

Did You Know?

Endocrine (hormone) disruptors are chemicals found in everyday products, that may have the ability to disrupt our normal body functions.



They are found in plastic bottles, cups, canned food liners, PVC toys, pesticides, and health and beauty products.



Endocrine disruptors have been shown to disrupt the development of wildlife and may produce similar disorders in people.



These disorders include: ❖ Reproductive and developmental disorders ❖ Learning problems
❖ Immune system and neurobehavioral dysfunctions ❖ Abnormalities of the male reproductive tract
❖ Decreasing sperm counts ❖ Increasing incidence of testicular and breast cancer.

ENDOCRINE DISRUPTORS

How Can YOU Reduce Exposure to Endocrine Disruptors?

Use glass, porcelain or stainless steel cooking equipment and food storage containers instead of plastic.



Don't microwave food in plastic or with plastic wrap on it. Avoid plastics labeled #3, 6 or 7 and don't re-use #1 plastic. Remember the rhyme "Choose #5,4,1 or 2 - all the rest are bad for you!". Use glass baby bottles and choose silicone nipples and pacifiers.



Read labels and AVOID products that contain these chemical ingredients:

❖ **Bisphenol A (BPA)** - plastic baby & water bottles, canned food liners

❖ **Polyvinyl Chloride (PVC)** -plastic toys, vinyl products

❖ **Phthalates** - cosmetics, nail polishes

❖ **Methylparaben** - shampoos, lotions

❖ **Nonylphenol** - shampoos

❖ **Fragrance** - may contain phthalates (see