



# Cleaning Products



## A Guide to Living Contaminant Free

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For questions or information contact:  
Institute for Environmental Solutions  
Website: [www.i4es.org](http://www.i4es.org)

## Laundry Detergent and Dish Soaps

**Avoid:** Surfactants

### What are they?

Chemicals that reduce the surface tension of liquids.

### What is the harm?

They break down into chemicals that are toxic to wildlife.

## Anti-Bacterial Soaps

**Avoid:** Triclosan

### What is it?

An antimicrobial chemical.

### What is the harm?

It bioconcentrates in fish and human breast milk, and also causes thyroid disorders.

### Where is it found?

Anti-bacterial soaps. It is usually listed in the active ingredients section on labels.

## Fragrance or Perfume

### What is it?

"Fragrance," "perfume," or "parfum" in any product.

### What is the harm?

Fragrance can be toxic and can accumulate in wildlife, the environment and human breast milk.

### Where is it found?

Cleaning and personal care products that contain fragrance, perfume, or parfum. Artificial fragrances serve no useful purpose. Read the ingredients.

## Alternative Cleaning Products

### Baking Soda and Vinegar

Baking soda and vinegar used combined or separately are an excellent multi-purpose household cleaner alternative. Use for the following: unclog drains, cut grease or clean surfaces.

Go to [www.i4es.org](http://www.i4es.org) for a baking soda and vinegar guide.

## What should I buy?

### All Purpose Cleaners

Baking Soda, Vinegar and **Borax**

### Laundry

**Ecos** All Natural Laundry Detergent, coconut kernel-based surfactants;

**Vaska** Herbatargent Laundry Detergent Lavender scent, plant-based surfactants;

**Vaska** Bleach; **Vaska** Spot Remover

### Dishwasher Soap

**Earth Friendly Products Ultra Dishmate**

with coconut oil-derived surfactants;

**Biokleen** Automatic Dish Powder;

**Home Basics** Ultra Dish Concentrated

dish detergent; **Seventh Generation**

Automatic Dishwasher Detergent;

**Ecover Ecological** Dishwasher Liquid

### Dish Soap for the Sink

**Seventh Generation** Natural Dish Liquid;

**Planet Ultra** Dish Washing Liquid

Hand Soap; **CleanWell** antibacterial

soap; **Pangea** hand soap; **Dr. Bronner's**

bar or liquid castile soap, alcohol-based cleaners.