







Your Chemical Exposure Test Results

This is a snapshot of your test results. More information and recommendations can be found in the detailed report.

Chemical	Common Sources	Your level
Bisphenols (BPA, BPS, BPF)	<ul style="list-style-type: none"> • Canned foods/drinks • Cash register receipts • Clear, shatterproof plastic containers • Some “BPA-free” products 	 LOW
Parabens	<ul style="list-style-type: none"> • Cosmetics, personal care products • Medications 	 MEDIUM
Phthalates (low molecular weight)	<ul style="list-style-type: none"> • Personal care products, fragrance, supplements • Cleaning supplies 	 HIGH
Phthalates (high molecular weight)	<ul style="list-style-type: none"> • Plastic packaging film and sheets • Vinyl flooring • Children’s toys 	 MEDIUM
Benzophenones	<ul style="list-style-type: none"> • Perfumes, soaps, sunscreens • Clear plastic bottles 	 MEDIUM
Triclosan	<ul style="list-style-type: none"> • “Antibacterial” products • Personal care products, toothpaste, bar soap 	 MEDIUM

Take Action!

Here are some personalized small and bigger steps **you** can take to reduce your exposures.

	Good-Small Steps Can Make Big Changes!	Better-Good Habits Take Time!
Diet	<ul style="list-style-type: none"> • Drink less canned beverages • Eat less packaged food • Do not microwave plastic 	<ul style="list-style-type: none"> • Avoid canned beverages • Avoid packaged food • Use ceramic, glass or stainless steel containers to store food
Supplements & Medication	<ul style="list-style-type: none"> • Avoid capsules and medication with an enteric coating (“time release” capsules) 	
Personal Care Products	<ul style="list-style-type: none"> • Replace the following products with safer alternatives: <ul style="list-style-type: none"> • SK-II Facial Treatment Essence (Pitera™ Essence) • Curél Ultra Healing Intensive Lotion • Head & Shoulders Classic Clean Shampoo & Conditioner 2 in 1 • Colgate Total Advanced Deep Clean Toothpaste • SpaSoap Liquid Soap • Avoid products with “fragrance” 	<ul style="list-style-type: none"> • Shop products off of our Approved Products List
Supplies	<ul style="list-style-type: none"> • Choose toys that are BPA and phthalate free 	<ul style="list-style-type: none"> • Avoid plastic toys • Shop “fragrance-free” rather than “unscented”
Environment	<ul style="list-style-type: none"> • Wash hands after using cash register receipts. • Store cash register receipts in baggies • Wash hands often, especially before eating 	<ul style="list-style-type: none"> • Go paperless. Avoid touching or storing cash register receipts. • Do not use hand sanitizer after touching cash register receipts. • Clean floors regularly with a wet mop or HEPA

		vacuum. Use a damp cloth to dust <ul style="list-style-type: none"> • Use a HEPA air filter
Other	Tailored to you	Tailored to you

[Contact us for questions or feedback.](#)

Information provided in this report is for educational purposes only and is not intended to diagnose or treat any health conditions.

SAMPLE
REPORT