

10 TOXIC INGREDIENTS HIDING IN YOUR BABY PRODUCTS (AND WHAT THEY DO)



CHEMICAL	FOUND IN	WHY IT'S HARMFUL
Phthalates	Toys, lotions, diaper bags	Messes with hormones
Formaldehyde	Shampoo, lotion, mattresses	Cancer risk, irritates skin/lungs
Fragrance (Parfum)	Wipes, baby wash, detergent	Hidden chemicals, allergy trigger
BPA/BPS	Bottles, toys, formula cans	Disrupts hormones, brain impact
Flame Retardants	Car seats, mattresses	Linked to cancer and hormone issues
Parabens	Creams, lotion, shampoo	Acts like estrogen, disrupts hormones
PVC	Mattress covers, toys	Releases toxins, often with phthalates
SLS/SLES	Shampoos, soaps	Skin/eye irritant
Talc	Baby powder	Can contain asbestos, lung risk
Artificial Dyes	Lotions, bath products	Allergy + hyperactivity trigger



COMMON NON-TOXIC LABELS & WHAT THEY MEAN

LABEL	PRODUCT TYPES	WHAT IT COVERS
EWG Verified	Skincare, wipes, cleaning	Ingredient safety, transparency
GOTS	Clothes, bedding	Organic fibers + safe processing
MADE SAFE	Skincare, home goods	No known toxic chemicals
OEKO-TEX	Clothes, textiles	Tested for harmful substances
GREENGUARD	Furniture, mattresses	Low chemical off-gassing (VOCs)
USDA Organic	Food, skincare	Organic ingredients (95% or more)
NSF/ANSI 305	Personal care	Organic content standard for non-food

OTHER LABELS TO LOOK FOR

- ★ Fragrance-Free (not just “unscented”)
- ★ Paraben-Free / Phthalate-Free
- ★ BPA-Free