



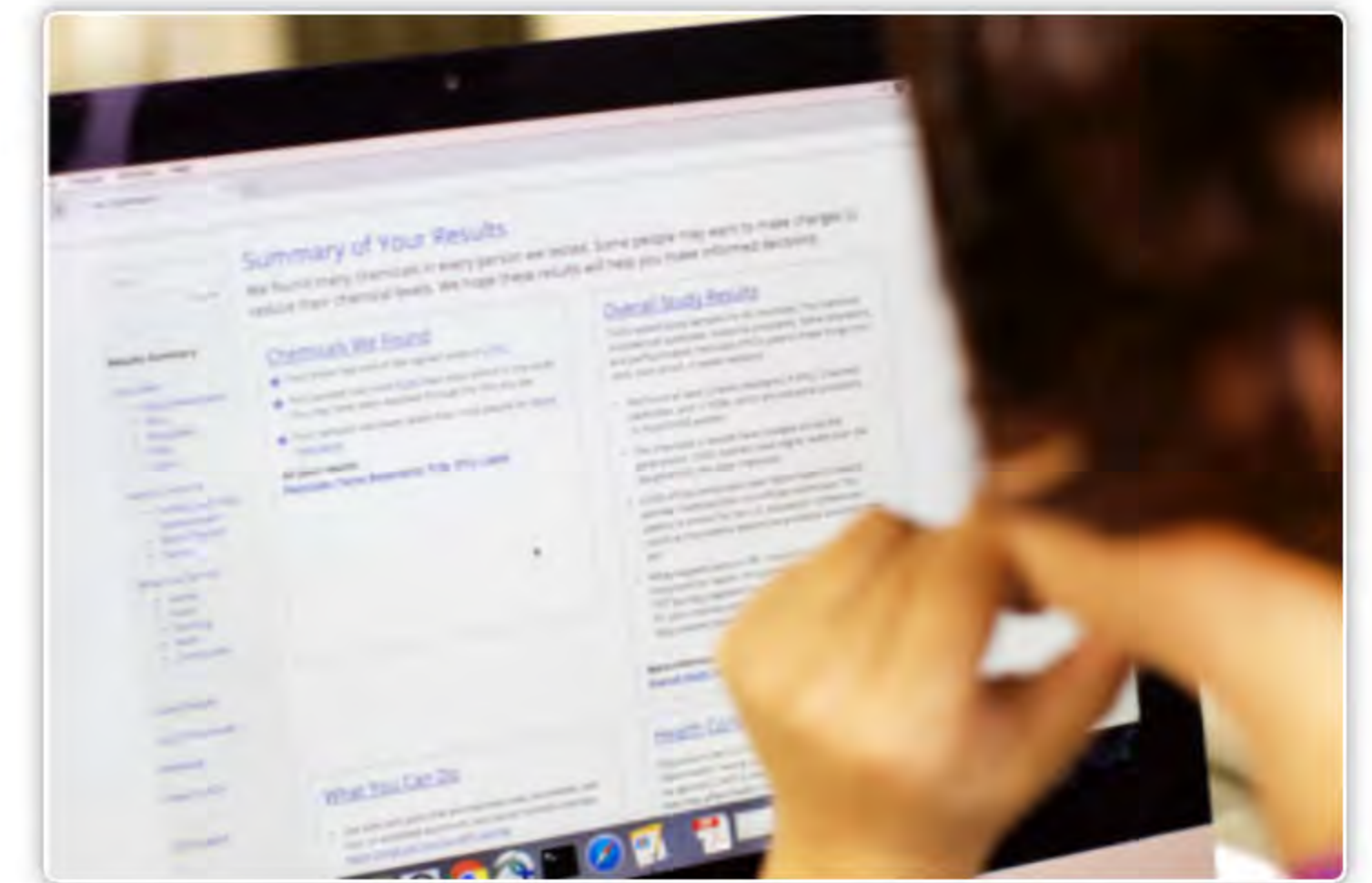
Detox Me™ ACTION Kit

BY SILENT SPRING INSTITUTE



This web site provides your study results.
It shows:

- + The levels of chemicals found in your sample.
- + How your levels compare with other people.
- + Where these chemicals come from.
- + How they can affect health.
- + How you can reduce levels of these chemicals in your body, your home, and your community.
- + What we learned from everyone's samples.



[Start Here](#)

About Detox Me™ Action Kit

Detox Me™ Action Kit is the first crowdsourced research study on exposure to household and environmental toxics. Developed by researchers at Silent Spring Institute, Detox Me Action Kit is designed to characterize our collective exposure to harmful chemicals called endocrine disruptors—and to empower consumers to take action to lower unnecessary exposures to these chemicals.

Know someone who might want to join? They can still [sign up here!](#)

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Log in

First time visitors:

Enter your access code to see your report.

Use the access code "12345" to access the example report.

Access Code

Login with access code



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- Chlorinated Phenols
- Flame Retardants
- Parabens
- Sunscreen Chemical

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- Home
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Overall Study Results

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Results Summary

We found chemicals in every person we tested. Some people may want to make changes to reduce their chemical levels. We hope these results will help you make informed decisions.

Chemicals We Found

Your sample had a higher level of a bisphenol than 95% of Americans.



WHAT YOU CAN DO

Choose fresh or frozen instead of canned food or drinks. Be aware that plastics and food cans labeled "BPA-free" may contain BPS, BPF, or other chemical substitutes.

Your sample had a lower level of a sunscreen chemical than most others in the study.



WHAT YOU CAN DO

Choose shade, hats, and tightly woven fabric cover-ups for sun protection when you can.

A flame retardant chemical was detected in your sample.



WHAT YOU CAN DO

Choose furniture that doesn't contain flame retardants, including in the foam. Check for a label that says it meets TB 117-2013 and states "does not contain added flame retardants." You can also ask a customer service representative or the manufacturer if it contains added flame retardants.

All your results: [Antimicrobials](#) / [Bisphenols](#) / [Chlorinated Phenols](#) / [Flame Retardants](#) / [Parabens](#) / [Sunscreen Chemical](#) /

More things you can do: [Home](#) / [Food](#) / [Community](#) / [Personal Care](#) /

Health Concerns

The Detox Me Action Kit tests for endocrine disruptors—chemicals that mimic and interfere with the body's naturally occurring hormones.

Hormones regulate many important activities in your body, so endocrine disrupting chemicals raise concerns about effects on fertility, child development, the nervous system, and cancer.

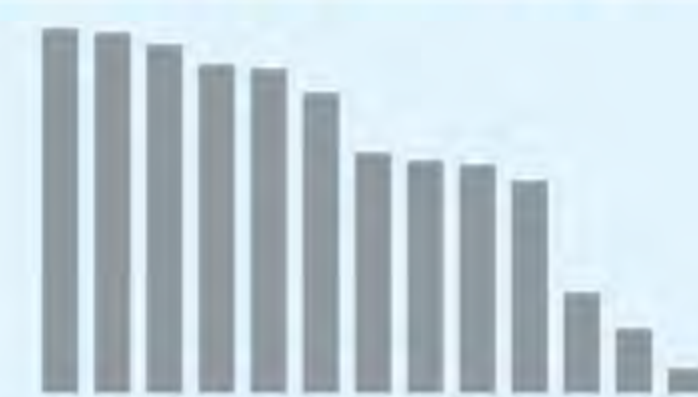
The chemicals in Detox Me Action Kit have been detected at different levels in people throughout the U.S. Detecting these chemicals in your urine doesn't mean you will get sick.

We don't yet know whether exposure levels found in people are above or below levels that affect health. Also, some people are more sensitive to effects than others, and some chemicals can act together to produce effects as a mixture that are not predicted from the levels of each chemical on its own. Exposures during development (for example, in the womb or during puberty) can have different effects than exposures in adults, and the effects of early-life exposures might not be seen until many years later.

Sometimes the best information about how a chemical might affect health is from laboratory studies. Since we don't do experiments on people, we often learn how chemicals may affect health by testing in animals or cells, similar to the way we test new drugs for safety.

You can learn more about the health concerns of each chemical on its results page.

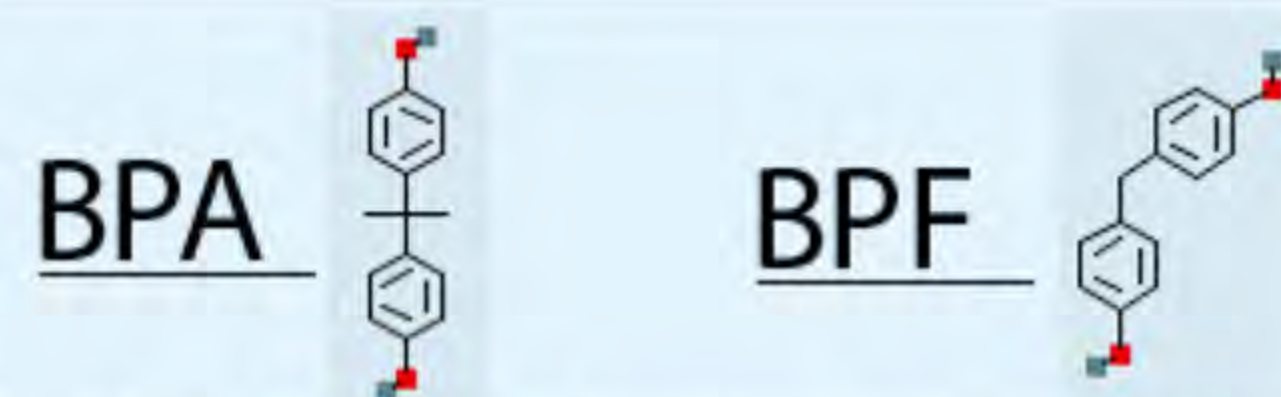
Overall Study Results



Detox Me Action Kit tested urine samples for 14 chemicals. The chemicals included preservatives in personal care products, chemicals added to plastics and food packaging, antimicrobials and pesticides, and flame retardants. [read more](#)

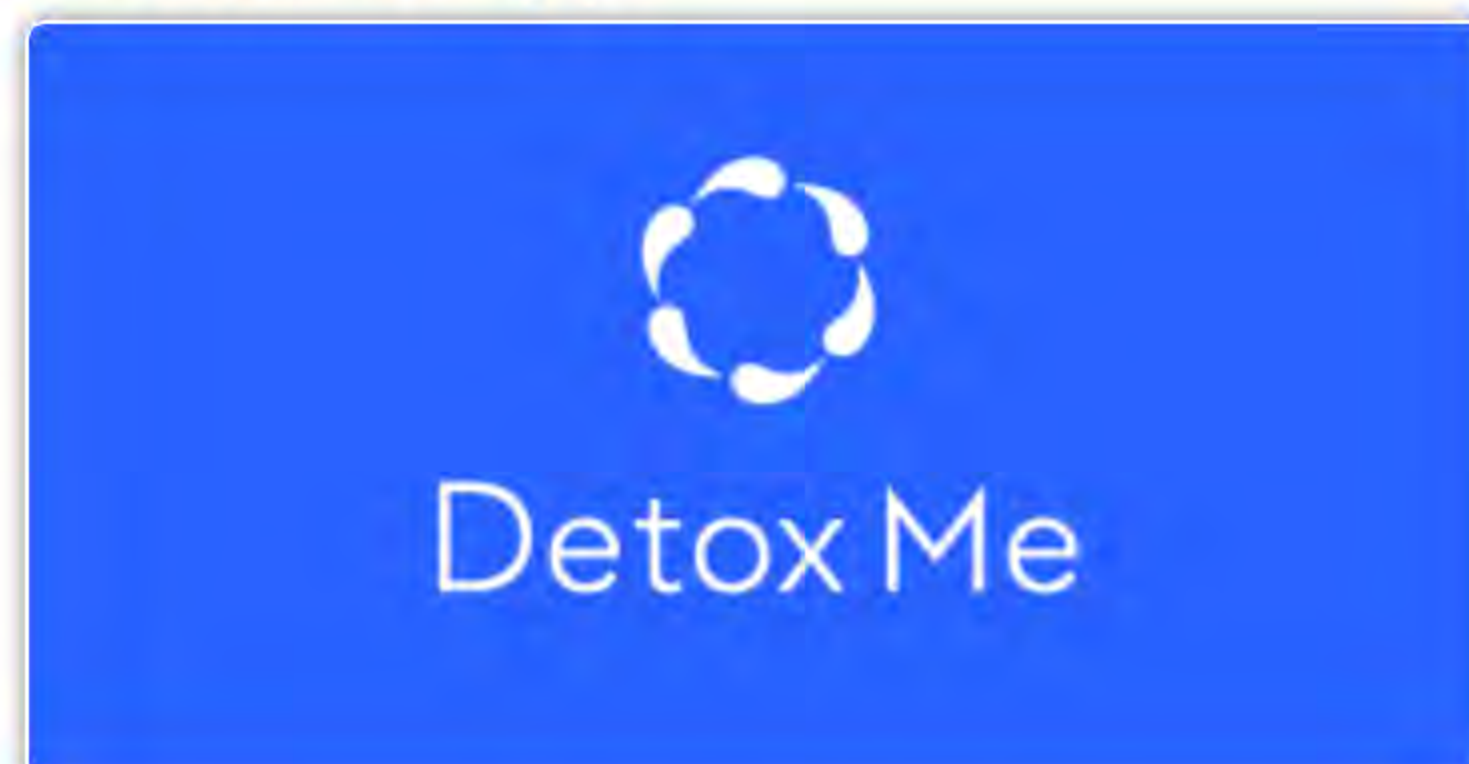
Action Kit participants tend to have lower chemical burdens than most people in the United States. Good job! [read more](#)

Although almost 90 percent of Action Kit participants report avoiding at least two chemical types, some chemicals—like the preservative methyl paraben and UV filter benzophenone-3—are still found in nearly all participants. [read more](#)



Action Kit participants have lower levels of Bisphenol A (found in some plastics and food packaging), but higher levels of the related chemical Bisphenol F. This suggests that industry is replacing one harmful chemical with another, a practice known as "regrettable substitution." [read more](#)

DetoxMe App



For more tips on how to eliminate chemicals from your daily life, download our **free Detox Me mobile app**, available in the Apple and Google Play stores. The Detox Me app is a research-based guide on how to reduce your exposure to potentially harmful chemicals where you live, work, and play—and it keeps track of your progress. We hope you'll check it out!

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Chemicals

i Bisphenols

Your sample had a higher level of Bisphenol S than 95% of Americans.

[Read more](#)

i Sunscreen Chemical

Your sample had a lower level of a sunscreen chemical than most others in the study.

[Read more](#)

i Flame Retardants

A flame retardant chemical was detected in your sample.

[Read more](#)

All chemicals

Each page has your results for a chemical group and information about how you can lower your exposure.



[Parabens](#)

Chemicals used as preservatives in many personal care products [Read more](#)



[Sunscreen Chemical](#)

Chemicals used in sunscreen [Read more](#)



[Antimicrobials](#)

Chemicals added to products to kill bacteria [Read more](#)



[Bisphenols](#)

Chemicals used in plastic and can linings [Read more](#)



[Chlorinated Phenols](#)

Chemicals used to kill pests [Read more](#)



[Flame Retardants](#)

Chemicals added to many products to make it harder for them to catch fire. [Read more](#)

Common Questions

- [Why did you choose these chemicals to test?](#)
- [When was I exposed to these chemicals?](#)
- [I provided two urine samples. Why do I only have one result for each chemical?](#)
- [What do the units "ng/mL" mean?](#)
- [What does the U.S. median and 95th percentile mean?](#)
- [How do these chemicals affect my health?](#)

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Your Results: Antimicrobials

Chemicals added to products to kill bacteria

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Where do these chemicals come from?

Triclosan and triclocarban are antibacterial and antifungal agents found in consumer products including toothpaste, soaps and washes, deodorants, detergents, toys, and cutting boards. Products containing these chemicals are commonly advertised as antibacterial or antimicrobial on the label.

In 2016, the [FDA banned](#) the use of triclosan and triclocarban in consumer antiseptic washes intended to be used with water, such as antibacterial soaps, hand washes, and antibacterial body washes. These products can no longer be sold beginning September 2017. However, the rule does not cover toothpaste, hand sanitizers that are not intended to be rinsed off, or antiseptics used by the health care and food industries.

Why might these chemicals be a health concern?

Triclosan and triclocarban can affect levels of thyroid and sex hormones in the body. Triclosan can increase sensitivity to allergens in the air.

[read more](#)

How can I reduce my exposure?

- **Avoid products marked antibacterial or antimicrobial.**
- **Keep it simple:** handwashing with regular soap and water is just as effective at removing germs as handwashing with antibacterial soap.
- Unless recommended by your dentist to treat an oral health condition, **avoid toothpastes that list triclosan as an ingredient.**

Your Results

Graph legend

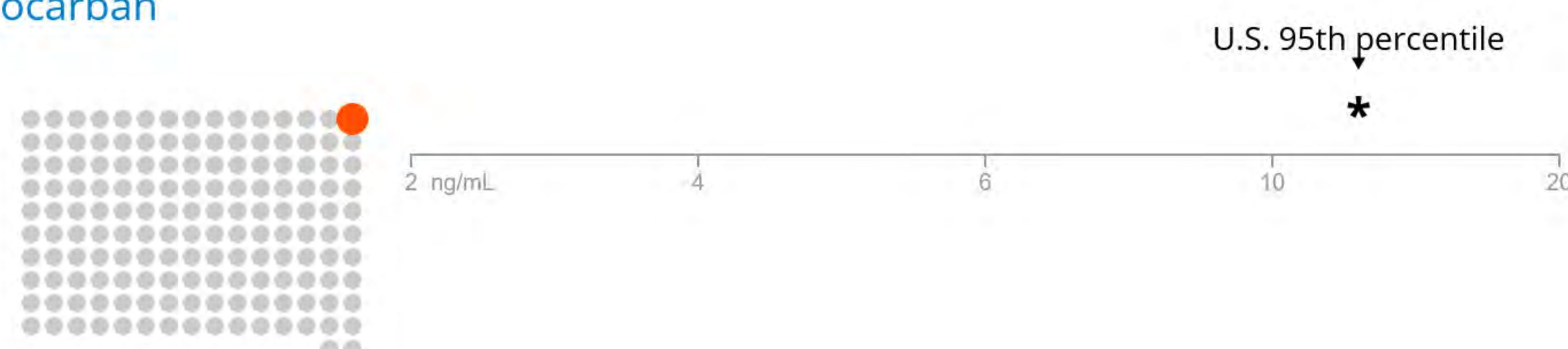
● your chemical level

○ other participants' chemical levels

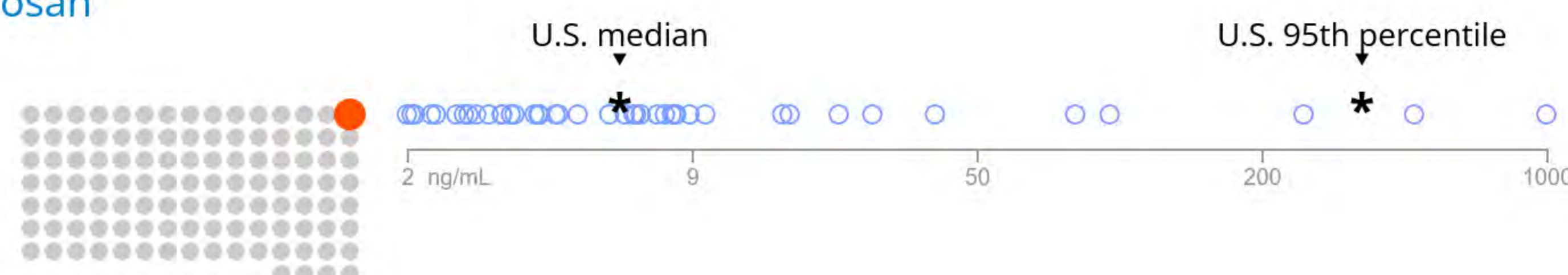
● participants for whom the chemical was not detected

ng/mL: nanograms of the chemical per milliliter of urine from your sample.

triclocarban



triclosan



Common Questions

- [Why did you choose these chemicals to test?](#)
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- [I provided two urine samples. Why do I only have one result for each chemical?](#)
- [What do the units "ng/mL" mean?](#)
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Your Results: Bisphenols

Chemicals used in plastic and can linings



Your sample had a higher level of Bisphenol S than 95% of Americans. [Scroll down to see all of your results.](#)

[Click here to jump to your results](#)

Where do these chemicals come from?

Bisphenols A, S, and F (BPA, BPS, and BPF) are used primarily to make plastics and epoxy resins and coatings.

BPA is found in some polycarbonate plastics, linings for aluminum food and beverage cans, and thermal receipt paper. BPS, sometimes used as a substitute to BPA, is commonly found in thermal receipt paper and is an ingredient in polycarbonate alternatives such as polyethersulfones. BPS and BPF have also been detected in canned food and beverages.

Why might these chemicals be a health concern?

BPA, BPS, and BPF can affect the body by mimicking natural hormones like estrogen. BPA levels in the general population appear to be below levels where health effects are reported in animal studies, but there isn't clear evidence that current exposures are safe—and exposures can act additively with other chemicals.

[read more](#)

How can I reduce my exposure?

- Ask your favorite brands and stores to choose safer chemicals** and join campaigns to get chemicals of concern out of food packaging and consumer products.
- Avoid handling receipts.** Decline receipts that you don't need, or choose to receive receipts by email when possible.
- Be aware that plastics and food cans labeled "BPA-free" may contain BPS, BPF, or other chemical substitutes.**
- Be your own barista.** Brew coffee "pour-over" style with a stainless steel, glass, or ceramic dripper (the funnel where your filter goes) instead of a plastic coffee maker.
- Choose fresh or frozen** instead of canned food or drinks.
- Cook more meals at home** with fresh ingredients.
- Use stainless steel or glass containers** for food and drinks.
- Vote for candidates who will strengthen requirements for safety testing** of chemicals added to consumer products.

Common Questions

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- [What does "not detected" mean?](#)
- [When was I exposed to these chemicals?](#)
- [I provided two urine samples. Why do I only have one result for each chemical?](#)
- [What do the units "ng/mL" mean?](#)
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- [How do these chemicals affect my health?](#)

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Your Results

Graph legend

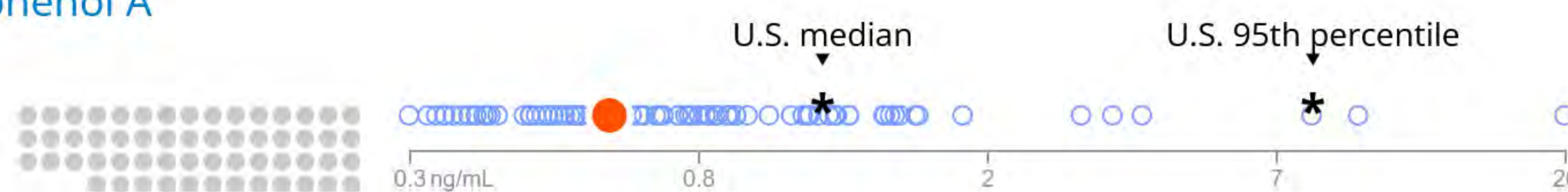
● your chemical level

○ other participants' chemical levels

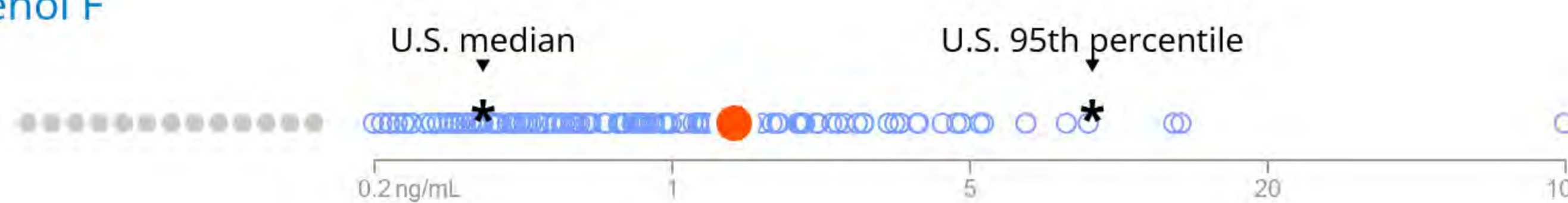
● participants for whom the chemical was not detected

ng/mL: nanograms of the chemical per milliliter of urine from your sample.

bisphenol A



bisphenol F



bisphenol S



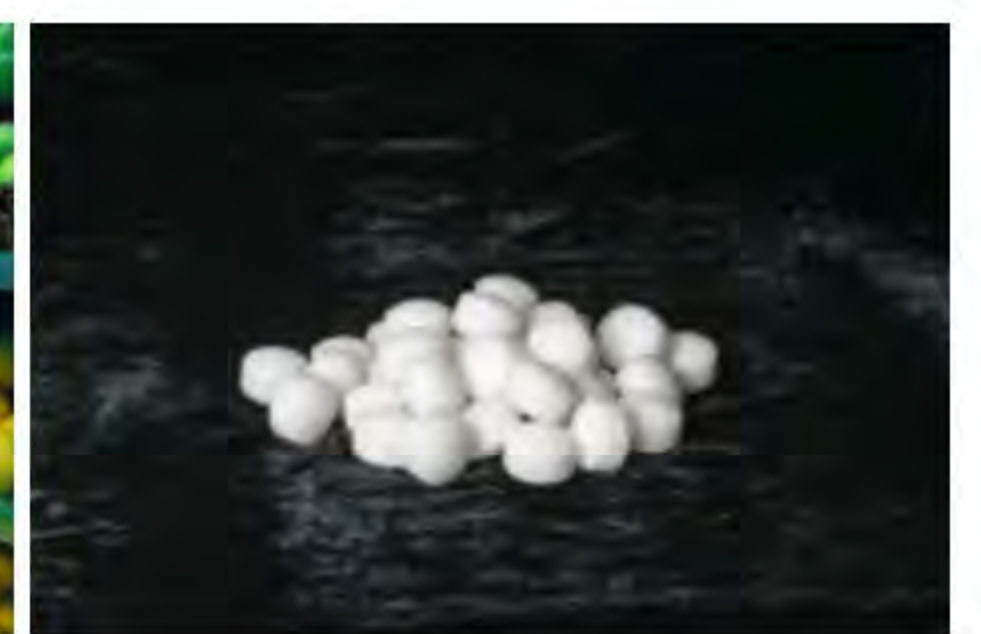
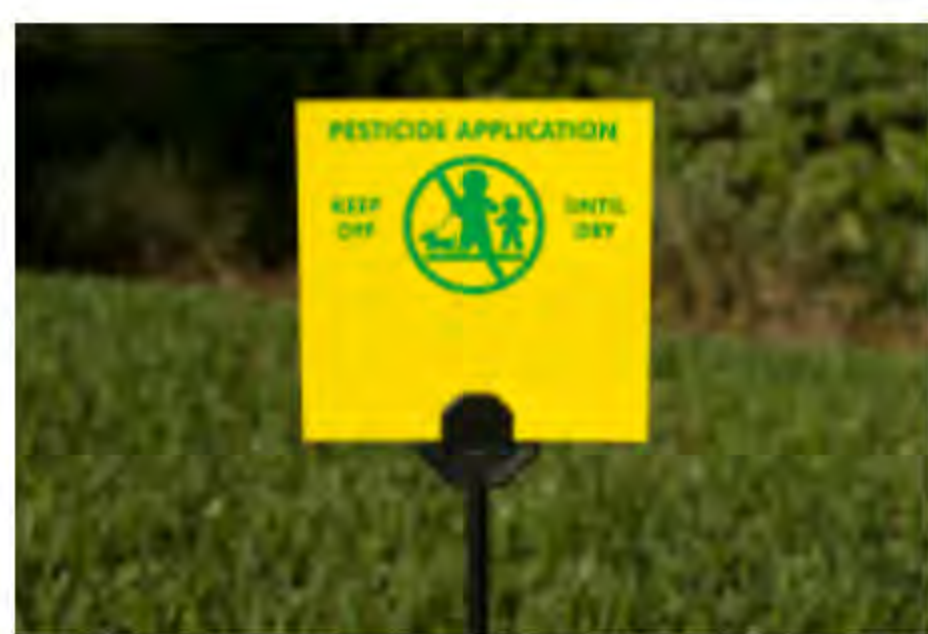
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Your Results: Chlorinated Phenols

Chemicals used to kill pests

[Click here to jump to your results](#)

Where do these chemicals come from?

We measured 2,5- and 2,4-dichlorophenol (DCP) in your sample.

2,5-DCP is a breakdown product of 1,4-dichlorobenzene (1,4-DCB), which is used in mothballs and some toilet deodorizers. 2,4-DCP is a major ingredient of the widely-used herbicide 2,4-dichlorophenoxyacetic acid (2,4-D), which is found in both home lawn and agricultural weed control products. It is possible that these chemicals have other sources as well: they can form as byproducts during the chlorination of drinking water, and are used to make other chemicals such as pharmaceuticals.

Why might these chemicals be a health concern?

1,4-DCB and 2,4-D can affect levels of hormones in the body. 1,4-DCB may increase the risk of cancer.

[read more](#)

How can I reduce my exposure?

- **Avoid tracking pollutants into your home.** Place rugs in doorways and take off your outdoor shoes at the door.
- **Control household pests without pesticides** by sealing the holes through which pests enter your home and use borax or sticky traps that do not contain pesticides.
- **Do not use mothballs.** Clean woolens at the end of the season and put them away in sealed containers or bags. Use cedar products instead of mothballs.
- **Eat organic foods whenever possible.**
- **If you have stored clothing in mothballs, open the containers outside** and let the clothes air out thoroughly before wearing them.
- **Prevent weeds without using herbicides by planting groundcover** on open spaces and control weeds by pulling them out. Encourage your neighbors and your community to use organic practices.
- **Use nontoxic alternatives to toilet bowl deodorizers**, such as lemon juice, borax, baking soda, or white vinegar.

Common Questions

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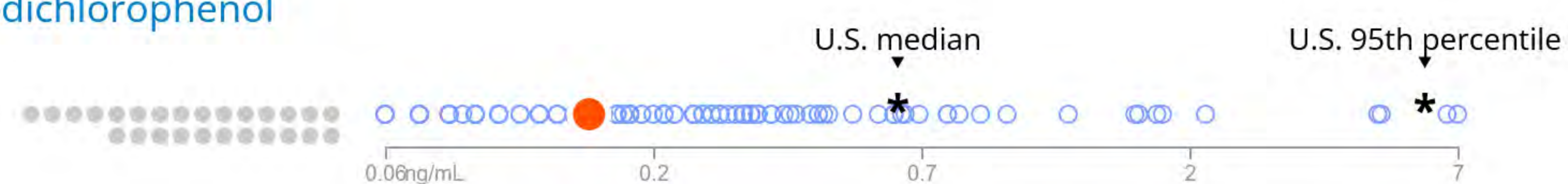
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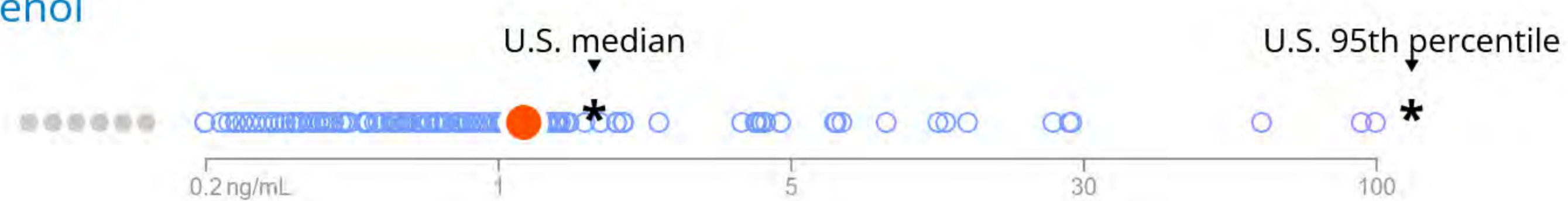
Graph legend

- your chemical level
- other participants' chemical levels
- participants for whom the chemical was not detected
- ng/mL: nanograms of the chemical per milliliter of urine from your sample.

2,4-dichlorophenol



2,5-dichlorophenol



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Your Results: Flame Retardants

Chemicals added to many products to make it harder for them to catch fire.



A flame retardant chemical was detected in your sample. [Scroll down to see all of your results.](#)

[Click here to jump to your results](#)

Where do these chemicals come from?

Flame retardants are added to products to make it harder for them to catch fire. They are used in some furniture cushions made of polyurethane foam and are also added to some plastics, electronics, fabric, building insulation, and other products.

Bis(1,3-dichloro-2-propyl) phosphate (BDCIPP) is a breakdown product of the flame retardant tris(1,3-dichloro-isopropyl) phosphate (TDCIPP).

Diphenyl phosphate (DPHP) is a breakdown product of the flame retardants triphenyl phosphate (TPHP) and ethylhexyl diphenyl phosphate (EHDPP). TPHP is a major component of Firemaster 550, a commercial mixture of flame retardants used mainly in foam, and is also used as a plasticizer in hydraulic fluids and varnishes, including nail polish.

Why might these chemicals be a health concern?

TDCIPP and TPHP can affect levels of hormones in the body. TDCIPP may increase the risk of cancer.

[read more](#)

How can I reduce my exposure?

- **Choose furniture that doesn't contain flame retardants, including in the foam.** Check for a label that says it meets TB 117-2013 and states "does not contain added flame retardants." You can also ask a customer service representative or the manufacturer if it contains added flame retardants.
- **Choose rug pads made from felt, jute, or rubber** rather than foam.
- **Fix rips in furniture so foam isn't exposed.**
- **Keep dust levels low.** Flame retardants migrate out of products and into dust. Use wet methods (like mopping or wiping surfaces with a damp cloth) or vacuum with a HEPA (high-efficiency particulate air) filter to prevent dust from recycling into the air.
- **Save nail polish for special occasions,** and apply it outside. Learn which cosmetics companies disclose their ingredients and avoid nail polish with triphenyl phosphate and other harmful chemicals.
- **Tell your elected representatives you support fire safety without toxics.**

Your Results

Graph legend

● your chemical level

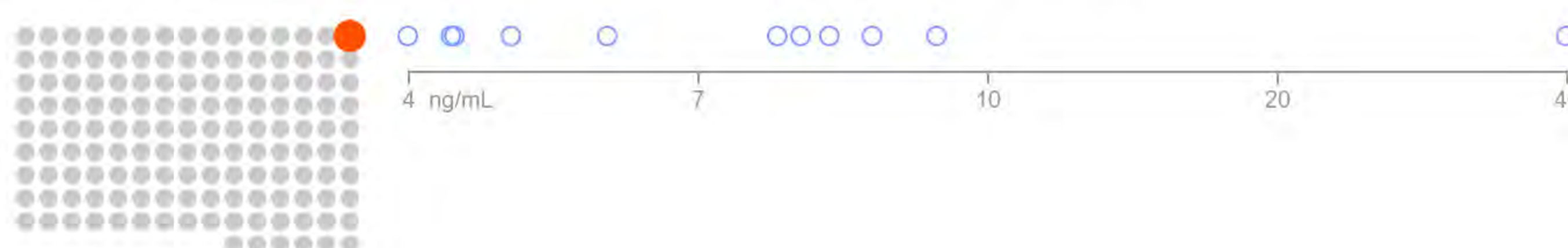
○ other participants' chemical levels

■ participants for whom the chemical was not detected

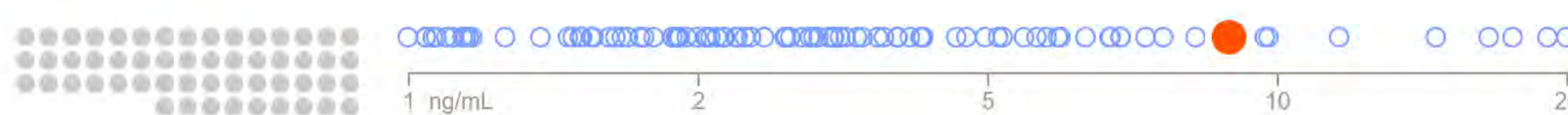
ng/mL: nanograms of the chemical per milliliter of urine from your sample.

bis(1,3-dichloro-2-propyl) phosphate (BDCIPP)

The laboratory could not measure BDCIPP below 4 ng/mL. Other research studies have found that typical levels in people are usually lower than this. Samples that are "not detected" could have levels from zero up to 4 ng/mL.



diphenyl phosphate (DPHP)



Common Questions

- [Why did you choose these chemicals to test?](#)
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- [When was I exposed to these chemicals?](#)
- [I provided two urine samples. Why do I only have one result for each chemical?](#)
- [What do the units "ng/mL" mean?](#)
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- [Why is there no comparison group for flame retardants?](#)
- [How do these chemicals affect my health?](#)

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Your Results: Parabens

Chemicals used as preservatives in many personal care products

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Where do these chemicals come from?

Parabens are the most widely used preservatives in personal care products. They stop fungus, bacteria, and other microbes from growing in creams and makeup. Parabens are found in some deodorants, shampoos and conditioners, hair styling gels, shaving gels, and other lotions and cosmetics.

Why might these chemicals be a health concern?

Parabens can affect the body by mimicking natural hormones like estrogen.

How can I reduce my exposure?

- **Ask your favorite brands and stores to choose safer chemicals** and join campaigns to get chemicals of concern out of food packaging and consumer products.
- **Avoid cosmetics and personal care products that list parabens as ingredients.** Common names for this class of chemicals include butyl paraben, ethyl paraben, methyl paraben, and propyl paraben.
- **Learn which personal care and cosmetics companies avoid harmful chemicals.**
- **Parabens help keep products from spoiling**, so monitor your paraben-free products for freshness, especially if you don't use them regularly.
- **Vote for candidates who will strengthen requirements for safety testing** of chemicals added to consumer products.

Your Results

Graph legend

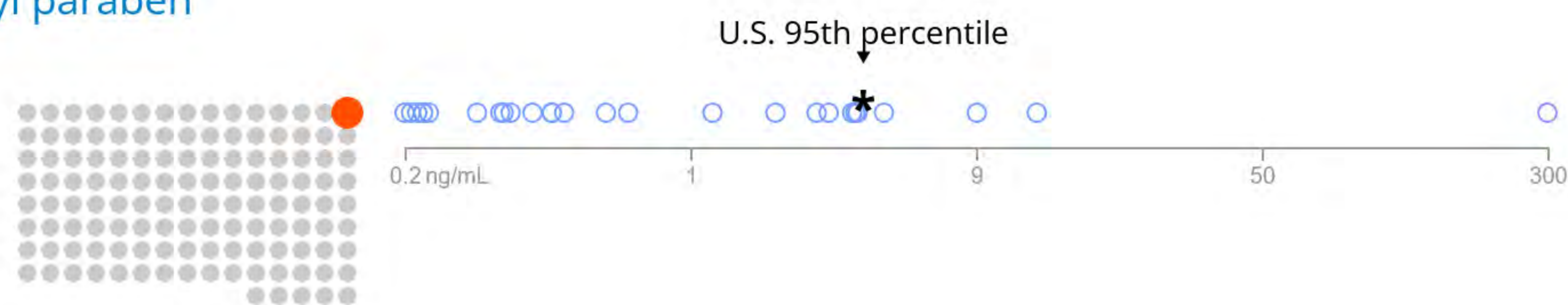
● your chemical level

○ other participants' chemical levels

■ participants for whom the chemical was not detected

ng/mL: nanograms of the chemical per milliliter of urine from your sample.

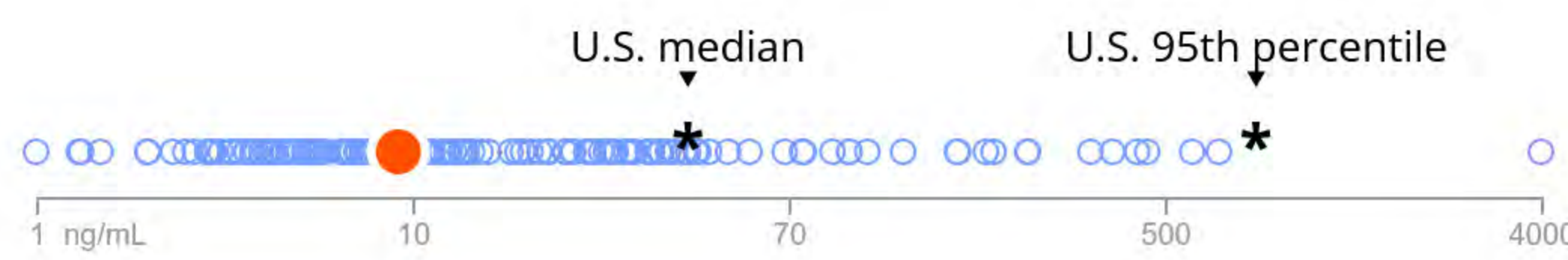
butyl paraben



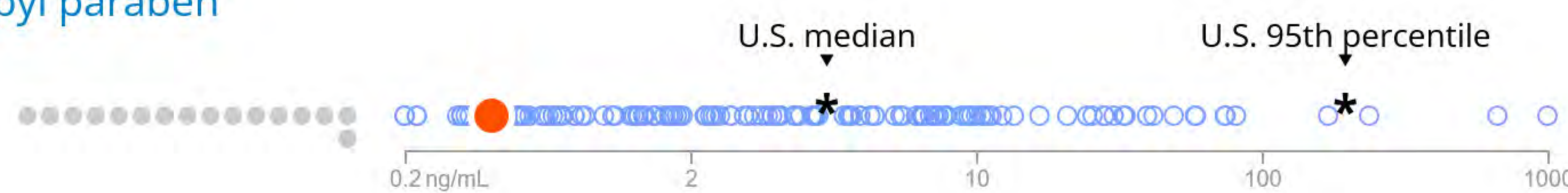
ethyl paraben



methyl paraben



propyl paraben



Common Questions

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Your Results: Sunscreen Chemical

Chemicals used in sunscreen



Your sample had a lower level of a sunscreen chemical than most others in the study. [Scroll down to see all of your results.](#)

[Click here to jump to your results](#)

Where do these chemicals come from?

Benzophenone-3 is an ultraviolet (UV) filter found in many sunscreen and other face lotion products. It absorbs UV radiation that can harm DNA in your skin. It is also added as a UV stabilizer to some plastics and protective coatings.

Why might these chemicals be a health concern?

Benzophenone-3 can affect the body by mimicking natural hormones like estrogen.

[read more](#)

How can I reduce my exposure?

Protecting yourself from the sun's UV rays is the best way to reduce the risk of skin cancer. It is important to balance the risks of using chemicals in sunscreen and having enough UV protection. People who are sun-sensitive, or who are spending the day in full sun, may wish to use sunscreen with chemical UV filters. It is important to use a sunscreen with UVA and UVB ("broad spectrum") protection. Be aware that product testing has shown that sunscreens may not always meet their stated SPF.

- **Avoid sunscreen sprays** that can get into the lungs and eyes.
- **Chemical UV filters, including benzophenone, oxybenzone, octyl methoxycinnamate, and octinoxate, are endocrine disruptors.** If you can, avoid using sunscreen or lotions with chemical UV filters every day.
- **Choose shade, hats, and tightly woven fabric cover-ups** for sun protection when you can.
- **Mineral-based active ingredients like zinc oxide or titanium dioxide** are not known to be endocrine disruptors.
- **Sometimes plastics contain chemical UV filters.** Use stainless steel or glass containers for food and drinks.
- **Wash off sunscreen** once you are out of the sun.

Common Questions

- [Why did you choose these chemicals to test?](#)
- [What does "not detected" mean?](#)
- [When was I exposed to these chemicals?](#)
- [I provided two urine samples. Why do I only have one result for each chemical?](#)
- [What do the units "ng/mL" mean?](#)
- [What does the U.S. median and 95th percentile mean?](#)
- [How do these chemicals affect my health?](#)

Want to call us?

Do you want help interpreting your results? Feel free to call us at **(617) 332-4288 x226**. Or email us at detoxmeactionkit@silentspring.org.

Your Results

Graph legend

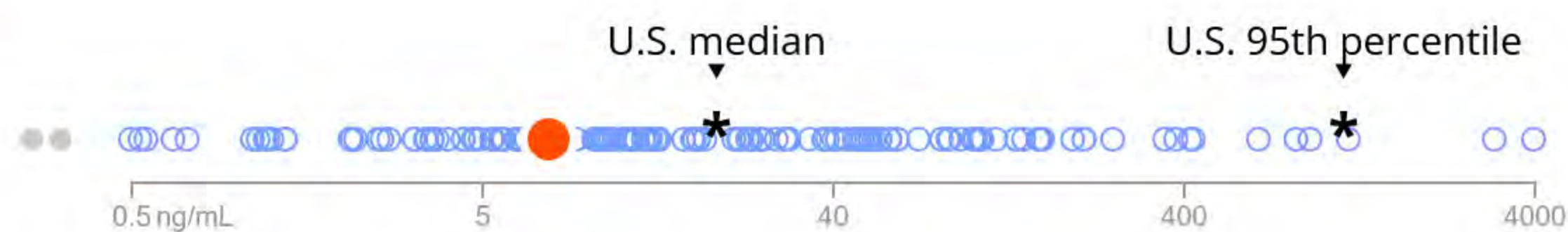
● your chemical level

○ other participants' chemical levels

● participants for whom the chemical was not detected

ng/mL: nanograms of the chemical per milliliter of urine from your sample.

benzophenone-3



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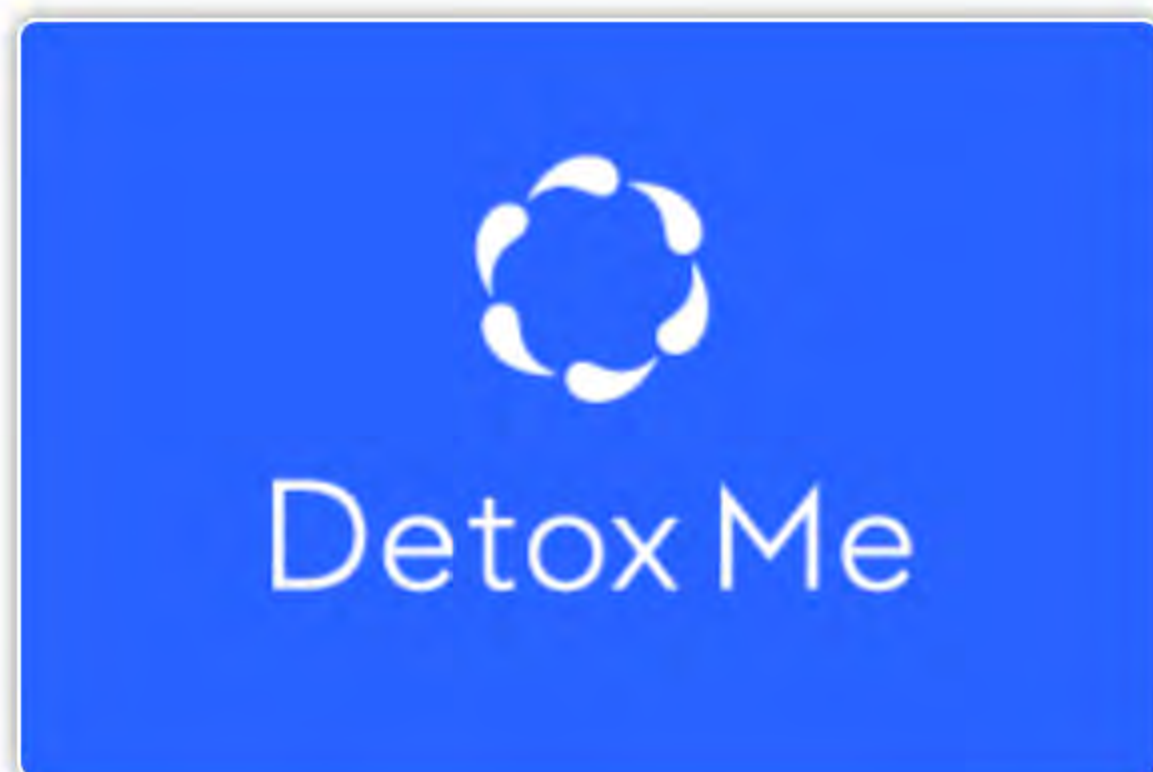
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[DetoxMe App](#)

For more tips on how to eliminate chemicals from your daily life, download our free Detox Me [mobile app](#), available in the Apple and Google Play stores. The Detox Me app is a research-based guide on how to reduce your exposure to potentially harmful chemicals where you live, work, and play—and it keeps track of your progress. We hope you'll check it out!

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Furniture, building materials, and cleaning supplies can all be sources of chemical exposure. [Read more](#)



[Food](#)

What food you buy, how you cook, and how you store food can affect your exposure to chemicals. [Read more](#)



[Community](#)

There are steps you can take with your community to reduce everyone's exposure to harmful chemicals. [Read more](#)



[Personal Care](#)

Chemicals in soaps, lotions, cosmetics, and other grooming supplies can enter your body. [Read more](#)

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What you can do in the home

Avoid products marked antibacterial or antimicrobial.

Avoid tracking pollutants into your home. Place rugs in doorways and take off your outdoor shoes at the door.

Choose furniture that doesn't contain flame retardants, including in the foam. Check for a label that says it meets TB 117-2013 and states "does not contain added flame retardants." You can also ask a customer service representative or the manufacturer if it contains added flame retardants.

Control household pests without pesticides by sealing the holes through which pests enter your home and use borax or sticky traps that do not contain pesticides.

Do not use mothballs. Clean woolens at the end of the season and put them away in sealed containers or bags. Use cedar products instead of mothballs.

Fix rips in furniture so foam isn't exposed.

If you have stored clothing in mothballs, open the containers outside and let the clothes air out thoroughly before wearing them.

Keep dust levels low. Flame retardants migrate out of products and into dust. Use wet methods (like mopping or wiping surfaces with a damp cloth) or vacuum with a HEPA (high-efficiency particulate air) filter to prevent dust from recycling into the air.

Use nontoxic alternatives to toilet bowl deodorizers, such as lemon juice, borax, baking soda, or white vinegar.

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Food

The food you eat and how you prepare it

Ask your favorite brands and stores to choose safer chemicals and join campaigns to get chemicals of concern out of food packaging and consumer products.

Be aware that plastics and food cans labeled "BPA-free" may contain BPS, BPF, or other chemical substitutes.

Be your own barista. Brew coffee "pour-over" style with a stainless steel, glass, or ceramic dripper (the funnel where your filter goes) instead of a plastic coffee maker.

Choose fresh or frozen instead of canned food or drinks.

Cook more meals at home with fresh ingredients.

Eat organic foods whenever possible.

Use stainless steel or glass containers for food and drinks.

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Community

Be vocal

Ask your favorite brands and stores to choose safer chemicals and join campaigns to get chemicals of concern out of food packaging and consumer products.

Make sure you are [registered to vote](#), and hit the polls on Election Day to elect candidates who support more protective legislation on toxic chemicals.

Be a vocal consumer. Call the toll-free numbers listed on product labels to let companies know you will switch brands if the ingredients listed are not safe.

Give your business to companies that support environmental causes. And don't forget to let them—and their competitors—know the role that their environmental support played in your decision.

Tell family, friends, coworkers, and neighbors something you learned about chemical exposures and health!

Join an environmental advocacy group. Increasingly, such groups are making a difference.

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Personal Care

What you can do in your self-care routine

Avoid cosmetics and personal care products that list parabens as ingredients. Common names for this class of chemicals include butyl paraben, ethyl paraben, methyl paraben, and propyl paraben.

Avoid sunscreen sprays that can get into the lungs and eyes.

Chemical UV filters, including benzophenone, oxybenzone, octyl methoxycinnamate, and octinoxate, are endocrine disruptors. If you can, avoid using sunscreen or lotions with chemical UV filters every day.

Learn which personal care and cosmetics companies avoid harmful chemicals.

Mineral-based active ingredients like zinc oxide or titanium dioxide are not known to be endocrine disruptors.

Parabens help keep products from spoiling, so monitor your paraben-free products for freshness, especially if you don't use them regularly.

Save nail polish for special occasions, and apply it outside. Learn which cosmetics companies disclose their ingredients and avoid nail polish with triphenyl phosphate and other harmful chemicals.

Unless recommended by your dentist to treat an oral health condition, **avoid toothpastes that list triclosan as an ingredient.**

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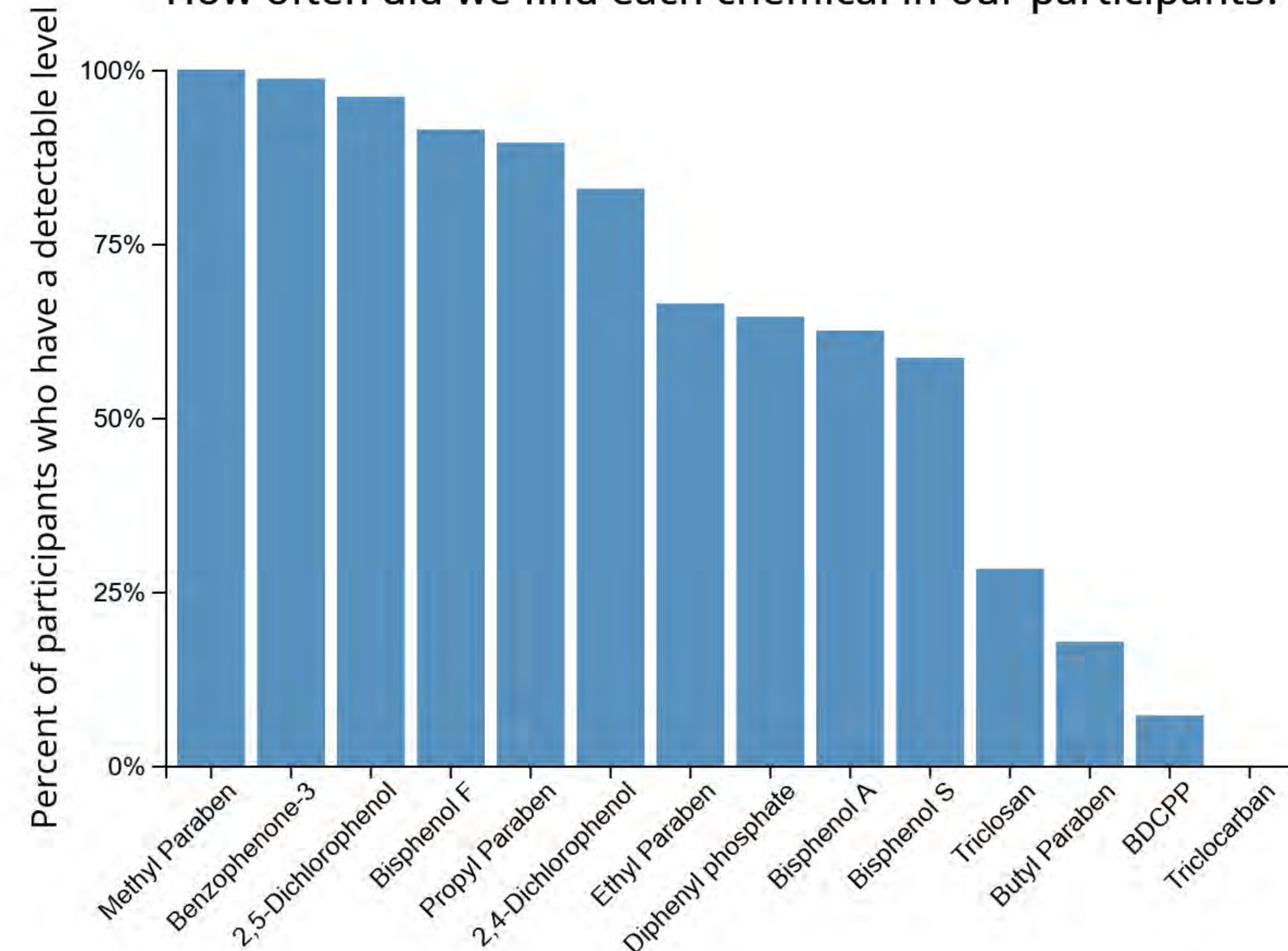
- People's bodies contain chemicals from everyday environments at home, work, and play.
- Detox Me Action Kit participants tend to have lower chemical burdens than most people in the United States.
- B-P-What? Detox Me Action Kit participants have higher levels of a chemical substitute.
- Why are 2,4- and 2,5-DCP found together? Maybe Action Kit participants can tell us.

People's bodies contain chemicals from everyday environments at home, work, and play.

Detox Me Action Kit tested urine samples for 14 chemicals. The chemicals included preservatives and a UV filter found in personal care products, chemicals added to plastics and food packaging, antimicrobials and pesticides, and flame retardants.

- We found 2 to 12 chemicals in each participant. Most people had at least 9 chemicals.
- Everyone had a detectable level of the preservative methyl paraben.
- No one had a detectable level of the antimicrobial triclocarban.

How often did we find each chemical in our participants?



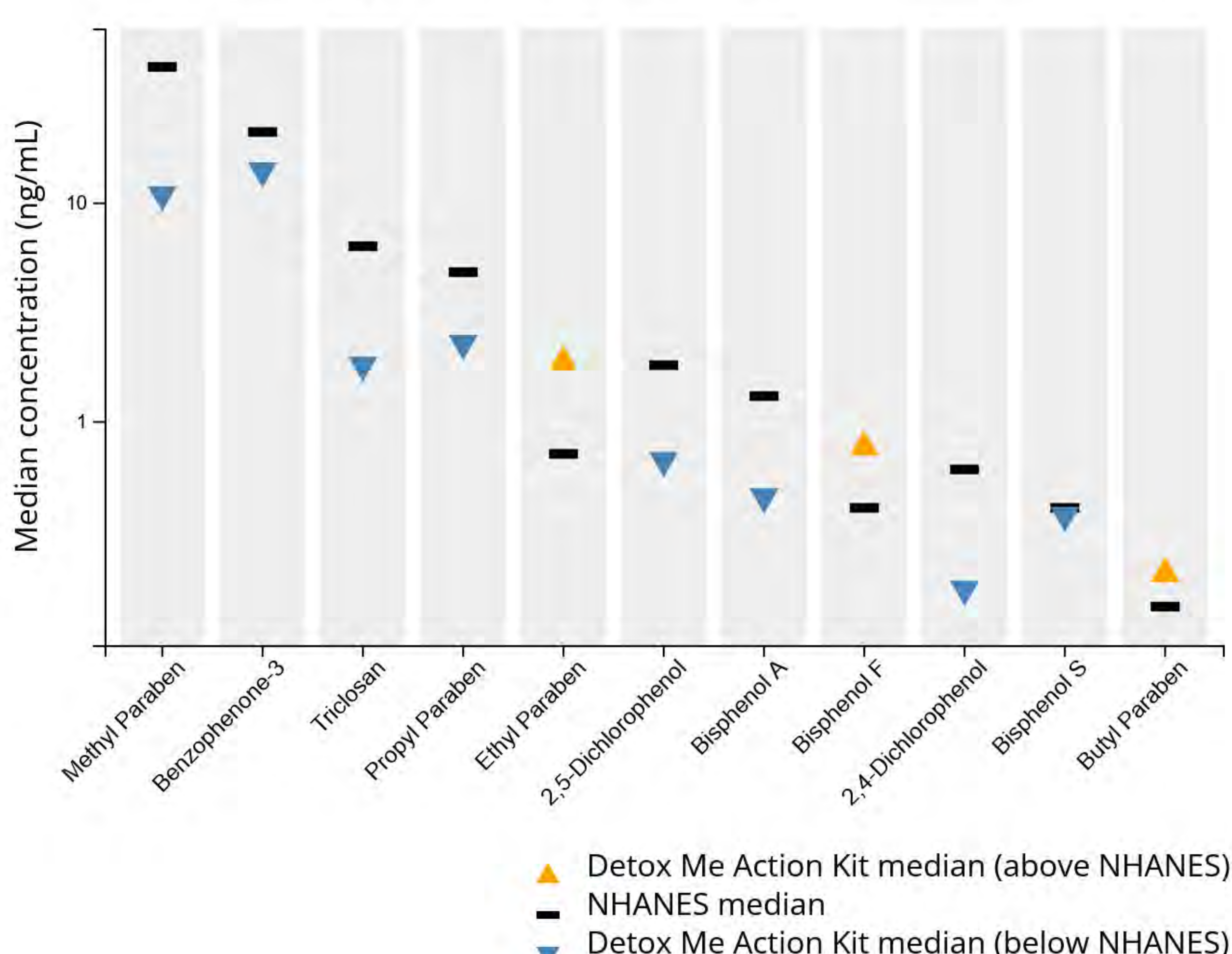
Detox Me Action Kit participants tend to have lower chemical burdens than most people in the United States.

We compared levels in Detox Me Action Kit to levels in the National Health and Nutrition Examination Survey (NHANES), a program run by the Centers for Disease Control that tracks the health of adults and children in the United States. NHANES tests people for 12 of the 14 Action Kit chemicals. We use NHANES as a nationally representative estimate of exposure in the United States. NHANES does not test for the flame retardant metabolites DPHP and BDCIPP.

We expected that our Action Kit participants might be better-than-average at avoiding harmful chemicals. And, in general, you are!

- The median exposure in Detox Me Action Kit is lower than the median exposure in NHANES for seven chemicals: the preservatives methyl and propyl parabens, a UV filter (benzophenone-3), a chemical found in mothballs (2,4-DCP), an herbicide (2,5-DCP), the plastics chemical bisphenol A (BPA), and the antimicrobial triclosan.
- Most Detox Me Action Kit participants are conscious consumers. Over half (51 percent) of the participants who completed our questionnaire reported avoiding products with parabens, BPA, triclosan, and fragrance, and an additional 37 percent avoid 2 or 3 of those chemicals.
- Still, our results show that avoiding chemical exposures completely is hard—even though 72 percent of participants said they avoid products with parabens, we detected methyl paraben in every single Action Kit participant. Benzophenone-3, 2,5-DCP, and BPF are other hard-to-avoid culprits, with over 90 percent of participants having detectable levels of these chemicals.

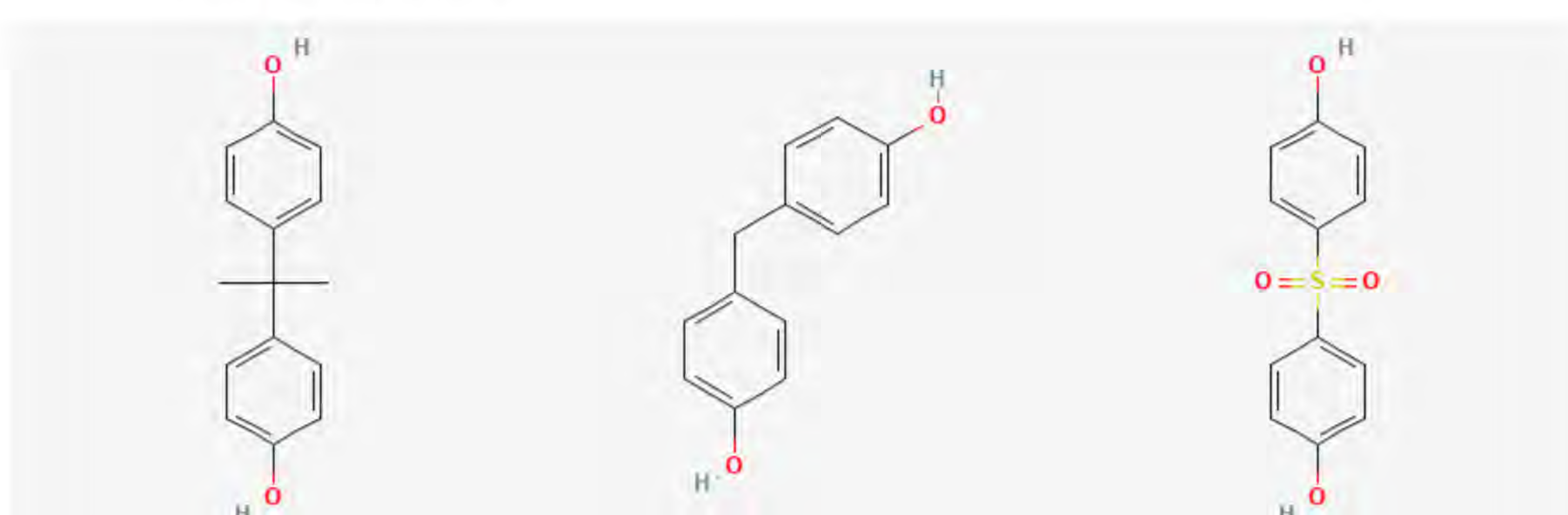
Are chemical levels in Action Kit participants higher or lower than typical levels in the United States?



B-P-What? Detox Me Action Kit participants have higher levels of a chemical substitute.

BPA—added to polycarbonate plastic, can linings, and thermal receipt paper—was the focus of intense scrutiny and debate by industry, academics, and government agencies and garnered national attention in the 2000s. Neither the FDA nor the EPA took regulatory action against BPA based on safety, but manufacturers responded to the public concern by voluntarily removing BPA from consumer products. But what did they start using in its place?

Manufacturers shifted to chemical substitutes that are similar to BPA, like BPS and BPF. Because the chemicals have similar structures, they have many of the same properties that made BPA a useful ingredient in products—but, they also share many of the properties that made BPA a health concern.



Guess who? BPA, BPF, and BPS (left to right) are the chemical equivalent of lookalikes.

Products advertised as “BPA-free” take advantage of public awareness and sentiment that BPA is “bad,” without disclosing the switch to similar chemical substitutes. We launched Detox Me Action Kit to uncover and track this kind of chemical substitution, since companies don't have to share their ingredient lists. It looks like it worked! Thank you for donating your samples to reveal this regrettable substitution.

- Action Kit participants have lower median BPA exposure compared to the US population.
- But looking at BPA substitutes, Action Kit users tend to have higher levels of BPF than the US population.
- We'll be doing more statistical analysis to explore these relationships further.

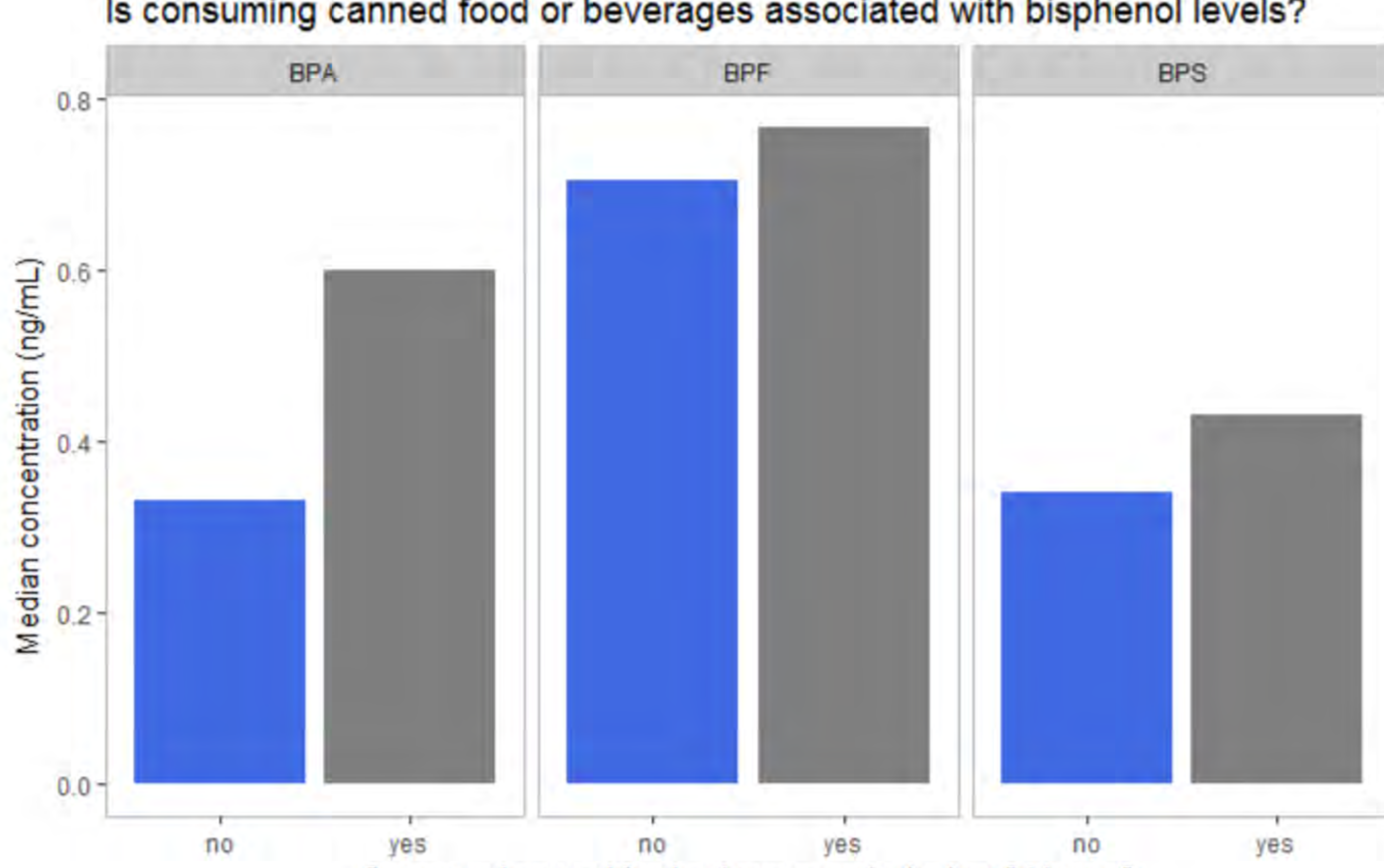
There are two possible explanations for the differences between Action Kit participants and NHANES measurements in other Americans.

- NHANES comparison data are older, collected in 2013-2014. If manufacturers increasingly shifted to BPA substitutes like BPF and BPS in the past 3-4 years, then Detox Me Action Kit levels may be consistent with less BPA and more BPF and BPS in other Americans, too.
- 85 percent of Action Kit participants said they avoid buying products with BPA on the label. By choosing “BPA-free” products, Action Kit users may be unintentionally exposing themselves to higher levels of BPA substitutes.

Take action! Chemical cousins should follow the same safety rules. Ask elected officials to regulate structurally similar chemicals together as classes rather than one-by-one, so that manufacturers can't substitute related chemicals. Join [Safer Chemicals, Healthy Families](#) as they work towards more protective legislation on toxic chemicals.

While some products and brands have stopped using BPA, it is still commonly used as a lining in food and beverage cans: Action Kit participants who consumed canned food or beverage in the 24 hours before collecting their sample had higher levels of BPA in their urine.

Is consuming canned food or beverages associated with bisphenol levels?



Why are 2,4- and 2,5-DCP found together? Maybe Action Kit participants can tell us.

Participants who are high in 2,4-DCP (used to make a common herbicide) also tend to be high in 2,5-DCP (a breakdown product of a chemical in mothballs and toilet deodorizers). This pattern has been observed in other research studies, too, but no one is quite sure why.

Another reason we launched Detox Me Action Kit is to learn about chemical sources by following up with people who have high levels. Keep an eye out for requests from our scientists to answer new survey questions—your participation continues to be important to learning all we can!

We hope you will [sign up](#) for updates from Silent Spring Institute to hear the latest news on all of our research about toxic chemicals!



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Chemical	Urine Measurement	Group
2,4-dichlorophenol	0.15 ng/mL	Chlorinated Phenols
2,5-dichlorophenol	1.2 ng/mL	Chlorinated Phenols
benzophenone-3	7.1 ng/mL	Sunscreen Chemical
bis(1,3-dichloro-2-propyl) phosphate (BDCIPP)	not detected	Flame Retardants
bisphenol A	0.60 ng/mL	Bisphenols
bisphenol F	1.5 ng/mL	Bisphenols
bisphenol S	8.5 ng/mL	Bisphenols
butyl paraben	not detected	Parabens
diphenyl phosphate (DPHP)	9.1 ng/mL	Flame Retardants
ethyl paraben	1.9 ng/mL	Parabens
methyl paraben	9.1 ng/mL	Parabens
propyl paraben	0.40 ng/mL	Parabens
triclocarban	not detected	Antimicrobials
triclosan	not detected	Antimicrobials

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About Detox Me Action Kit

Detox Me Action Kit is the world's first crowdsourced study on exposure to household and environmental toxics. Researchers at Silent Spring Institute developed the Detox Me Action Kit to learn more about everyday exposures to toxic chemicals contained in many household products. This study is crowdfunded to get a better sense of our collective exposure to harmful environmental chemicals. The complementary goals of Detox Me Action Kit are to:

- Characterize the public's exposure to toxic chemicals and identify important—and potentially new—sources of exposure.
- Empower consumers to take action to lower unnecessary exposures to harmful chemicals called endocrine disruptors, which interfere with the body's hormones.

Taking part in the study not only will empower you to live a healthier life, you will also be helping us generate new scientific knowledge about everyday chemical exposures. These data can support stronger policies that protect people from dangerous chemicals in consumer products.

About Silent Spring Institute

Founded in 1994, Silent Spring Institute is a recognized leader in the field of exposure science and breast cancer prevention research. Our [research](#) was the first to show that endocrine disrupting chemicals are common in the indoor environment, and that [consumer products](#) are the most significant contributor to chemical exposures in the general population. We are also a pioneer in developing [innovative tools](#) and ethical methods for sharing chemical exposure and biomonitoring data with participants in large exposure studies.

Silent Spring is staffed by scientists with expertise in epidemiology, toxicology, chemistry, environmental health, and computational science. We collaborate with investigators at Harvard, Northeastern, University of California, Berkeley, U.S. Environmental Protection Agency (EPA), U.S. Centers for Disease Control (CDC), and other top-tier research institutions, as well as with a diverse group of environmental and health advocacy groups.

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