



Cleaning & Laundry Products Fact Sheet

Facts About Cleaning & Laundry Products

- Indoor air is more seriously polluted than the outdoor air, even in the largest and most industrialized cities.¹
- Laundry and fabric softener products contain undisclosed hazardous chemicals with known health risks.^{2,5}
- Cleaning products, especially those with germ killing properties, are harmful to health.⁶
- Air fresheners actually worsen indoor air pollution by adding toxic chemicals to the air.⁴
- Analysis of fragranced products reveals undisclosed chemicals with known irritant and neurotoxic properties.^{3,5,7}

Consumers need to make every effort to ensure work, school, and home environments are clean, comfortable, and safe. It is not sufficient to trust that products have been adequately tested before they go to market. They have not.

Domestic Household Products to Avoid

All Fragranced Products
Fragranced Laundry Detergents, Fabric Softeners, and Dryer Sheets
Air Fresheners
Window Cleaning Solution, All Purpose Cleaners, Sprays, and Aerosols
Scouring Powder
Fragranced and/or Anti-Bacterial Vacuum Bags and Trash Bags
Disinfectants, Solvents
Commercial or Industrial Chemicals and Concentrated Products
Solvents

Clean is the absence of dirt and grime that leads to odor. Toxic chemicals and strong fragrances merely cover up odors at the expense of health. There are many safe and effective cleaners:

Domestic Household Products to Use Instead

Laundry - *borax, baking soda, or fragrance free laundry detergent*
Fabric Softener - *white vinegar in wash or towel wet with peroxide, tennis shoe, or tennis ball in the dryer*
Air Fresheners - *white vinegar, open windows, adequate ventilation, fresh herbs, and tea*
Windows - *white vinegar or water & squeegee*
All Purpose Cleaning - *white vinegar*
Scouring Powder - *baking soda or borax*
Disinfectant - *peroxide followed by white vinegar in separate cleanings.*
Fragrance Free Products

Don't Be Greenwashed! Just because a product is 'green' or 'all natural' does not mean it is nontoxic.

To download detailed brochures with inexpensive and safe household cleaning ideas, see:

General Cleaning <http://www.mcs-america.org/general.pdf>

Kitchen Cleaning <http://www.mcs-america.org/kitchen.pdf>

Laundry <http://www.mcs-america.org/laundry.pdf>

References

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