coatings, and flame retardants. Common sources of exposure include furniture, carpeting, non-stick cookware, technical clothing, and camping gear. This list from PFAS Central provides safer alternatives.

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 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.

DATA APPENDIX

Explanation of Statistical Terms

The following terms are used in our presentation of the CDC population data:

- PXX (or Percentile XX): This indicates that XX% of the population has a result at or below this value. The percentiles used in this analysis are P25, P50 (also known as the median), P75, and P95.
- Geometric mean: An average calculated by multiplying data values rather than adding them. This gives a better estimated middle value for data that have a small number of extremely high values, which is common when measuring environmental chemicals. The geometric mean is less influenced by these abnormally high values than the standard arithmetic mean.
- N: The number of individuals whose samples were tested for the chemical in question.

The example plot below shows how we graph the distribution of the population data for each chemical we report. Please note that the maximum is not graphed since it is typically much larger than the P95 value, and including it would make the graph less informative.

All values are reported in units of micrograms of chemical per gram of urine (µg/g), adjusted for urine concentration.

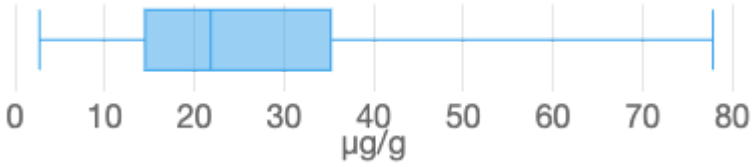
Phthalates

Low Molecular Weight Phthalates

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
27.6 µg/g (29%)	3.97	25.48	45.41	105.95	566.91	43707.55	57.00	1768

High Molecular Weight Phthalates

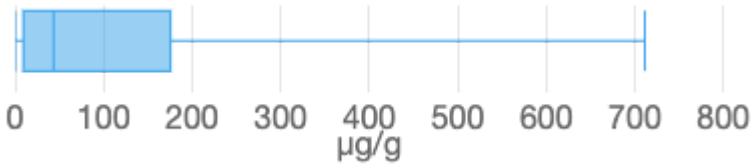
Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
134.8 µg/g (98%)	2.74	14.50	21.86	35.24	77.85	1958.73	23.49	1768



Parabens

Methylparaben

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
17.6 µg/g (36%)	0.27	9.34	43.80	175.66	711.65	6593.91	42.11	1768



Ethylparaben

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
0.32 µg/g (6%)	0.14	0.66	1.37	5.43	102.82	2409.00	2.32	1768

Propylparaben

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
4.2 µg/g (48%)	0.029	0.90	5.13	33.50	185.98	4774.39	5.59	1768

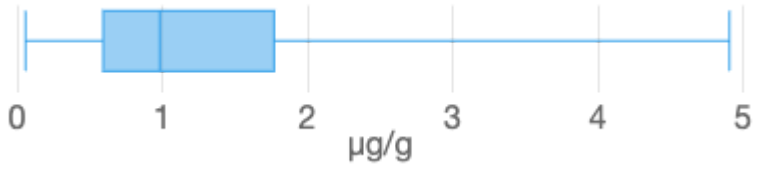
Butylparaben

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
< LOD	0.015	0.047	0.084	0.19	4.73	278.30	0.13	1768

Bisphenols

Bisphenol A

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
< LOD	0.057	0.59	0.98	1.77	4.91	697.54	1.06	1768



Bisphenol F

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
< LOD	0.030	0.13	0.26	0.67	5.46	245.79	0.34	1768

Bisphenol S

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
0.10 µg/g (6%)	0.018	0.25	0.54	1.20	4.54	286.92	0.58	1768

Oxybenzone

Oxybenzone (Benzophenone 3)

Your Results	Min	P25	P50	P75	P95	Max	Geometric Mean	N
14.5 µg/g (66%)	0.060	3.82	10.89	44.53	775.19	47116.37	14.34	1768