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I can not live without toothpaste. Therefore, I choose to compare 3 toothpaste products which come from 3 different brands (the one that I'm using, the one that is widely used by Vietnamese people, and the one that is suggested to be a sustainable and organic product).

1. One personal care product that I can't live without is toothpaste. The toothpaste product that I'm using: Ngoc Chau Herbal Toothpaste.
2. A widely used toothpaste product by Vietnamese people: Colgate - Cavity Protection Toothpaste.
3. A sustainable organic toothpaste product I found online (suggested by PGC 2018): Dr.Bronner's All-One Toothpaste.

Here is my infographic:

NGOC CHAU HERBAL TOOTH PASTE <i>What I'm using</i>	COLGATE CAVITY PROTECTION TOOTH PASTE <i>What Vietnamese people widely use</i>	DR.BRONNER'S ALL IN ONE TOOTH PASTE <i>What is sustainable and organic</i>
		
<p>Ingredients: Myrrh Extract, Styphnolobium Japonicum (Japanese Pagoda Tree) Extract, Ratany Extract, Peel Areca Essence, Glycyrrhiza Uralensis (Chinese licorice) Extract, Clove Oil, Mint Essence, Vitamin E, Pure Salt, Sodium Fluoride.</p>	<p>Ingredients: Sodium Monofluorophosphate 0.76%, Dicalcium Phosphate Dihydrate, Water, Glycerin, Sodium Lauryl Sulfate, Cellulose Gum, Flavor, Tetrasodium Pyrophosphate, Sodium Saccharin.</p>	<p>Ingredients: Organic Glycerin, Organic Aloe Barbadensis Leaf Juice, Hydrated Silica, Calcium Carbonate, Xanthan Gum, Sodium Bicarbonate (Baking Soda), Potassium Cocoate, Organic Illicium Verum (Anise) Seed Oil, Organic Mentha Arthesis (Menthol) Crystals, Organic Cocos Nucifera (Coconut) Flour, Organic Cocos Nucifera (Coconut) Oil, Tocopherol, Citric Acid, Organic Stevia Rebaudiana Leaf/Stem Extract.</p>
<ul style="list-style-type: none">▶ Overall hazard rating: Not available.▶ # of potentially hazardous ingredients: 1 - Sodium Flouride => Cancer and Body Toxicity Concerns.▶ Good effects:<ul style="list-style-type: none">▶ Myrrh Extract: has natural antiseptic properties, helps treat gingivitis and sore throat. Promotes fresh breath.▶ Natural and herbal ingredients are eco-friendly which limits toxicity exposure to our body.▶ Its easy to find and buy in Vietnam.▶ Cost: 36,000 VND = about \$1.54 (100g)	<ul style="list-style-type: none">▶ Overall hazard rating: 9/10 (Dirty zone in Think Dirty App), 2 - Low (EWG's Skin Deep Rating)▶ # of potentially hazardous ingredients: 4<ul style="list-style-type: none">▶ Flavor (rating of 4 - moderate hazardous): Miscellaneous concerns.▶ Sodium monofluorophosphate & Sodium Lauryl Sulfate & Sodium Saccharin (rating of 1 & 2 - low hazardous): Organ system toxicity.▶ Good effects:<ul style="list-style-type: none">▶ Sodium monofluorophosphate ingredient helps protect against cavities which provide whitening and strong teeth.▶ The brand has about 200 years of experiences and very popular in the world in dental care products.▶ Cost: \$18.04 (8.2 oz = about 232 g)	<ul style="list-style-type: none">▶ Overall hazard rating: 1/10 (Neutral zone in Think Dirty App), 1 - Very Low (EWG's Skin Deep Rating)▶ # of potentially hazardous ingredients: 2<ul style="list-style-type: none">▶ Aloe Barbadensis (rating of 1 - low): Developmental/reproductive toxicity, cancer concerns▶ Tocopherol (rating of 1): Cancer, Contamination concerns▶ Good effects:<ul style="list-style-type: none">▶ Made of eco-friendly & organic ingredients -> Healthy and best in limiting toxic exposure to our skin (especially sensitive skin types).▶ No synthetic detergent foaming agents, louride-free, vegan and cruelty-free.▶ Reduce plaque, whiten teeth▶ Cost: \$6.49 (5 oz = about 142 g)


- **Will you make the switch? Why or why not?**

I don't think I will make the switch because I believe that the toothpaste product I'm using is good for me. Most of Ngoc Chau Toothpaste ingredients are extracts of herbal plants which are natural and non-toxic to the skin. They has been tested by Vietnam National Hospital of Traditional Medicine. In addition, for me, it's easy to buy in Vietnam because it's a Vietnamese toothpaste brand. However, from this challenge, I have learned a lot of things about how familiar and family trusted body care products (e.g Colgate) can be so toxic to us.

- **Spread the words:**



Every morning, you brush your teeth with toothpaste but have you ever wonder if the toothpaste is really safe? These products that we use daily have health and environmental impacts. For example, Colgate's toothpaste has sodium fluoride, which could be extremely toxic to our health. Not only that, but it also contains sodium lauryl sulfate (SLS), which may be contaminated with 1,4 dioxane in the manufacturing process that might lead to cancer. SLS is also registered as an insecticide and may have toxic effects on marine life, including fish and insects. On the other hand, Dr. Bronner's toothpaste is made of eco-friendly and safe ingredients such as coconut oil. So why not all pick the safer and more beneficial product? #PGC #Body Turning Green

NGOC CHAU HERBAL TOOTH PASTE <i>What I'm using</i>	COLGATE CAVITY PROTECTION TOOTH PASTE <i>What Vietnamese people widely use</i>	DR. BRONNER'S ALL IN ONE TOOTH PASTE <i>What is sustainable and organic</i>
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Thùy Trang and Ha Nguyen