



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

SAMPLE REPORT

3/22/2024

MM12345678

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

KEEP IT UP



Bisphenols

KEEP IT UP



Oxybenzone

KEEP IT UP

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

TOP RECOMMENDATIONS

1 You're on the right track!

Your exposure levels are below the national average, but there are still areas to improve.

Avoid: fragrance

We recommend avoiding products containing fragrances, including personal care products, cleaning products, air fresheners, perfumes, candles, etc. Fragrance

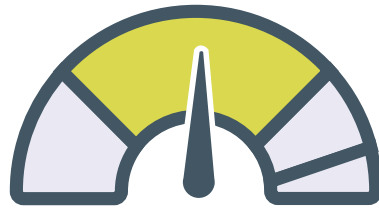
2 ingredients are largely protected as confidential business information and phthalates, as well as other toxic chemicals, can be hidden under “fragrance” or “parfum” on ingredient labels. Choose fragrance-free products as unscented products may contain chemicals used to mask unpleasant scents from other ingredients. Natural fragrance and essential oils are not regulated and may be contaminated with phthalates during extraction, processing, and packaging.

Avoid: plastic food packaging

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

3 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.

MID



Phthalates

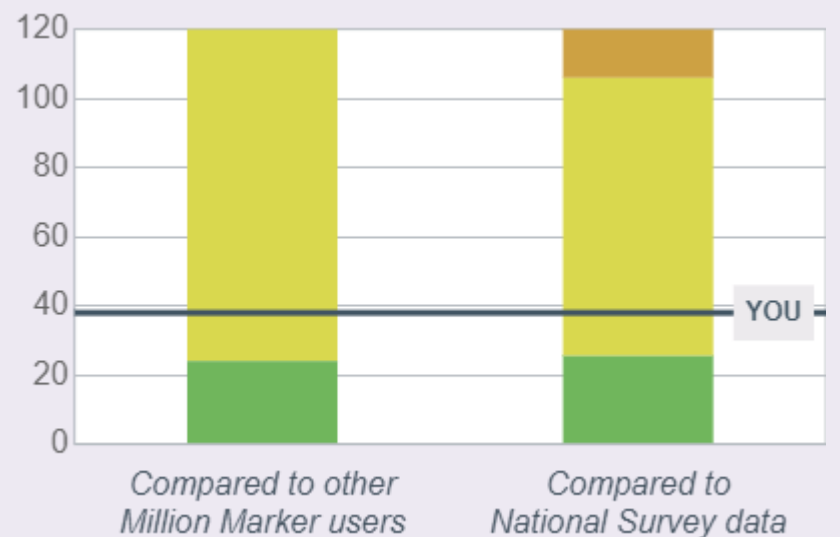
ON THE RIGHT TRACK

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.

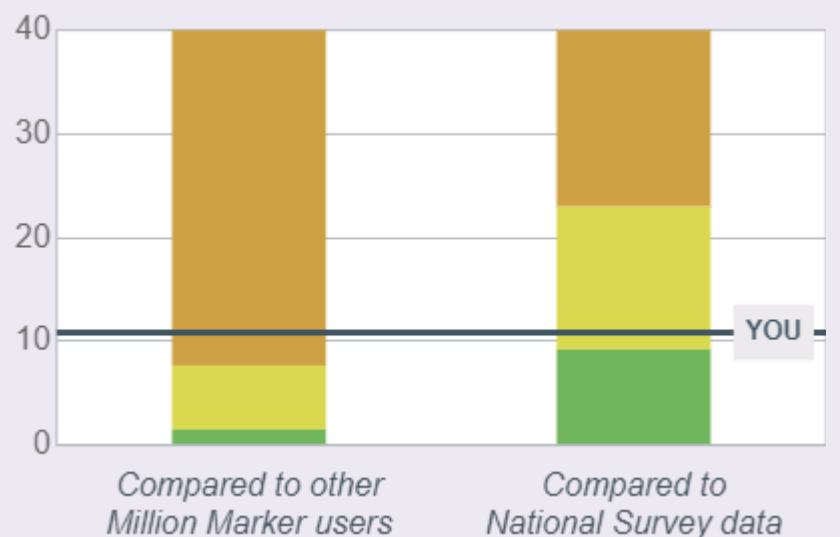
37.96 $\mu\text{g/g}$



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.

10.85 $\mu\text{g/g}$





Parabens

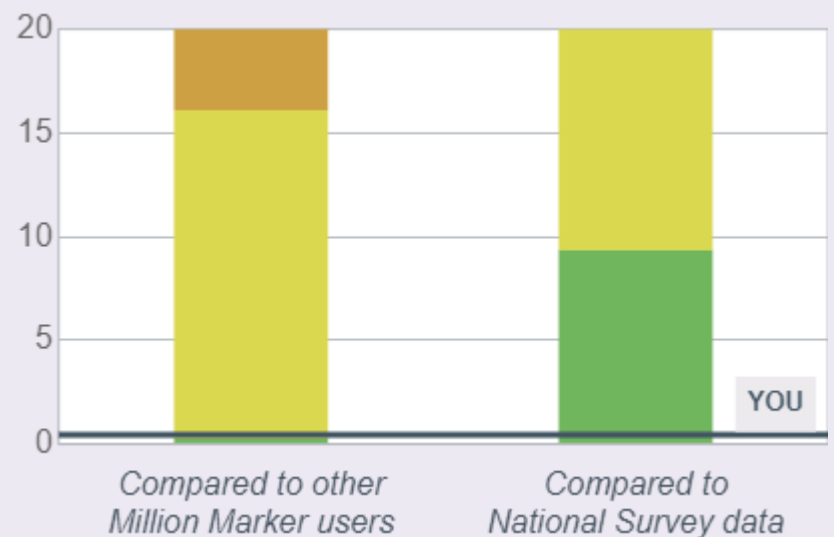
KEEP IT UP

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.

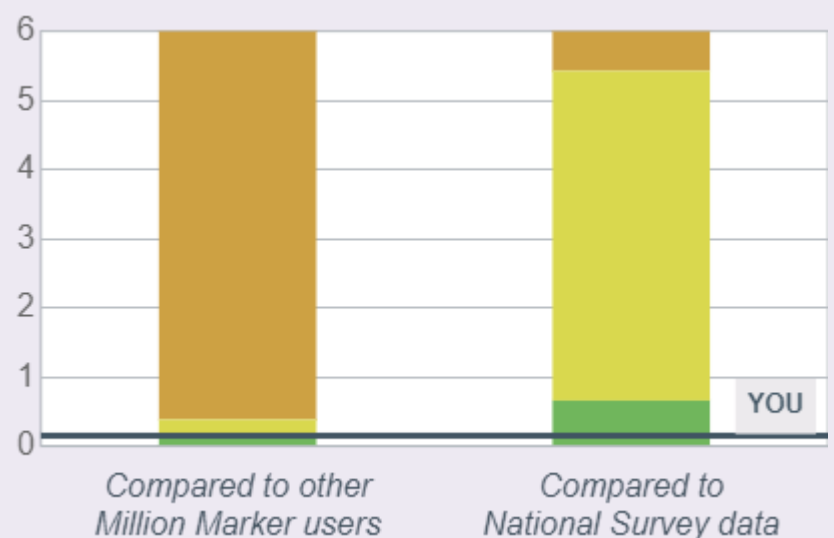
Level < LOD (below detection limit)



Ethylparaben

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

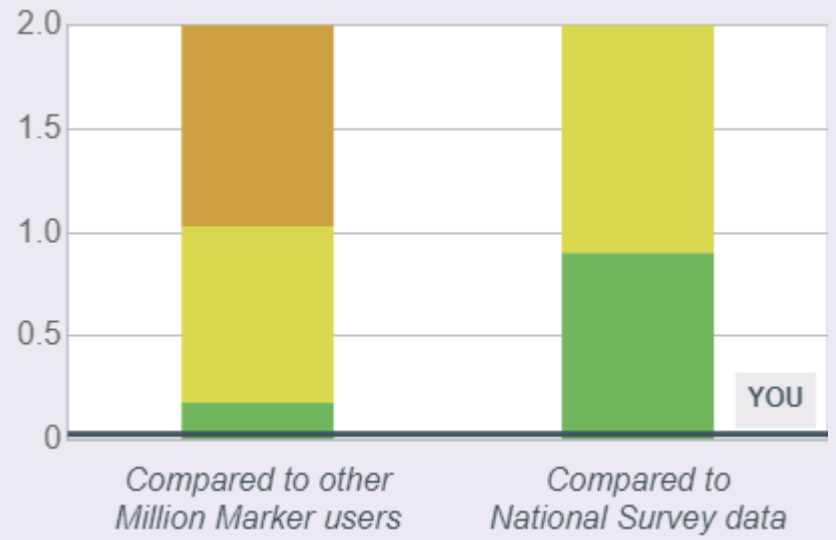
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Propylparaben

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

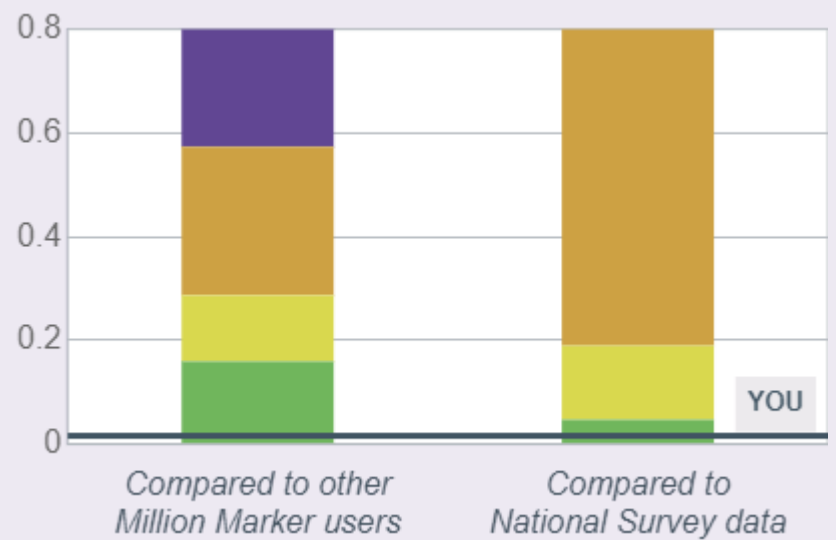
Level < LOD (below detection limit)



Butylparaben

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

Level < LOD (below detection limit)





Bisphenols

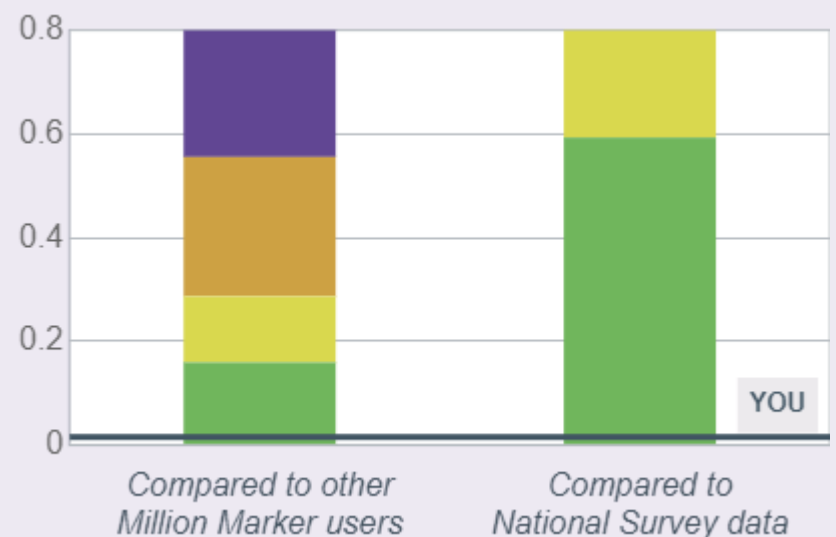
KEEP IT UP

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.

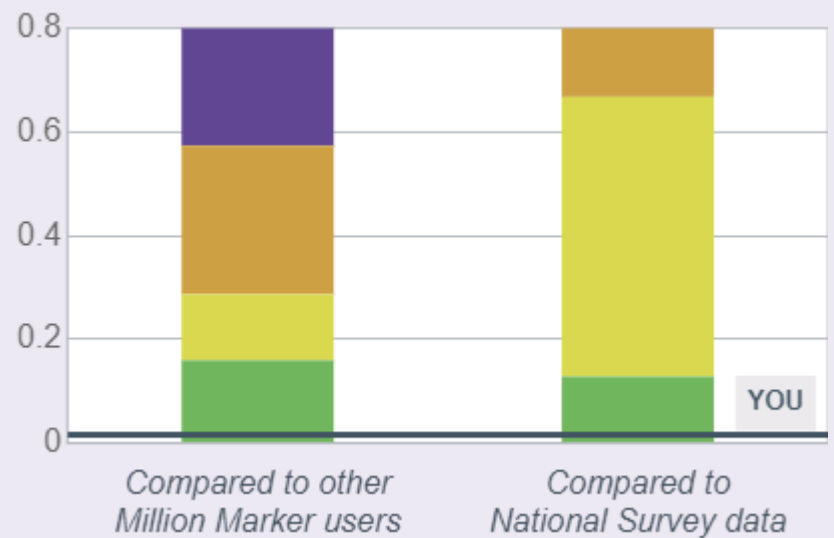
Level < LOD (below detection limit)



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.

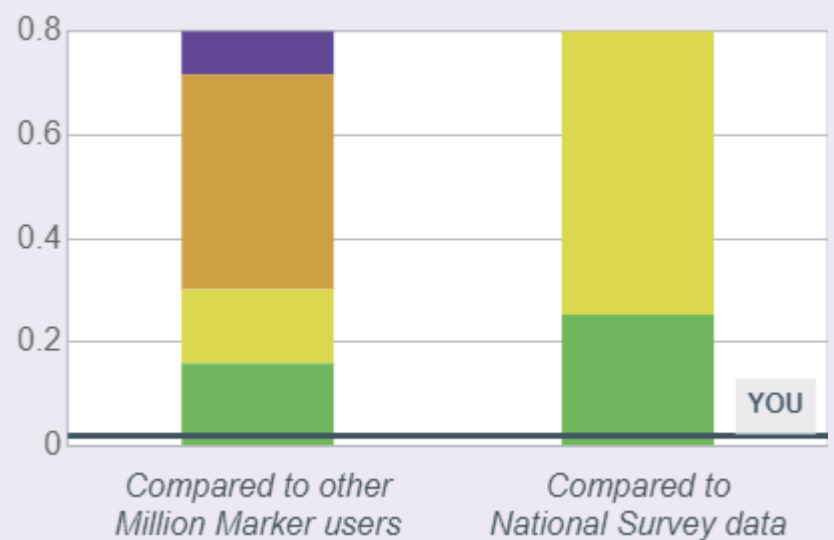
Level < LOD (below detection limit)



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)





Oxybenzone

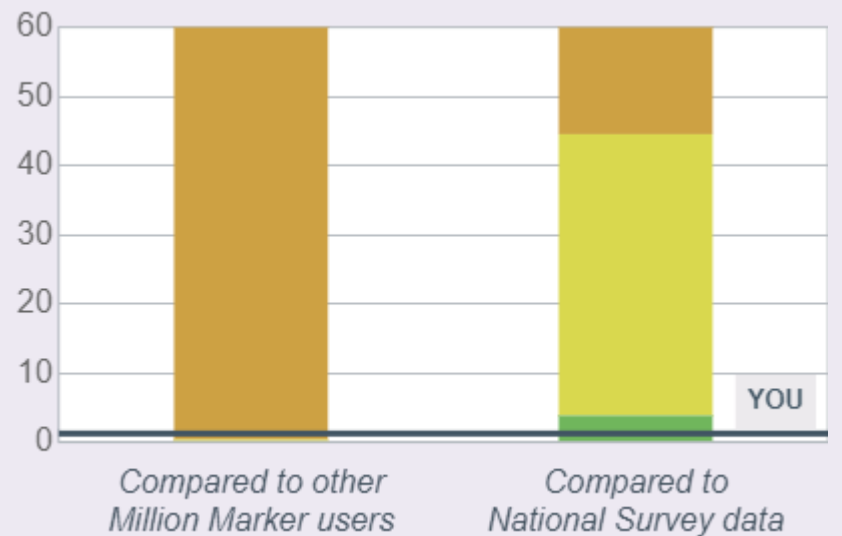
KEEP IT UP

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.

Level < LOD (below detection limit)



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.

