
Lifestyle Audit Results

Prepared for:

Anjali S.

Journal Entry Date:

October 5th, 2020

Below are the results for your exposures to everyday toxic chemicals. This includes your personalized recommendations based on your journal entries about your lifestyle and products.

This information is for educational purposes only and is not intended to diagnose or treat any health conditions.

[Contact us](#) for questions or feedback, or see the [FAQs](#) for answers to general questions about your test.

Table of Contents

DIET	2
SUPPLEMENTS & MEDICATION	2
PERSONAL CARE PRODUCTS	2
SUPPLIES	6
ENVIRONMENT	6

****SAMPLE RECOMMENDATIONS--Your report will be more detailed and tailored to you.****

DIET


- On October 5, 2020 you reported having gotten take-out food. **Avoid single-use plastic straws and utensils.** Opt for stainless steel and/or glass straws and stainless steel, wooden and/or bamboo utensils. **Avoid single-use plastic containers.** Bring your own glass and/or stainless steel tupperware to hold food to-go.
- On October 5, 2020 you reported having cooked homemade food. Great work! However, make sure that you **avoid canned ingredients** when cooking. The plastic lining in aluminum cans may leach BPA and BPA-alternatives into the food.
- ...

SUPPLEMENTS & MEDICATION

- You report taking Klaire Labs Biospora supplements daily. Make sure to check the “inactive ingredients” when selecting capsule supplements and **avoid any products containing hydroxypropyl methylcellulose, “time-release capsules,” and “enteric coatings.”**

PERSONAL CARE PRODUCTS

Below is a list of your products that contain potentially harmful ingredients. Consider replacing them with products from our [Million Marker List of Approved Products!](#)

Product Image	Product Name	Ingredients of Concern
	<p>SK-II Facial Treatment Essence (Pitera™ Essence)</p>	<p>Butylene Glycol Pentylene Glycol Sodium Benzoate Methylparaben</p>

	<p>Curél Ultra Healing Intensive Lotion</p>	<p>Petrolatum Dimethicone Behentrimonium Chloride Isopropyl Palmitate Butylene Glycol Methylparaben Ethylparaben Benzalkonium Chloride</p>
	<p>Aveeno Therapeutic Shaving Gel</p>	<p>Triethanolamine Isopentane Isobutane PEG Dimethicone Phenoxyethanol Hydroxypropyl Methylcellulose Methylparaben Propylparaben Ethylparaben Benzaldehyde</p>
	<p>Benefit Hoola Matte Bronzer</p>	<p>Talc Ethylhexyl Palmitate Dimethicone Methylparaben Propylparaben Butylparaben</p>
	<p>Crest Pro-Health Mouthwash</p>	<p>Methylparaben Propylparaben</p>

	<p align="center">Head & Shoulders Classic Clean Shampoo & Conditioner 2-in-1</p>	<p>Sodium Lauryl Sulfate Sodium Laureth Sulfate Glycol Distearate Sodium Xylenesulfonate Dimethicone Cocamidopropyl Betaine Fragrance Sodium Benzoate Methylchloroisothiazolinone Methylisothiazolinone</p>
	<p align="center">Dial Handsoap</p>	<p>Benzalkonium Chloride Lauramidopropylamine Oxide Lauramine Oxide Cetrimonium Chloride Myristamidopropylamine Oxide Dimethyl Lauramine Dimethyl Myristamine PEG-120 Fragrance Sodium Benzoate Butylphenyl Methylpropional Tetrasodium EDTA</p>
	<p align="center">Soft Soap Liquid Soap</p>	<p>Triclosan Sodium Laureth Sulfate DMDM Hydantoin Fragrance EDTA</p>
	<p align="center">Eco Styler Krystal Max Hold Hair Gel</p>	<p>Carbomer Triethanolamine PVP Glycerin Amino-2-Methyl-1-Propanol Sodium Hydroxymethylglycinate Polysorbate 20 Tetrasodium EDTA Fragrance</p>

	<p align="center">Degree Dry Protection Cool Rush Antiperspirant</p>	<p>Aluminum Cyclopentasiloxane Stearyl Alcohol PPG-14 Talc PEG-8 Fragrance BHT</p>
	<p align="center">MoroccanOil Body Butter</p>	<p>C12-15 Alkyl Benzoate Cetearyl Alcohol Cetyl Alcohol Myristyl Myristate Glycerl Stearate Cetearyl Glucoside Phenyl Trimethicone Fragrance Allantoin Caprylyl Glycol Sodium Polyacrylate Sodium Stearoyl Glutamate Ethylene/Propylene/Styrene Copolymer Butylene/Ethylene/Styrene Copolymer Hydrogenated Polyisobutene Dimethicone Chlorphenesin Disodium EDTA BHT Phenoxyethanol</p>
	<p align="center">Tide Fragrance-Free Laundry Detergent</p>	<p>Polyethylenimines Ethoxylated Sodium C10-16 Alkylbenzenesulfonate Propylene Glycol C10-16 Alkyldimethylamine Oxide Sodium Cumenesulfonate</p>

SUPPLIES

- On October 5, 2020 you reported having washed dishes while wearing **rubber gloves**. Rubber gloves may contain phthalates due to [vinyl content](#). Avoid flexible vinyl plastics, often called PVC or designated with the #3 “recycling” symbol. Try washing dishes without wearing gloves.
- You reported having **plastic shower curtains**. Plastic shower curtains may contain phthalates due to [vinyl content](#). Avoid flexible vinyl plastics, often called PVC or designated with the #3 “recycling” symbol. Try using cotton or linen shower curtains instead.
- ...

ENVIRONMENT

- **Avoid plastic packaging**. Some clear plastic bottles may contain bisphenols and/or benzophenone to filter out UV rays, which may leach into the product when exposed to heat.
- On October 16, 2020 you reported having touched **paper receipts** in your Journal. Thermal cash receipts can contain BPA and BPA-alternatives. Opt for digital receipts instead and have them emailed or texted to you.
- On October 18, 2020 you reported having taken your clothes for dry cleaning. Dry cleaning agents may contain fragrance formulated with phthalates. **Avoid dry cleaning** by air drying clothes in the sun or handwashing.
- ...