



**Ingredient 1:** Potassium Sorbate.  
 There is a mild risk of DNA mutation when consuming Potassium Sorbate

**Ingredient 2:** Calcium Disodium EDTA. Is used to neutralize metals in the product that would cause discoloration or spoilage. It is unsafe to consume more than 3g per day. It may also be able to release heavy-metals in the environment that are “safely” out of our food chain.

**Ingredient 3:** Annatto Extract.  
 There seems to be no adverse health or environmental impact from Annatto Extract due to it



I had to do some research to find the ingredients for this product as they were **not** listed on the package.

**Ingredients:**

According to their website, the sponge is made up of 100% natural fibers, which they break down into 50% **agave plant fibers** and 23% **recycled fiber**.

[https://www.scotch-brite.com/3M/en\\_US/scotch-brite/tools/~/Scotch-Brite-Greener-Clean-Non-Scratch-Scrub-Sponge/?N=4337+3294529207+3294631791&rt=rud](https://www.scotch-brite.com/3M/en_US/scotch-brite/tools/~/Scotch-Brite-Greener-Clean-Non-Scratch-Scrub-Sponge/?N=4337+3294529207+3294631791&rt=rud)

**Ingredient 1:** Agave Plant Fibers. Also known as Sisal. This is a renewable resource and it has the potential to remove more carbon than it produces in a life-cycle. However, when processing the plant, up to 98% is thrown away as biomass waste.

**Ingredient 2:** Recycled Fiber. Recycling fiber reduces the amount of biowaste every year, which contributes to smaller landfills.



**Ingredient 1:** Sodium Cocoyl Isethionate. When on its own, it can cause skin and extreme eye irritation. It is also labeled as dangerous to sea-life with long effects. There is also a correlation between this chemical and organ-system toxicity.

**Ingredient 2:** Cocamide MEA. Cocamide MEA is used as a thickening agent, despite it being linked to hormone disruption, miscarriages, and liver and kidney cancer.

**Ingredient 3:** Guar Hydroxypropyltrimonium

being a natural ingredient. There is a rare chance that you might be allergic to it though.

**I believe this product is greenwashing.** The use of Calcium Disodium EDTA is a risk to our environment and it shouldn't be in a salad dressing.

<https://www.fooducate.com/app#!page=post&id=57A354F3-FFE5-EC83-4FE1-80C048942A62>  
<http://foodconstrued.com/2011/12/calcium-disodium-edta/>  
[http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S0100-40422003000600020](http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0100-40422003000600020)  
<https://draxe.com/annatto/>  
<http://naturallysavvy.com/eat/what-is-annatto-a-natural-food-coloring-exposed>

**I don't believe this product it is greenwashing.** While I couldn't get a finger on all the materials, the use of 100% natural materials is promising. Not to mention that the 50% sisal makes it biodegradable (by some reports).

<http://www.midwest-fiber.com/blog2/entry/environmental-impact-of-recycled-paper.html>  
<http://www.fao.org/economic/futurefibres/fibres/sisal/en/>

Chloride. This ingredient is used to neutralise the negative charge on hair that makes it static-y. Despite the long name, it is actually a non-irritant and is biodegradable because it's a guar gum derivative.

**Bonus!** Polyquaternium-7. This sounds like it's straight out of a sci-fi! This is a conditioning polymer, and is added because it can adhere and/or absorb into your hair to strengthen it. However, it is a synthetic plastic so whatever goes down the drain will end up in the ocean in microscopic amounts.

**I believe this product is greenwashing!** Oh my god, I'm never using commercial shampoo again. The use of "natural" on the label gets consumers to believe that they're using something green, but it's horrible for them and the environment!

<https://pubchem.ncbi.nlm.nih.gov/compound/123134487#action=GHS-Classification>  
<https://www.truthinaging.com/ingredients/sodium-cocoyl-iseithionate>  
<http://thechalkboardmag.com/toxic-tuesday-cancer-causing-ingredients-you-should-avoid>  
<https://www.mapleholistics.com/blog/cocamide-dea-in-shampoos-conditioners-and-beauty-products/>  
<http://www.ecostore.co.nz/Guar-Hydroxypropyltrimonium-Chloride>  
<https://www.annmariegianni.com/synthetic-polymers-plastics-cosmetics-avoid/>

# What do YOU put on your skin?

Name Brand Shampoo

VS

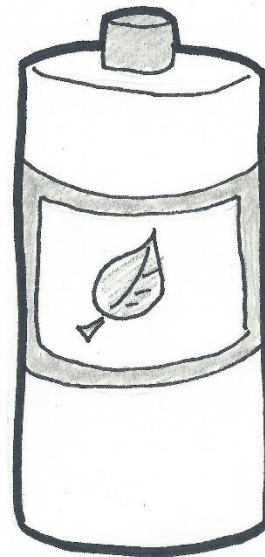
Liquid Castile Soap



- 21+ ingredients
- NOT biodegradable
- includes known skin irritants
- includes chemicals harmful to sea life
- includes known carcinogens
- includes microplastics
- includes hormone disruptors

\$ 5.99 for 10.5 oz

57¢ per oz



- 12 ingredients
- fair trade
- organic oils
- biodegradable
- Concentrated - dilute with water before using

\$ 9.99 for 16 oz

62¢ per oz



Sienna Lippert is with Jennifer Beadles and 6 others.

Just now · 🧑🏻‍🦱

I never knew what was in my shampoo until now... Please, for your health and the health of the environment, switch to castile soap. I know I will be.

Turning Green Dr. Bronner's #PGC2018

## What do YOU put on your skin?

Name Brand Shampoo VS Liquid Castile Soap



- 21+ ingredients
- NOT biodegradable
- includes known skin irritants
- includes chemicals harmful to sea life
- includes known carcinogens
- includes microplastics
- includes hormone disruptors

\$5.99 for 10.5 oz  
57¢ per oz



- 12 ingredients
- Fair trade
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