

Avoiding Endocrine Disruptors - Top Picks for Safe, Effective Products

COOKWARE

POTS & PANS

- cast iron
- enameled cast iron (ex. Le Creuset)
- stainless steel
- ceramic
- avoid Teflon and non-stick

UTENSILS

- wood
- stainless steel
- avoid plastic

CONTAINERS

- glass
- stainless steel
- avoid plastic

WATER BOTTLES

- glass
- stainless steel
- avoid plastic

BEAUTY & HYGIENE

MAKE UP + SKIN CARE

- Aromatica Natural Coconut Cleansing Oil
- BeautyCounter

BODY LOTION

- Beautycounter body butter in citrus mimosa
- LifeFlo Magnesium Lotion
- Homemade! (see DIY section)

DEODORANT

- Primal Pit Paste
- Soapwalla

HAIR CARE

- Beautycounter

FRAGRANCE

- Aromatica Good Morning Good Day Roll-On
- Aromatica Uplifting & Cheering Roll-On
- Ajara Ayurvedic Beauty (roller-ball style, essential oil blends)

ORAL CARE

- Tom's of Maine toothpaste (any type)



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HOUSEHOLD CLEANERS

ALL PURPOSE

- Biokleen: All Purpose Cleaner
- Eco-Me All-Purpose Cleaner
- Arm & Hammer Baking Soda
- Arm & Hammer Super Washing Soda Detergent Booster & Household Cleaner

BATHROOM

- Green Shield Organic: Toilet Bowl Cleaner
- AspenClean Bathroom Cleaner

KITCHEN

- AspenClean Kitchen Cleaner
- Earth Friendly Products Stone Countertop Cleaner, Natural Parsley
- Fit Organic Cleaner and Degreaser

FLOOR

- Eco-Me wood floor cleaner
- Eco-Me all purpose floor cleaner

DISH SOAP

- EcoMe Dish Soap
- Better Life Dish Soap
- Pure Baby Bottle Wash (Pure by She She)
- Attitude Dishwashing Liquid

AIR FRESHENERS

- Aura Cacia Aromatherapy Mist, Eucalyptus Harvest
- Arm & Hammer Fridge Fresh Refrigerator Air Filter
- Moso Natural Air Purifiers
- Lac Larde's organic room sprays
- Eco-Me Vitamin Infused Air Freshners
- Essence of Vali Botanical Mists

LAUNDRY

- Ecover Zero: 2x Laundry detergent
- Tandi's Laundry Soap
- Green Shield Laundry Detergent
- Eco-Me Laundry Detergent
- Biokleen Oxygen Bleach Plus
- Attitude Fabric Softener, Pink Grapefruit
- Arm & Hammer Super Washing Soda Detergent Booster & Household Cleaner
- Attitude Little Ones Laundry Stain Remover, Fragrance Free
- Seventh Generation Natural Laundry Detergent Packs, Free & Clear

