

Breast Cancer Prevention Partners (BCPP) is the leading science-based policy and advocacy organization working to prevent breast cancer by eliminating our exposure to toxic chemicals and radiation.

We have achieved much in our first 25 years. We've passed critical state and federal legislation, issued 31 major scientific reports, and influenced multi-national corporations, such as Unilever, Procter & Gamble and Johnson & Johnson to adopt safer chemical policies.

Join us in creating a healthier world by protecting our families, our communities and future generations from toxic harm. Visit: [bcpp.org](http://bcpp.org) to learn more.

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Exposing The Cause Is The Cure

# Safer Cleaning Products

## Tips To Reduce Your Breast Cancer Risk

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Cleaning products can be hazardous to your health because cleaning product labels are often incomplete, masking the dangers inside.

Protect yourself and your family from exposure to toxic chemicals in everyday cleaning products by following these easy simple tips.

### 1. Chose safer cleaning products

Many conventional cleaning products take away dirt, but leave behind harmful chemicals. Use online databases like EWG's Guide to Healthy Cleaning to find safer cleaning products that publicly disclose ingredients.

### 2. If you don't know what's in it, don't use it

Labeling loopholes allow companies to avoid disclosing ingredients on cleaning product labels. Only buy and use cleaning products which disclose all ingredients on the product label to avoid possible exposure to harmful chemicals.

### 3. Avoid fragrance

"Fragrance" is a cocktail of ingredients and can include dozens or more potentially harmful chemicals, and can be found in most cleaning products. Avoid purchasing and using cleaning products with fragrance, unless you know what is in them.

### 4. Clean more naturally

Use baking soda to neutralize odors and soak up dampness, and vinegar to clean and deodorize. Add a cup of vinegar to your laundry to brighten up whites, remove odors, and lift tougher grime off fabrics. Add a few drops of your favorite citrus juice (think lemons, oranges) or essential oils (try lavender, eucalyptus) to a vinegar-based cleaning spray to fill your home with a fresh scent. Vacuum with a HEPA filter to reduce sending chemicals into the air, and then your lungs.