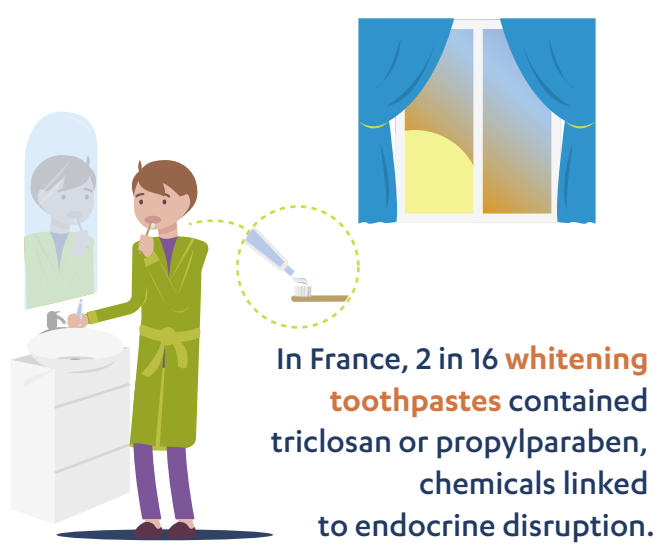


ENDOCRINE DISRUPTORS THROUGHOUT YOUR DAY

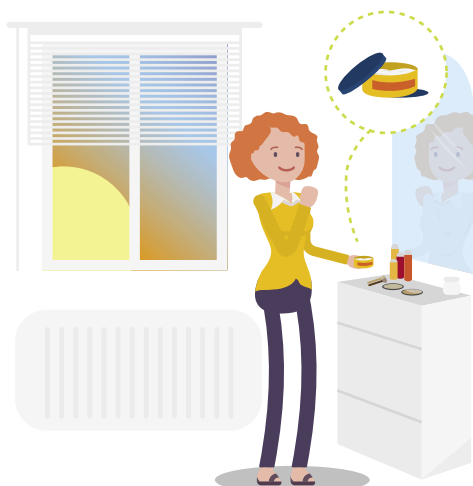
From dawn to dusk, people are exposed to chemicals which may have harmful effects on their hormone system (known as endocrine disrupting chemicals, or EDCs). We inhale these substances, ingest them or absorb them through our skin. Even in tiny amounts, EDCs can increase our risk of developing fertility problems, obesity, neurological disorders, or even cancer.¹

Here is a look at the multiple ways throughout the day when we are exposed to suspected endocrine disruptors.

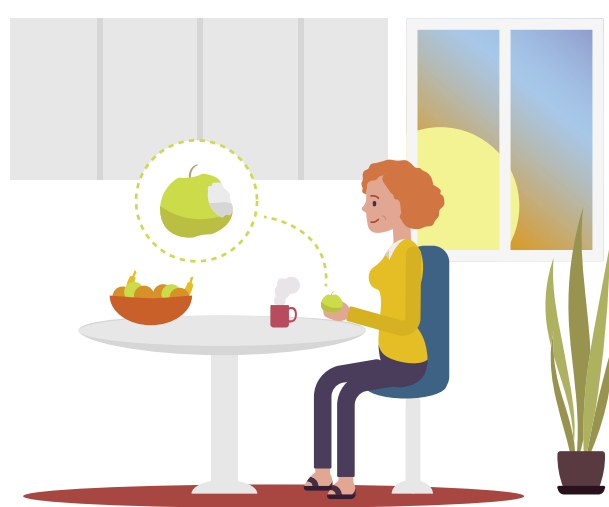
Tests carried out between 2013 and 2018 have revealed that:



In France, 2 in 16 **whitening toothpastes** contained triclosan or propylparaben, chemicals linked to endocrine disruption.



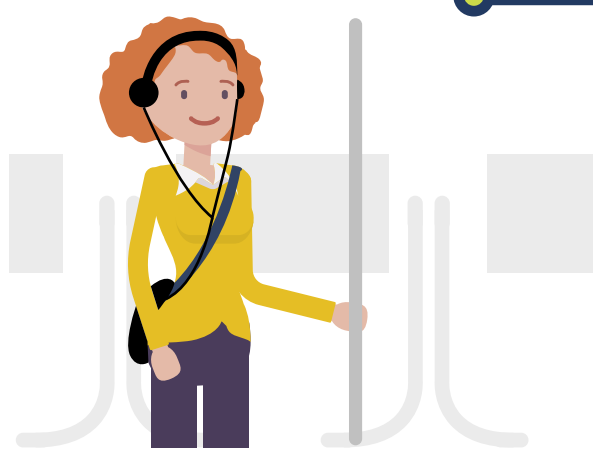
50% of **beauty balms** tested in Italy contained propylparaben or butylparaben, suspected to contribute for example to developmental problems in unborn children.



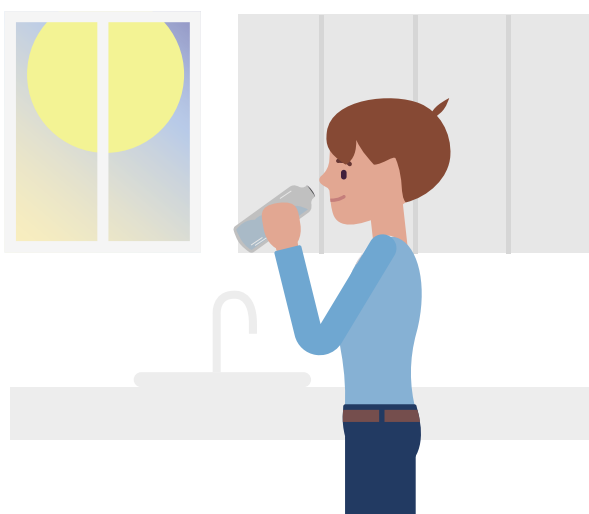
19% of food samples – mostly **fruit** – tested across Europe contained one or more residues of endocrine disrupting pesticides.



3 in 6 **children's jackets** contained PFOA, a substance linked to cancer, as tested in Norway.



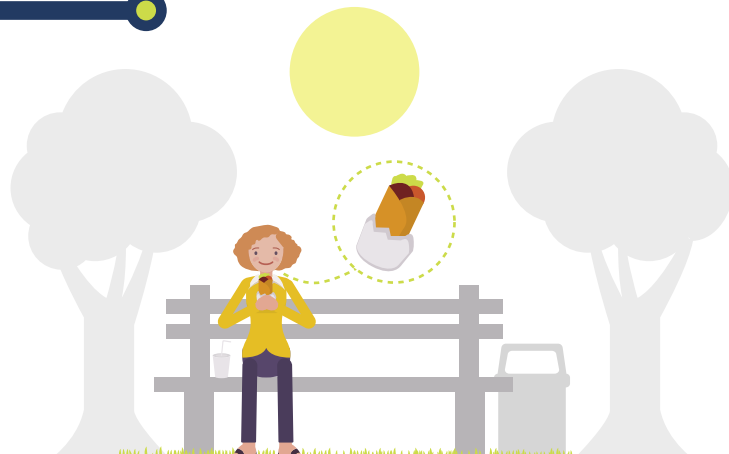
In Denmark, 2 of 16 **headphones** contained phthalates, substances linked to infertility.



In Norway, phthalates, bisphenol A and other EDCs leached from 9 in 11 refillable **water bottles**.



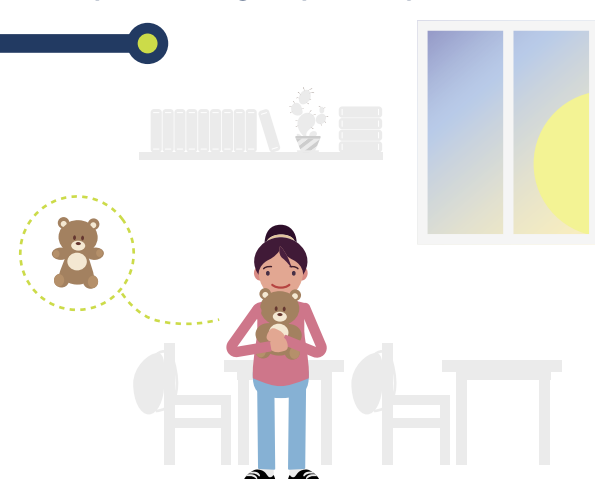
In Denmark, two thirds of **children's chewing gums** contained additives linked to impaired development.



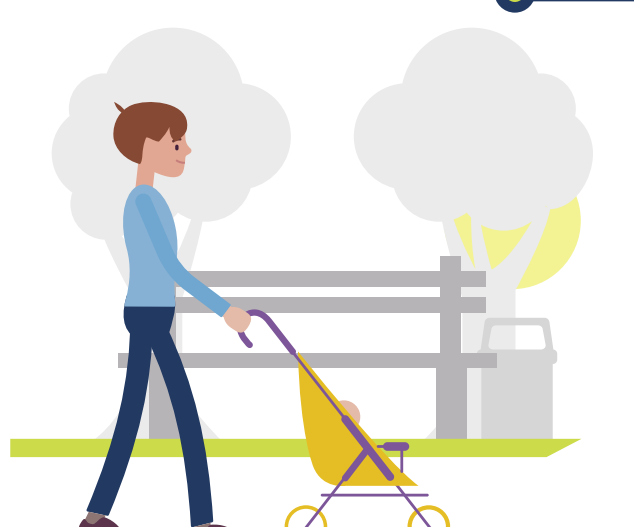
A third of **take-away food wrappings** tested across the EU contained fluorinated compounds, a group of suspected EDCs.



8 in 14 **soda cans** contained different types of bisphenols, including bisphenol A (in the inside coating), as tested in Denmark.



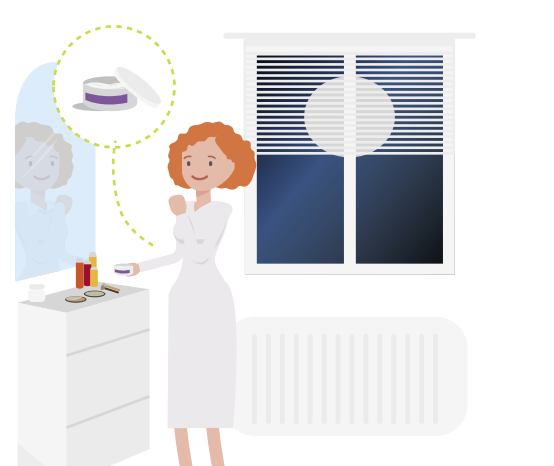
In Norway, nonylphenol ethoxylate was found in all the 6 **teddy bears** tested. This substance may contribute to cancer, impaired fertility, type 2 diabetes, obesity and hyperactivity.



In Denmark, 6 out of 11 **pushchairs** contained chlorinated paraffins, suspected of having endocrine disrupting properties.



4 in 21 **baby wipes** tested in France contained parabens, suspected to harm reproductive health.



1 in 3 **anti-aging creams** contained methyl-, propyl- and/or ethyl-parabens, as tested in Germany.



In Denmark, 4 out of 12 **game controllers** contained phthalates, chlorinated paraffins and/or an endocrine-disrupting flame retardant.

Throughout the day, indoor air and dust may contain lead, brominated flame retardants, phthalates and pesticides. These chemicals are likely to have leached from furniture, electronics, carpets, paints, etc.²

The EU must remove EDCs from our everyday products.

None of the examined products may present a health hazard on their own. But, taken together with all other products that surround us, they contribute to a worrisome daily total exposure called the 'chemical cocktail'.

The good news is that our members' tests found that across product groups, EDCs are present in some but not in all products. Neither price nor brand appears to be a decisive factor, which suggests that **using safer alternatives is possible** and does not cost an arm and a leg.

SOURCES

(1) *Report on Interpretation of knowledge on endocrine disrupting substances (EDs) – what is the risk?*, Danish Centre on Endocrine Disrupters, 2019

(2) *Exposure of children and unborn children to selected chemical substances*, Danish Environmental Protection Agency, 2017



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To learn more about BEUC's work on chemicals visit <https://www.beuc.eu/safety/chemicals>

To know more about the different chemicals visit <https://chemicalsinourlife.echa.europa.eu>



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