

Each year, over 1 million children are accidentally poisoned in their homes. More than 250,000 of these victims are hospitalized. Three thousand children will end up in intensive care. Dozens more will die. Thousands of children and adults are permanently disfigured or injured through contact with chemicals in the home each year. Incredibly, the most common substance to poison children is a household cleaner. Many of these products are considered safe!

**The labels on products only have to warn of the acute (immediate) harms from ingesting a product, breathing the fumes, or contact with the eyes and skin. They don't reveal the harms presented by chronic (long-term) exposure to the chemicals in these products.**

Think of your own home. You probably have dozens of bottles of cleaners, containing hundreds of chemicals. Could an accident happen in your home? Check off the products you use in your home and evaluate your short-term and long-term risks. [All information comes from actual manufacturer's Material Safety Data Sheets and National Poison Control Centers.](#)

#### **AIR FRESHENER (AEROSOL)**

**WARNING!** Contains Highly flammable propellants. Can cause moderate irritation to the eyes . can cause mild to moderate lung irritation, including asthma-like symptoms.

**LONG TERM RISKS:** Contains butane, propane, ammonia, phenol, and formaldehyde. Harms include cancer, central nervous system damage, liver damage and tumors.

#### **ALL-PURPOSE CLEANER**

**WARNING!** Strong lung irritant. Can cause mild to moderate damage to the eyes. Fumes can cause weakness and dizziness.

**LONG TERM RISKS:** Contains ammonia, 2-butoxy ethanol, and phenol. Linked to cancer, reproductive disorders, kidney and liver damage, liver damage and tumors.

#### **AUTOMATIC DISHWASHING LIQUID**

**WARNING!** Strong skin irritant. Can burn throat. Many products contain bleach which can cause swelling and tearing of eye tissue. Vapors can cause headaches.

**LONG TERM RISKS:** Contains ethyl alcohol, bleach, and heavy fragrances. Vapors can cause central nervous system depression, nausea, lung irritation and in severe cases, coma and death.

#### **AUTOMATIC DISHWASHING POWDER**

**WARNING!** Strong eye and skin irritant Contains corrosive bleach that can burn mouth and throat. Most common reported poison among children.

**LONG TERM RISKS:** Contains sodium silicate, bleach. Repeated or prolonged exposure to vapors or dust can cause irritation of the lungs, central nervous system disorders, and in severe cases, death.

#### **BASIN, TUB, & TILE CLEANER**

**WARNING!** Some are flammable. Contains acids that can burn the skin and cause corneal damage. Vapors can cause strong respiratory irritations.

**LONG TERM RISKS:** Contains 2-butoxy ethanol, ammonia. Linked to tumors, central nervous system disorders, liver damage, kidney damage, and reproductive disorders.

#### **BLEACH (LIQUID)**

**DANGER!** Causes severe eye injuries. Can damage mouth, throat, and stomach. Vapors irritate the nose, throat, and lungs.

**LONG TERM RISKS:** Vapors have been shown to interfere with brain function. Vapors have been shown to aggravate heart conditions and asthma. Suspected to affect reproductive system.

#### **BLEACH (POWDERED)**

**WARNING!** Breathing the dust can produce asthma-like symptoms. Damages eyes and skin. Mixing with ammonia can produce deadly fumes.

**LONG TERM RISKS:** Long-term exposure to dust can cause sensitivities, chronic lung irritation, and asthma-like symptoms

#### **BRASS, COPPER, SILVER POLISH**

**WARNING!** Can cause moderate eye and skin damage and burns, Fumes can cause headaches, dizziness, and stupor.

**LONG TERM RISKS:** Contains benzene, ammonia, and petroleum distillates. Possible harms include central nervous system disorders, cancer, and asthma-like symptoms.

#### **CARPET DEODORIZER (POWDERED)**

**CAUTION!** Contact with skin can produce mild irritation. Contact with eyes can cause abrasive eye damage. Dust can irritate the lungs and aggravate asthma symptoms.

**LONG TERM RISKS:** Contains sodium aluminosilicate, a suspected human carcinogen. Exposure to dust can cause lung irritation, asthma-like symptoms, and headaches.

#### **CARPET SHAMPOO**

**WARNING!** Can cause moderate to severe burns to eyes and skin. Vapors can irritate the nose, throat, and lungs.

**LONG TERM RISKS:** Contains 2-butoxy ethanol, perchloroethylene, and Formaldehyde. Long-term harms include cancer, liver damage, kidney damage, bone marrow damage, central nervous system disorders.

#### **CARPET STAIN REMOVER**

**WARNING!** Can cause moderate to severe damage to eyes and skin. Vapors can cause respiratory distress.

**LONG TERM RISKS:** Contains 2-butoxy ethanol, perchloroethylene, and Formaldehyde. Long-term harms include cancer, liver damage, kidney damage, bone marrow damage, central nervous system disorders.

### **COSMETICS**

Cosmetics are second only to cleaning products as a poisoner of children. They are not regulated like cleaner and many have no warning labels.

**LONG TERM RISKS:** Many contain formaldehyde as a preservative (a possible human carcinogen). Many cosmetic products are untested and unregulated. Use extreme caution.

### **DEODORANT (AEROSOL)**

**DANGER!** Contains highly flammable propellants. Vapors can irritate the lungs and eyes.

**LONG TERM RISKS:** Contains propane, butane, formaldehyde, ammonia. Formaldehyde can cause cancer. Vapors can cause central nervous system depression, damage to lungs, liver, kidney, and heart.

### **DISHWASHING LIQUID**

**CAUTION!** Possible skin irritant. Can cause swelling and tearing of the eye tissue. Vapors can cause labored coughing, labored breathing, and in severe cases, death.

**LONG TERM RISKS:** Contains ethanol, glycol ethers, formaldehyde, ammonia. Mixing products with bleach can produce toxic fumes. Repeated exposure can cause asthma-like symptoms and harm and central nervous system.

### **DISINFECTANT CLEANER**

**WARNING!** Aerosols contain flammable propellants. Can burn skin and cause permanent corneal damage. Fumes can strongly irritate the nose, throat and lungs.

**LONG TERM RISKS:** Contains phenol, 2-butoxy ethanol, formaldehyde, ammonia. Mixing product with bleach can produce toxic fumes. Repeated exposure can cause asthma-like symptoms and harm the central nervous system.

### **DRAIN CLEANER**

**WARNING!** Burns mouth, tongue, throat, and stomach, causing permanent damage. Can cause severe eye damage and blindness.

**LONG TERM RISKS:** Contains bleach, lye. Vapors can cause central nervous system depression, can aggravate heart conditions, asthma, and bronchitis.

### **DUSTING SPRAY (AEROSOL)**

**DANGER!** Flammable. Irritates the eyes, lungs. Five thousand people visit emergency rooms each year with an aerosol can related injury.

**LONG TERM RISKS:** Propellants are butane and propane. Exposure can cause central nervous system disorders. Can irritate lungs, triggering asthma-like symptoms.

#### FABRIC SOFTENER (LIQUID)

**CAUTION!** mild eye irritant. Skin irritant. Vapors can cause headaches, dizziness, nausea, labored breathing, and in severe cases, death. Can aggravate asthma symptoms.

**LONG TERM RISKS:** Formaldehyde, artificial fragrances. Chemicals are designed to cling to clothing, causing exposure to harmful ingredients all day long.

#### FABRIC SOFTENER SHEETS

**CAUTION!** Possible skin irritant. Can irritate eyes. Vapors can cause headaches, dizziness, nausea, and in severe cases, death.

**LONG TERM RISKS:** Prolonged exposure to chemicals can cause headaches, central nervous system depression, and nausea. Can cause nose and throat irritation and labored breathing.

#### FLOOR CLEANER

**WARNING!** Contains corrosive acids that can cause moderate burns and irritation to skin and eyes. can burn mouth and throat. Can cause blindness.

**LONG TERM RISKS:** Contains petroleum distillates, ammonia. linked to cancer, central nervous system disorders, tumors, kidney damage, and liver damage. Fumes can produce asthma-like symptoms.

#### FURNITURE POLISH

**DANGER!** Contains with skin can dissolve vital skins oils and cause severe dermatitis (skin burns). Can permanently injure eyes.

**LONG TERM RISKS:** Contains phenol, petroleum distillates, heavy naphtha. Repeated exposure has been linked to cancer, birth defects, heart, liver, kidney, and central nervous system damage.

#### HAIR SPRAY (AEROSOL)

**DANGER!** Contains highly flammable propellants. Can cause eye damage due to direct contact. Skin irritant. Vapors can cause headaches, dizziness, and fatigue.

**LONG TERM RISKS:** Contains propane and butane. Long-term exposure can lead to central nervous system depression, headaches, dizziness, stupor, chronic lung irritation.

#### LAUNDRY DETERGENT (LIQUID)

**WARNING!** Strong eye irritant, can cause corneal damage. Can irritate the skin. Vapors can cause coughing, labored breathing, and in severe cases, death.

**LONG TERM RISKS:** Contains ethanol, triethylene glycol. Repeated exposure to fumes can cause chronic lung irritation. Repeated contact with skin can cause dermatitis.

#### LAUNDRY DETERGENT (POWDERED)

**WARNING!** Can burn the skin and eyes, can cause corneal damage. Dust can cause headaches, dizziness, labored breathing, and in severe cases, death.

**LONG TERM RISKS:** Contains sodium silicate, sodium carbonate, bleach. Exposure to dust can cause central nervous system depression, labored breathing, and in severe cases, death.

#### MOUTHWASH

**CAUTION!** Eye, nose and throat irritant. Ingestion can lead to dizziness and stupor. Most products contains 20% ethyl alcohol. Each year a number of young children die from indigestion.

**LONG TERM RISKS:** Contains formaldehyde (a suspected carcinogen), ethyl alcohol. Can cause central nervous system depression.

#### OVEN CLEANER

**DANGER!** Contains lye which is highly corrosive. Burns the skin, mouth, throat and stomach. Causes permanent blindness.

**LONG TERM RISKS:** Contains lye, ammonia. Fumes have damaged the lungs and reproductive systems of laboratory animals. Can cause brain damage, kidney damage, and reproductive disorders.

#### PERFUME/COLOGNE

Most scents contain enough alcohol to harm to kill a child after ingesting only a few swallows. Many ingredients can irritate the skin and burn the eyes.

**LONG TERM RISKS:** Contains formaldehyde, toluene, petroleum distillates. Can depress the central nervous system, cause cancer, and cause chronic irritation of the lungs and skin.

#### SCOURING POWDER WITH BLEACH

**WARNING!** Can cause moderate irritation to skin. Can burn mouth and throat. Can cause permanent eye damage. Gives off irritating fumes when wet.

**LONG TERM RISKS:** Contains bleach and quartz silicate. Inhalation of quartz silicate is known to cause cancer. When wet, this product releases chlorine gas, which is toxic.

#### STAINLESS STEEL CLEANER

**DANGER!** Can burn the eyes, and skin. Vapors can cause headaches, dizziness, and stupor.

**LONG TERM RISKS:** Contains methyl chloride, carbon dioxide. Repeated exposure has been linked to central nervous system damage. Vapors can induce heart attacks.

#### TILE/HARD WATER SPOT REMOVER

**WARNING!** Contains corrosive acids that can cause moderate burns and irritation to skin and eyes. Vapors can be highly irritating to nose, throat, and lungs.

**LONG TERM RISKS:** Contains lye, bleach, various acids. Linked to chronic lung irritation, asthma, bronchitis. Vapors can affect central nervous system and trigger heart attacks.

#### TOILET BOWL CLEANER

**DANGER!** Contains hydrochloric acid which is highly corrosive. Burns the skin, mouth, and throat. Causes blindness.

**LONG TERM RISKS:** Vapors have been shown to interfere with brain functions and produce asthma-like symptoms. Can cause muscle spasms, damage to blood tissue, and reproductive disorders.

#### UPHOLSTERY STAIN REMOVER

**WARNING!** Can cause moderate to severe damage to skin and eyes. Ingestion can lead to abdominal tenderness and bleeding.

**LONG TERM RISKS:** Contains 2-butoxy ethanol, perchloroethylene, and formaldehyde. Long term harm include cancer, liver damage, kidney damage, bone marrow damage, central nervous system disorders.

#### WINDOW CLEANER

**WARNING!** Can cause moderate irritation and damage to eyes. Fumes can be moderately to highly irritating to the lungs. Can irritate the skin.

**LONG TERM RISKS:** Contains ammonia and 2-butoxy ethanol. Linked to reproductive disorders, kidney damage, liver damage, bone marrow damage, and tumors.

As you have seen, many household cleaners are very dangerous. They are just as dangerous when they are used properly and even when they are not being used at all. Most products “outgas” chemical vapors that may produce profound chronic harms. One study found women who worked at home had a 54% higher cancer rate than those who worked outside the home. Infertility is on the rise. Cancer in children has risen 20% over the past two decades. It is the number one killer of children by disease. The asthma rate has tripled in children over the past twenty years. Asthma deaths in children have increased 118%, since 1980. ADD and learning disorders have skyrocketed over the last twenty years. All of these conditions have been linked to chemicals in the home. In fact, one study has linked 50% of all health problems to deteriorated indoor air quality. Take a look at the products you use and the possible dangers you are being exposed to. Consider how many different chemicals are in your home’s air and the potential danger of the “toxic cocktail.”

Cancer in smokers is the result of daily exposure to the trace amounts of carcinogens in cigarettes. In the same way, people who are exposed daily to low levels of carcinogens in their cleaning products face similar risks. Chemicals in household products also put the user at risk for nervous system damage, kidney damage, liver damage, and asthma. Children are especially vulnerable to the chemical fumes released by these products. Fortunately, switching brands is easy.

Natural Zen Cleaning only uses safe products for your home which are free from ammonia, phenol, chlorine, petroleum distillates, synthetic solvents, and other dangerous ingredients. Consider switching to safer alternative products, ask your Natural Zen Cleaning representative for

recommendations, or inquire about purchasing from our selection of biodegradable, non-toxic, safe household cleaning products.