**General Tips**

- **Educate yourself**
  - Be aware of products that contain EDCs, and how you can avoid problems caused by EDCs. With this guide, WECF hopes that consumers will be able to maintain their health and be aware of the risks and problems caused by EDCs. With this guide, WECF hopes that consumers will be able to maintain their health.
  - EDCs are substances that interfere with the normal functioning of the endocrine system.
  - EDCs are ubiquitous in daily life. They are found in many everyday products, including cosmetics, plastics, food packaging, and household products.
  - EDCs can cause a wide range of health problems, including hormonal imbalances, reproductive problems, and developmental delays.

- **Know the potential problems that they cause**
  - EDCs can cause a wide range of health problems, including hormonal imbalances, reproductive problems, and developmental delays.
  - These problems can occur at all stages of life, from early childhood to adulthood.
  - EDCs can also cause problems in animals, the environment, and even in the workplace.

- **Be aware of the risks**
  - EDCs are highly persistent, meaning that they can remain in the environment for a long time and can have a lasting effect on health.
  - EDCs can be toxic in very small doses, making it difficult to detect their presence.

- **Take action**
  - Protect your health by avoiding products that contain EDCs.
  - Request information about EDCs from manufacturers and retailers.

**Glossary of some EDCs**

<table>
<thead>
<tr>
<th>EDCs</th>
<th>How to identify them</th>
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<tbody>
<tr>
<td>BPA</td>
<td>Labeled on the product, pay attention to the list of ingredients or the instructions on the product</td>
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<tr>
<td>Phthalates</td>
<td>Labeled on the product, pay attention to the list of ingredients or the instructions on the product</td>
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<tr>
<td>UV-Filters</td>
<td>Labeled on the product, pay attention to the list of ingredients or the instructions on the product</td>
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<tr>
<td>Bisphenol A (BPA)</td>
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<tr>
<td>E214, E215, E218, E219</td>
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<td>Alkylphenols</td>
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<td>Butylparabens</td>
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<td>Propylparabens</td>
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<tr>
<td>Diethylhexyl phthalate</td>
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<tr>
<td>Diisobutyl phthalate</td>
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<tr>
<td>Di-n-octyl phthalate</td>
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**Introduction**

EDCs are substances that interfere with the normal functioning of the endocrine system. EDCs are ubiquitous in daily life. They are found in many everyday products, including cosmetics, plastics, food packaging, and household products. EDCs can cause a wide range of health problems, including hormonal imbalances, reproductive problems, and developmental delays. EDCs are highly persistent, meaning that they can remain in the environment for a long time and can have a lasting effect on health. EDCs can be toxic in very small doses, making it difficult to detect their presence. EDCs can cause problems in animals, the environment, and even in the workplace.
**Food and food packaging**

Many important trends are correlated with continuous economic development: EDCs are found in many household goods, including clothing, which may contain flame retardants. They are also present in many plastic products (see glossary). To avoid EDCs, choose organic foods free of pesticide residues and pay attention to the use of packaging materials and adhesive coatings. To protect babies, baby bottles that contain BPA label or recycling code 07. Do not use products such as socks, flip-flops or rain pants that have coatings, such as ethylene vinyl acetate (EVA). To avoid phthalates, choose products from natural fibres. Also pay attention to the Oeko-Tex 100 label.

**Tips**

- Avoid products made of polyvinyl chloride (PVC).
- Do not use food from cans.
- Use products free of flame retardants.
- Do not use products such as socks, flip-flops or rain pants that have coatings, such as ethylene vinyl acetate (EVA).
- Do not use products containing **EDCs**.

**Textiles, clothing and footwear**

Some ingredients of cosmetic products show estrogenic activity. Therefore, EDCs are also problematic. Garments with antimicrobial properties, such as sportswear, underwear and socks, contain metal salts and plastic softeners. They may also be preserved with PCP (pentachlorophenol) or EDCs (pentachlorophenol) as parabens in shower gels, shampoos, creams, and disposable products. But the more critical concern is that these substances may be detected in non-EDCs. Therefore, it is better to use products from natural fibres and pay attention to the Oeko-Tex 100 label.

**Tips**

- Do not use children's clothing that contains PVC or pesticide residues.
- Use products free of flame retardants.
- Do not use products such as socks, flip-flops or rain pants that have coatings, such as ethylene vinyl acetate (EVA).
- Do not use products containing **EDCs**.

**Body and baby care products**

Safeguard your child’s health. Children’s toys contain many aromatic chemicals. Some ingredients of cosmetic products show estrogenic activity. Therefore, EDCs are also problematic. Garments with antimicrobial properties, such as sportswear, underwear and socks, contain metal salts and plastic softeners. They may also be preserved with PCP (pentachlorophenol) or EDCs.

**Tips**

- Do not use children's clothing that contains PVC or pesticide residues.
- Use products free of flame retardants.
- Do not use products such as socks, flip-flops or rain pants that have coatings, such as ethylene vinyl acetate (EVA).
- Do not use products containing **EDCs**.