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# Environmental Chemical Test Results

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*Prepared for:*

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*Sample Collection Date:*

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Below are the results for your exposures to everyday toxic chemicals and phytoestrogens. This includes your personalized recommendations based on your lifestyle audit and exposures.

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.

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## BISPHENOLS

### Bisphenol A Test Results

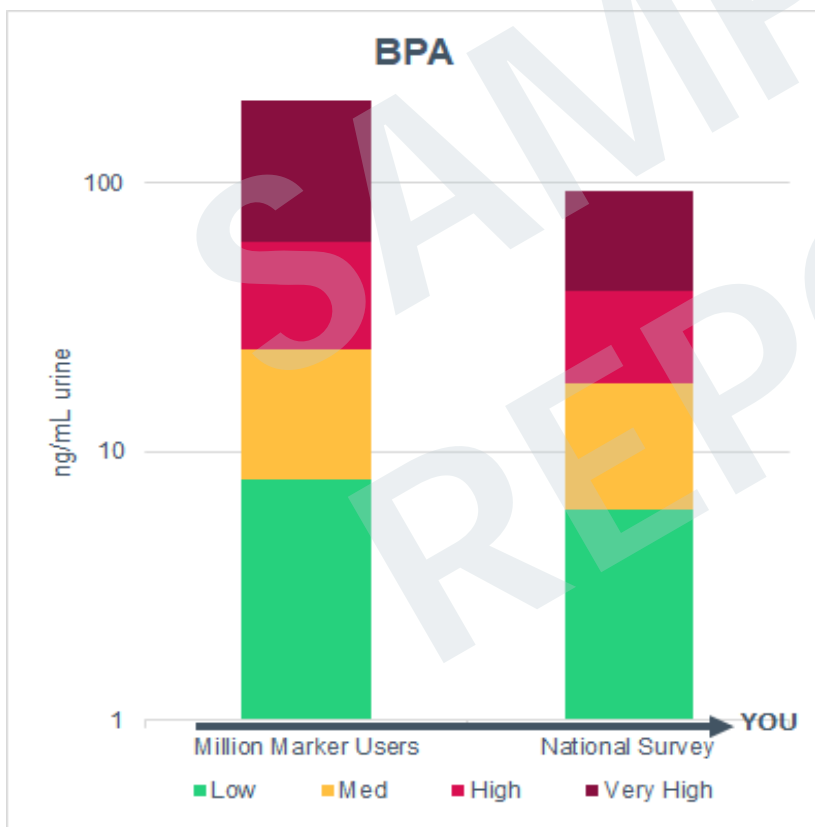
#### About

Click [here](#) for information about sources of exposure and health effects.

#### Test Results

### Total Bisphenol A (BPA) = Not Detected\*

Your level was not-detected, indicating **LOW** levels of exposure.



## Bisphenol S Test Results

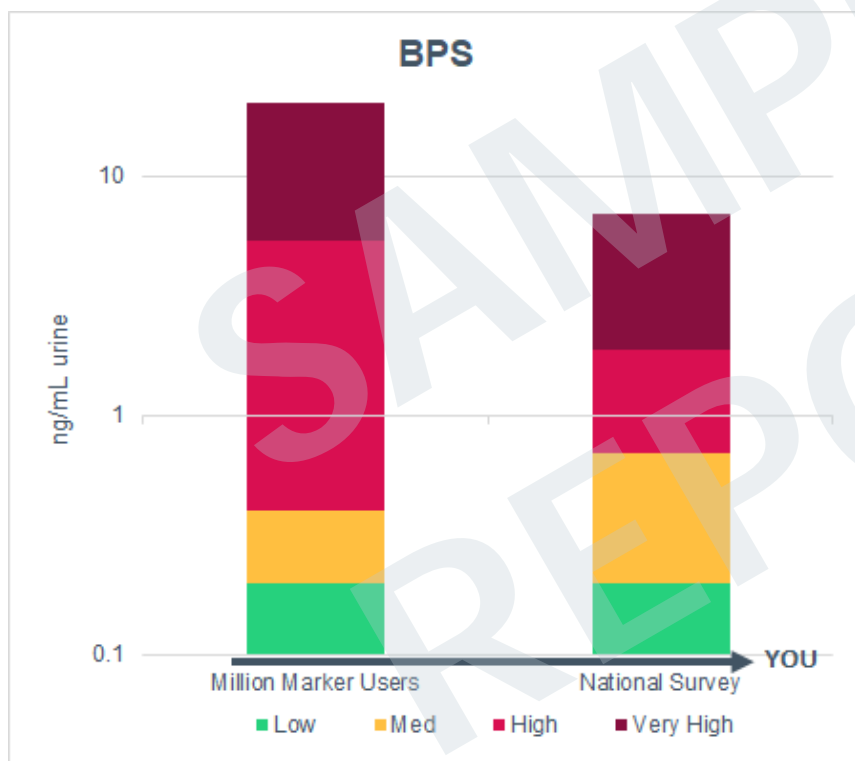
### About

Click [here](#) for information about sources of exposure and health effects.

### Test Results

## Total Bisphenol S (BPS) = Not Detected\*

Your level was not-detected, indicating **LOW** levels of exposure.



## Bisphenol F Test Results

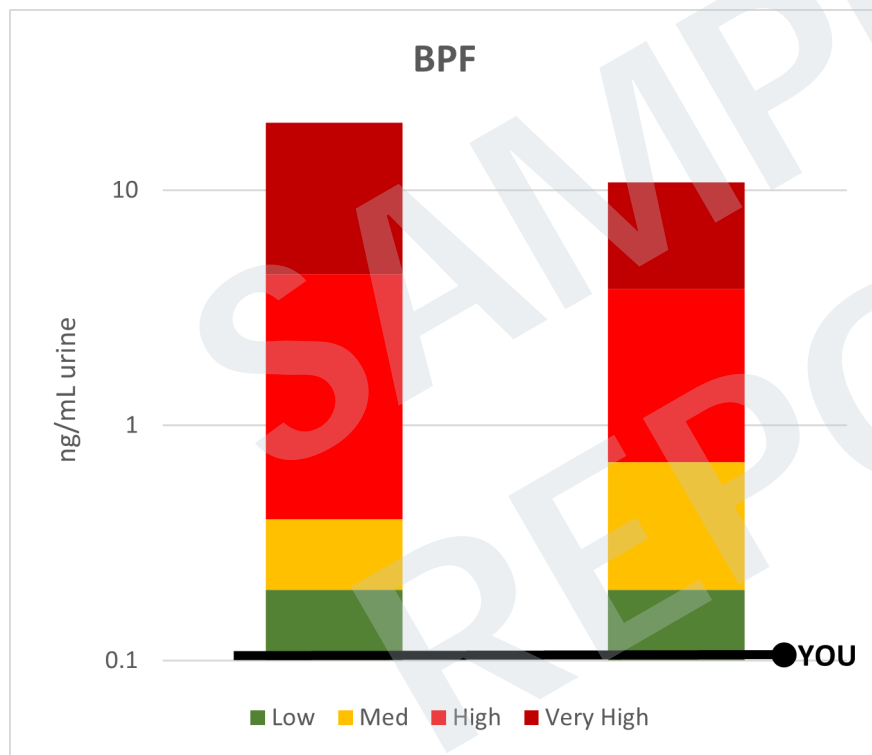
### About

Click [here](#) for information about sources of exposure and health effects.

### Test Results

#### Total Bisphenol F (BPF) = Not Detected\*

Your level was not-detected, indicating **LOW** levels of exposure.



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

## Take Action: Bisphenols

Great job! You have low exposures to BPA, BPS, and BPF. To keep these exposures low:

Diet	<ul style="list-style-type: none"> <li>You reported having drank out of plastic containers and aluminum cans for 4 of the 7 days of Journaling. <b>Avoid plastic and aluminum cups/mugs/water bottles.</b> Plastic containers may leach BPA and BPA-alternatives into your beverage. The plastic lining in aluminum cans may do the same. Drink beverages in glass, ceramic, and/or stainless steel containers.</li> <li>...</li> <li>...</li> </ul>
Supplements & Medications	<ul style="list-style-type: none"> <li>N/A</li> </ul>
Personal Care Products	<ul style="list-style-type: none"> <li>Be aware of plastic packaging. Clear, hard plastic (polycarbonate, #7) can contain bisphenols.</li> </ul>
Supplies	<ul style="list-style-type: none"> <li>Toilet paper made from recycled paper may be contaminated with BPA, for recycled paper can contain receipt paper, which is printed on thermal paper.</li> </ul>
Environment	<ul style="list-style-type: none"> <li>On October 16, 2020 you reported having touched <b>paper receipts</b> 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.</li> <li><b>Avoid "Proposition 65" products.</b> <a href="#">Proposition 65</a> requires California to publish a list of chemicals known to cause cancer or reproductive toxicity. BPA and phthalates are on this list. Exercise caution before purchasing any commodity with the Prop 65 warning label on it (or, if shopping online, in the product description section).</li> </ul>

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REPORT

## PARABENS

### Methylparaben Test Results

#### About

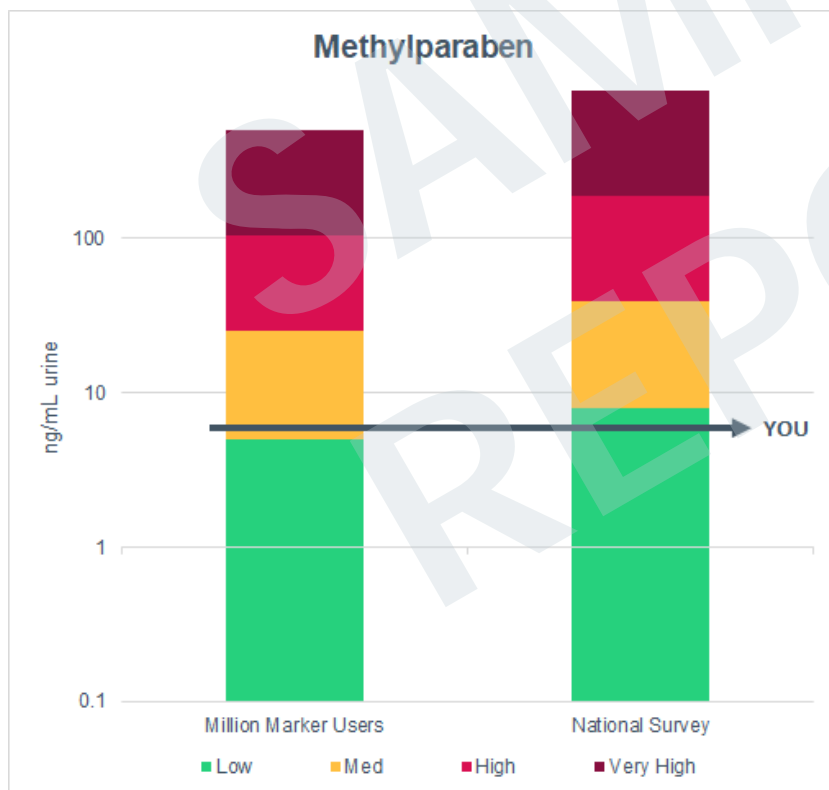
Click [here](#) for information about sources of exposure and health effects.

#### Test Results

**Total Methylparaben = 6.1 ng/mL**

Your level was **MEDIUM** compared to Million Marker users.

Your level was **LOW** compared to the national averages.



## Propylparaben Test Results

### About

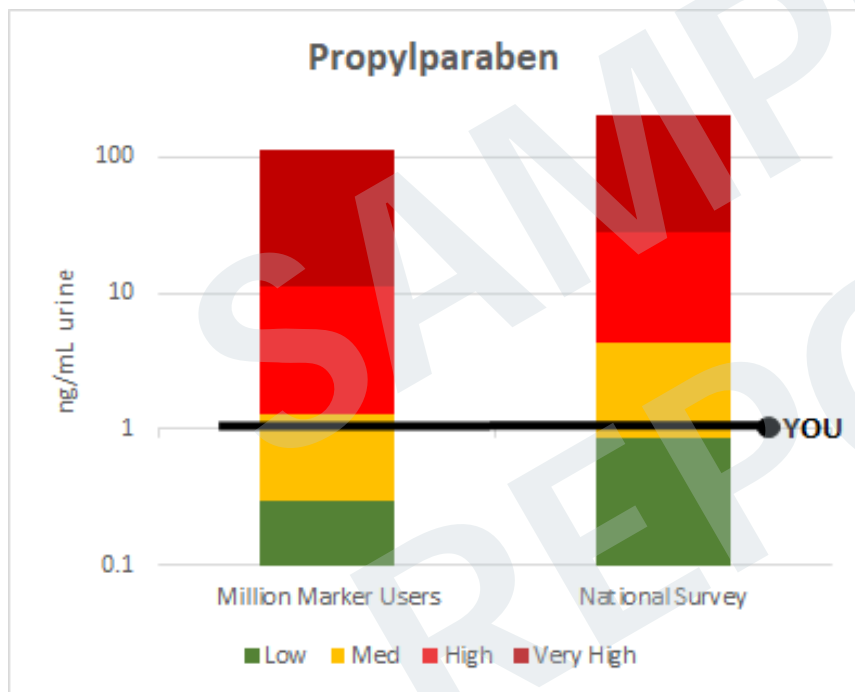
Click [here](#) for information about sources of exposure and health effects.

### Test Results

## Total Propylparaben = 1 ng/mL

Your level was **MEDIUM** compared to Million Marker users.

Your level was **MEDIUM** compared to the national averages.





## Ethylparaben Test Results

### About

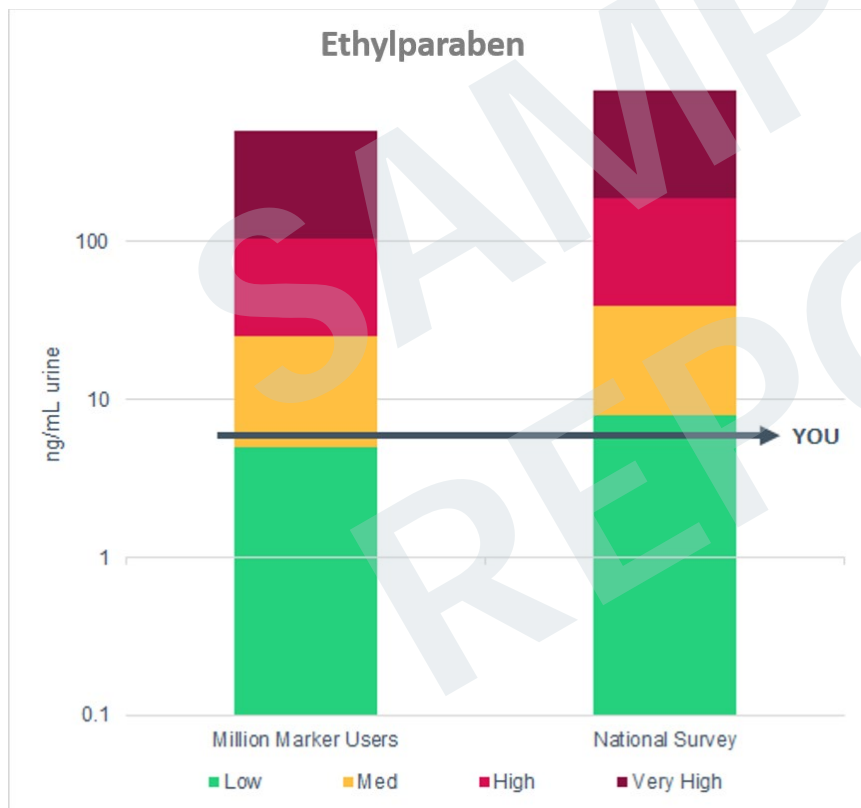
Click [here](#) for information about sources of exposure and health effects.

### Test Results

#### Total Ethylparaben = 7.3 ng/mL

Your level was **MEDIUM** compared to Million Marker users.

Your level was **LOW** compared to the national averages.



## Butylparaben Test Results

### About

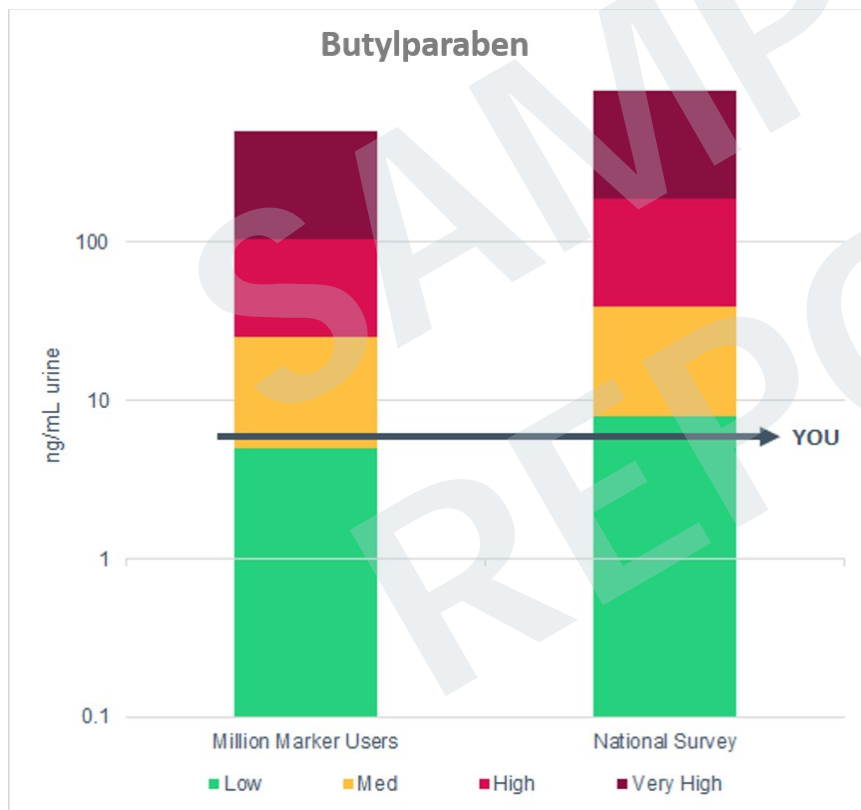
Click [here](#) for information about sources of exposure and health effects.

### Test Results

**Total Butylparaben = 8.1 ng/mL**

Your level was **MEDIUM** compared to Million Marker users.

Your level was **LOW** compared to the national averages.



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

## Take Action: Parabens

You have medium exposure to parabens. The good news is you can take action by:

Diet	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
Supplements & Medication	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
Personal Care Products	<ul style="list-style-type: none"> <li>● <b>Avoid SK-II Facial Treatment Essence (Pitera™ Essence).</b> This product contains <b>methylparaben</b> in its ingredients list. Methylparaben is used as an antimicrobial preservative in cosmetics and personal care products. Try replacing this facial serum with one from <a href="#">Million Marker's Approved Products List!</a></li> <li>● <b>Avoid Curél Ultra Healing Intensive Lotion.</b> This product contains <b>methylparaben</b> and <b>ethylparaben</b> in its ingredients list. Ethylparaben is used as an antimicrobial preservative in cosmetics and personal care products. Try replacing this body lotion with one from <a href="#">Million Marker's Approved Products List!</a></li> <li>● ...</li> </ul>
Supplies	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
Environment	<ul style="list-style-type: none"> <li>● N/A</li> </ul>

## PHTHALATES

### Low Molecular Weight (MW) Phthalates Test Results

#### About

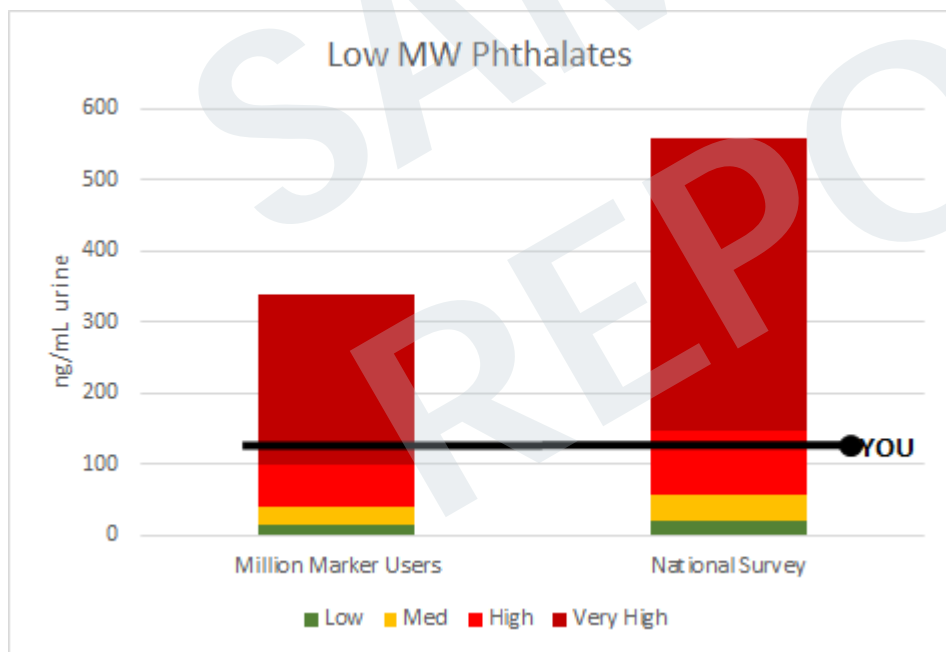
The low MW phthalates that we test include [MEP](#) and [MBP](#). These phthalates are present in personal care products and fragrances.

#### Test Results

**Total Low MW Phthalates = 130 ng/mL**

Your level was **VERY HIGH** compared to Million Marker users.

Your level was **HIGH** compared to the national averages.



## High Molecular Weight (MW) Phthalates Test Results

### About

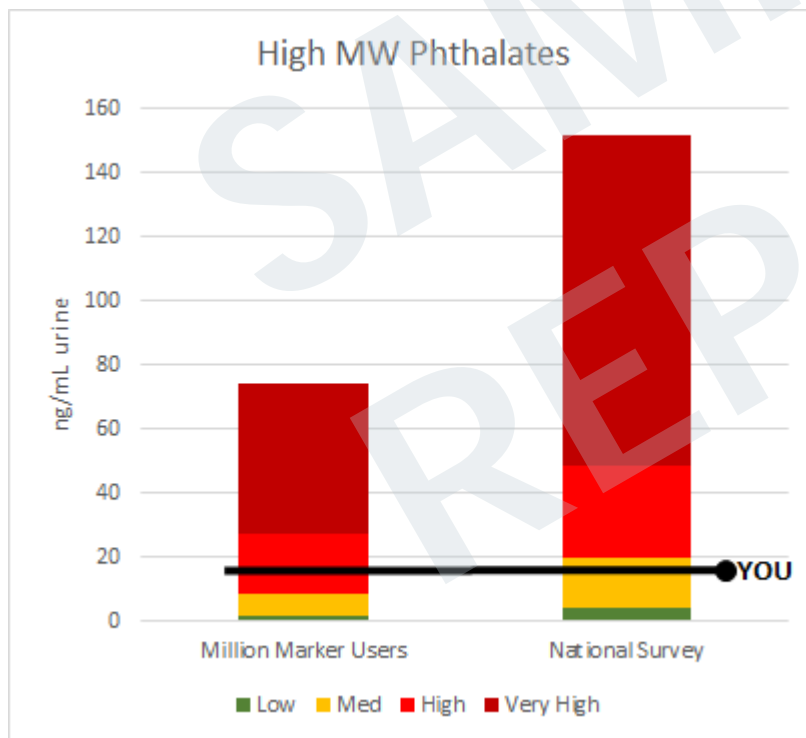
The low MW phthalates that we test include [MEHP, MEHHP, and MECPP](#). These phthalates are present plastic, food packaging, and dust.

### Test Results

**Total Low MW Phthalates = 130 ng/mL**

Your level was **HIGH** compared to Million Marker users.

Your level was **MEDIUM** compared to the national averages.



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

## Take Action: Phthalates

You have high exposure to phthalates. The good news is you can take action by:

Diet	<ul style="list-style-type: none"> <li>● <b>Avoid single-use plastic straws and utensils.</b> Opt for stainless steel and/or glass straws and stainless steel, wooden and/or bamboo utensils.</li> <li>● ...</li> </ul>
Personal Care Products	<ul style="list-style-type: none"> <li>● <b>Avoid Head &amp; Shoulders Classic Clean Shampoo &amp; Conditioner 2 in 1.</b> This product contains “Fragrance” in its list of ingredients, which may be formulated with <b>phthalates</b>. Try replacing this shampoo with one from <a href="#">Million Marker’s Approved Products List!</a></li> <li>● <b>Avoid Dial Handsoap.</b> This product contains “Fragrance” in its list of ingredients, which may be formulated with <b>phthalates</b>. Try replacing this hand soap with one from <a href="#">Million Marker’s Approved Products List!</a></li> <li>● ...</li> </ul>
Supplements & Medication	<ul style="list-style-type: none"> <li>● Make sure to check the “inactive ingredients” when selecting capsule supplements and <b>avoid any products containing hydroxypropyl methylcellulose phthalates, “time-release capsules,” and “enteric coatings.”</b></li> </ul>
Supplies	<ul style="list-style-type: none"> <li>● On October 16, 2020 you reported having washed dishes while wearing <b>rubber gloves</b>. Rubber gloves may contain phthalates due to <a href="#">vinyl content</a>. Avoid flexible vinyl plastics, often called PVC or designated with the #3 “recycling” symbol. Try washing dishes without wearing gloves.</li> <li>● ....</li> </ul>
Environment	<ul style="list-style-type: none"> <li>● On October 18, you reported having touched <b>packing tape</b>.</li> <li>● On October 18, 2020 you reported having taken your clothes for dry cleaning. Dry cleaning agents may contain Fragrance formulated with phthalates. <b>Avoid dry cleaning</b> by air drying clothes in the sun or handwashing.</li> <li>● ....</li> </ul>



## OTHER EVERYDAY TOXIC CHEMICALS

### Oxybenzone (Benzophenone 3) Test Results

#### About

Click [here](#) for information about sources of exposure and health effects.

#### Test Results

#### Total Benzophenone 3 = 10.3 ng/mL

Your level was **MEDIUM** compared to Million Marker users.

Your level was **MEDIUM** compared to the national averages.



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

Take Action: Oxybenzone

You have moderate exposure to oxybenzone. To keep these exposures low:

Diet	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Personal Care Products	<ul style="list-style-type: none"> <li>• <b>Read personal product labels.</b> Oxybenzone is used to protect products from UV light. It can be found in personal care products and household products.</li> <li>• <b>Avoid Supergoop Facial Lotion with SPF.</b> Among other chemicals, this sunscreen contains avobenzone, a derivative of oxybenzone. Try replacing this sunscreen with one from <a href="#">Million Marker's Approved Products List!</a></li> </ul>
Supplements & Medication	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Supplies	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Environment	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

**\*Not Detected, indicates that the chemical was not found in urine.**



**\*\*Below Limit of Detection, indicates that the chemical present, but below what the scientific instrument could detect.**



## Product Audit

Product Image	Product Name	Ingredients of Concern
	<b>SK-II Facial Treatment Essence (Pitera™ Essence)</b>	Butylene Glycol Pentylene Glycol Sodium Benzoate <b>Methylparaben</b>
	<b>Curél Ultra Healing Intensive Lotion</b>	Petrolatum Dimethicone Behentrimonium Chloride Isopropyl Palmitate Butylene Glycol <b>Methylparaben</b> Ethylparaben Benzalkonium Chloride
	<b>Aveeno Therapeutic Shaving Gel</b>	Triethanolamine Isopentane Isobutane PEG Dimethicone Phenoxyethanol <b>Methylparaben</b> <b>Propylparaben</b> Ethylparaben Benzaldehyde
	<b>Benefit Hoola Matte Bronzer</b>	Talc Ethylhexyl Palmitate Dimethicone <b>Methylparaben</b> <b>Propylparaben</b> Butylparaben

	<p><b>Crest Pro-Health Mouthwash</b></p>	<p>Methylparaben Propylparaben</p>
	<p><b>Head &amp; Shoulders Classic Clean Shampoo &amp; Conditioner 2-in-1</b></p>	<p>Sodium Lauryl Sulfate Sodium Laureth Sulfate Glycol Distearate Sodium Xylenesulfonate Dimethicone Cocamidopropyl Betaine Fragrance Sodium Benzoate Methylchloroisothiazolinone Methylisothiazolinone</p>
	<p><b>Dial Handsoap</b></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><b>Soft Soap Liquid Soap</b></p>	<p>Triclosan Sodium Laureth Sulfate DMDM Hydantoin Fragrance EDTA</p>

	<p><b>Eco Styler Krystal Max Hold Hair Gel</b></p>	<p>Carbomer        Triethanolamine        PVP Glycerin Amino-2-Methyl-1-Propanol Sodium        Hydroxymethylglycinate Polysorbate 20        Tetrasodium EDTA  <b>Fragrance</b></p>
	<p><b>Degree Dry Protection Cool Rush Antiperspirant</b></p>	<p>Aluminum        Cyclopentasiloxane        Stearyl Alcohol        PPG-14        Talc        PEG-8  <b>Fragrance</b>        BHT</p>
	<p><b>MoroccanOil Body Butter</b></p>	<p>C12-15 Alkyl Benzoate        Cetearyl Alcohol        Cetyl Alcohol        Myristyl Myristate        Glycerl Stearate        Cetearyl Glucoside        Phenyl Trimethicone  <b>Fragrance</b>        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>