Phthalates & Parabens

Do you know what's in your personal care products?



Sources of Parabens:

- Cosmetics
- Lotions
- Creams
- Sunscreens
- Shaving/styling gels
- Toothpaste
- Shampoo
- Conditioners

Sources of Phthalates:

- Plastic
- Plastic food containers
- Plastic toys
- Furniture
- Car interiors
- Vinyl flooring
- Adhesives
- Fragrances
- Detergents
- Air Fresheners

What are phthalates?

Phthalates are chemicals used specifically in plastic products allowing them to become soft and pliable. They are also used in perfumes to dissolve fragrance. Research has shown that exposure to phthalates can lead to chronic health problems including cancer, liver toxicity, reproductive toxicity, pubertal development, and more.

What are parabens?

Parabens are additives to keep mold and fungi from growing in almost every personal care product used today. Products that contain parabens are cosmetics, lotions, soaps, shampoos, moisturizers, shaving gels, and toothpaste, to name a few.

What does the Phthalates & Parabens Profile measure?

The Phthalates and Parabens Profile can help determine your body's burden of toxicants, helping identify everyday exposures through personal care products and plastics that contain foods. This profile is a great option if you've been experiencing prolonged chronic health problems or to help determine if your body is detoxing properly. Environmental toxins should be evaluated as a "first step" to help get back on the road to wellness.

Learn more about this profile at www.metametrix.com/pp

PATIENT INFORMATION SHEET

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