



Cleaning Product Alternatives

We all strive for clean, but clean doesn't need a smell. It doesn't require harsh chemicals like bleach. Many products designed to kill viruses and bacteria can have dangerous health impacts. We can help you cut through the marketing hype to get to a healthy clean.

Disinfecting Products

While cleaning reduces germs and dirt, disinfecting kills germs using chemicals.

Two common disinfectants—bleach and quaternary ammonia (“quats”)—have harmful health effects, irritating skin and airways, triggering asthma. Quats are also linked to reproductive harm.



Alternatives

- Hydrogen peroxide or sodium borate (Borax) offer disinfectant properties.
- Often a simple cleaning suffices: The vast majority of germs cause no harm to human health. Use simple cleaning products like vinegar and soap.

Fragrance

Fragrances, or parfum, are often concocted with unregulated or undisclosed chemicals and contain phthalates, known to cause damage to the liver, lungs, kidneys, and reproductive systems. Don't buy into the scented hype: clean doesn't have a smell.



Alternatives

- Instead of artificial fragrances, use essential oils to scent your cleaning products. They're safe, natural, and known to have health benefits such as reducing stress!
- Make simmer pots to fill your house with fragrance. Add citrus peels, cinnamon sticks, vanilla – whatever you like – to water in a saucepan and let it simmer on your stove. Simple and natural!

Removing Stains

Many commercial stain removers contain harsh chemicals and strong fragrances harmful to your health. Remember: If a product corrodes or dissolves stains on surfaces, it also corrodes and dissolves stuff in your body.



Alternatives

- Treatment varies by stain, but you likely have an arsenal of useful, non-toxic stain-removers in your cupboard such as rubbing alcohol, hydrogen peroxide, borax, white vinegar, etc.
- Dish soap and laundry detergent also work. Rub them into the stain with a toothbrush.

Read the label

Check out the ingredients list. Less is more, here; opt for a shorter list with words you recognize and/or can pronounce.



- You may notice many products do not have ingredient lists - while this doesn't necessarily mean they contain toxic ingredients, transparency is key. Try to find it online, or stick to products that are open about their ingredients.
- Check if there are any warnings on the label— “flammable,” “use in ventilated area,” etc.—if the product is hazardous, that's a red flag and should be avoided.

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