

What's in my Personal care products?

Skin care products like moisturisers and serums



Deodorants, body sprays and perfumes

Beauty products like makeup and nail polish



Personal care products are the products which you use for hygiene, cleanliness or beauty purposes

Examples...

These EDCs are all around us in our everyday products. There are things that you, policymakers and companies can do to help make healthier choices

These types of products are usually applied to our skin and are also absorbed into our bodies. Some of these can alter our body's hormones. They are called **ENDOCRINE DISRUPTING CHEMICALS (EDCs)**

Hormone Systems

What could be done to help us make healthier choices?

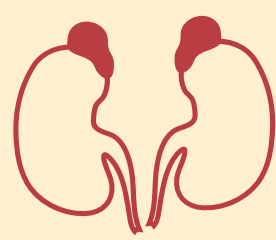
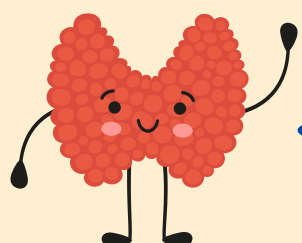
- Avoid highly fragranced products where possible.
- Check the ingredient lists of products before buying for potential EDCs like phenols (e.g. BPA), phthalates, triclosan and parabens.
- A change in policy with tighter regulations on chemicals in personal care products
- Clearer labelling on personal care packaging such as a traffic light system for products or a EDC free symbol

Endocrine Disruptors can affect our....



BRAIN

THYROID GLAND



ADRENAL GLAND

PANCREAS



REPRODUCTIVE FUNCTION

EDCs have been linked to issues in fertility, metabolism, obesity, diabetes and various cancers. Therefore it is important to consider what we are putting into our bodies!*