







Your Chemical Exposure Test Results

This is a snapshot of your test results. More information and recommendations can be found in the detailed report.

| Chemical | Common Sources | Your level |
|---|---|--|
| Bisphenols (BPA, BPS, BPF) | <ul style="list-style-type: none"> • Canned foods/drinks • Cash register receipts • Clear, shatterproof plastic containers • Some “BPA-free” products |  LOW |
| Parabens | <ul style="list-style-type: none"> • Cosmetics, personal care products • Medications |  MEDIUM |
| Phthalates (low molecular weight) | <ul style="list-style-type: none"> • Personal care products, fragrance, supplements • Cleaning supplies |  HIGH |
| Phthalates (high molecular weight) | <ul style="list-style-type: none"> • Plastic packaging film and sheets • Vinyl flooring • Children’s toys |  MEDIUM |
| Benzophenones | <ul style="list-style-type: none"> • Perfumes, soaps, sunscreens • Clear plastic bottles |  MEDIUM |
| Triclosan | <ul style="list-style-type: none"> • “Antibacterial” products • Personal care products, toothpaste, bar soap |  MEDIUM |

Take Action!

Here are some personalized small and bigger steps **you** can take to reduce your exposures.

| | Good-Small Steps Can Make Big Changes! | Better-Good Habits Take Time! |
|-------------------------------------|--|--|
| Diet | <ul style="list-style-type: none"> • Drink less canned beverages • Eat less packaged food • Do not microwave plastic | <ul style="list-style-type: none"> • Avoid canned beverages • Avoid packaged food • Use ceramic, glass or stainless steel containers to store food |
| Supplements & Medication | <ul style="list-style-type: none"> • Avoid capsules and medication with an enteric coating (“time release” capsules) | |
| Personal Care Products | <ul style="list-style-type: none"> • Replace the following products with safer alternatives: <ul style="list-style-type: none"> • SK-II Facial Treatment Essence (Pitera™ Essence) • Curél Ultra Healing Intensive Lotion • Head & Shoulders Classic Clean Shampoo & Conditioner 2 in 1 • Colgate Total Advanced Deep Clean Toothpaste • SpaSoap Liquid Soap • Avoid products with “fragrance” | <ul style="list-style-type: none"> • Shop products off of our Approved Products List |
| Supplies | <ul style="list-style-type: none"> • Choose toys that are BPA and phthalate free | <ul style="list-style-type: none"> • Avoid plastic toys • Shop “fragrance-free” rather than “unscented” |
| Environment | <ul style="list-style-type: none"> • Wash hands after using cash register receipts. • Store cash register receipts in baggies • Wash hands often, especially before eating | <ul style="list-style-type: none"> • Go paperless. Avoid touching or storing cash register receipts. • Do not use hand sanitizer after touching cash register receipts. • Clean floors regularly with a wet mop or HEPA |

| | | |
|--------------|-----------------|---|
| | | vacuum. Use a damp cloth to dust <ul style="list-style-type: none"> • Use a HEPA air filter |
| Other | Tailored to you | Tailored to you |

[Contact us for questions or feedback.](#)

Information provided in this report is for educational purposes only and is not intended to diagnose or treat any health conditions.

SAMPLE
REPORT