

Toxic Trespassers: Galaxolide and Tonalide

Meet galaxolide and tonalide. These two chemicals are synthetic musks often used to create those lovely scents in your all-purpose cleaner, glass cleaner, laundry detergent and other products. **These chemicals are finding their way into our blood and breast milk, and have even been detected in newborn babies.**

What's wrong with these synthetic musks? They:

- Don't break down easily in the environment
- Build up in our bodies
- Are linked to hormone disruption and increased risk of breast cancer
- May make our bodies more vulnerable to other toxic chemicals by weakening our body's defenses



So What Can You Do?

1. Reduce Your Use of Fragranced Cleaning Products

Tips for reducing odors around the home

General	Open the window and let in some fresh air! Good ventilation (when the weather allows) is one of the best ways to remove odors from your home. It can also help reduce levels of indoor air pollutants that commonly build up in our homes.
Bathroom	Open the window in the bathroom to decrease humidity after a shower, reducing the potential for growth of mildew and mold. Keep it clean! Even just a regular swish of your toilet with a brush can prevent toilet rings and reduce odors.
Kitchen	Put a box of baking soda in the fridge Sprinkle baking soda or coffee grounds in your trash can to mask odors. Ground up a half lemon (you can use one you've just squeezed for juice) in your sink garbage disposal for a fresh lemony scent.

Replacing Air Fresheners

Fresh or dried flowers	Setting out a fresh bouquet of flowers is not only pretty, but can add a lovely floral scent to your home. A bowl of dried flowers (potpourri) can have a similar effect - and last even longer.
Cooking up some herbs or spices on the stove	Adding spices you like, like cinnamon, vanilla or even cut-up fruit like lemon or apple to a pot of boiling water and letting it simmer on the stove can infuse a scent throughout your home. Also use flower petals or pine needles.

2. Avoid Fragranced Products from Companies Using Synthetic Musks!

These Leading Companies Still Use Synthetic Musks	
<p>Procter & Gamble:</p> <p>Bounce® Cascade® Cheer® Comet® Dawn® Downy® Dreft® Febreze® Gain® Joy® Mr. Clean® Swiffer® Tide®</p>	<p>SC Johnson & Son, Inc:</p> <p>Drano® Fantastik® Glade® Nature's Source® Pledge® Scrubbing Bubbles® Shout® Windex®</p>

These Leading Companies No Longer Use Synthetic Musks		
<p>The Clorox Company:</p> <p>Clorox® Formula 409® GreenWorks® Liquid Plumr® Pine-Sol® Tilex®</p>	<p>Reckitt Benckiser:</p> <p>Easy Off® Glass Plus® Lime-a-Way® Mop® Old English® Resolve® Spray 'n Wash® Woolite®</p>	<p>Simple Green:</p> <p>Simple Green® Simple Green Naturals®</p>

Don't see your favorite products on the list? Check the manufacturer website to see if they disclose their fragrance ingredients. If they don't, call the customer service line and ask if they use galaxolide or tonalide. Then, tell them to disclose their ingredients, including fragrance.



3. Make Your Own Safe Cleaning Products

Until companies disclose ingredients in fragrance and commit to stop using synthetic musks, the safest thing to do is make your own non-toxic ingredients with vinegar and baking soda. Download Women's Voices for the Earth's **Green Cleaning Party Kit** for free at www.womensvoices.org.

4. Learn More

Visit www.womensvoices.org today. Sign up to receive important information about the impact of toxic chemicals on your health and take action to protect it!