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When I hosted my DIY Party, we all brought our Colgate toothpaste tubes as we are all neurotic regarding dental health and hygiene. My friends and I brought our Colgate Optic White to my DIY Party. We found that certain ingredients that were slightly concerning were Sodium Lauryl Sulfate and Sodium Monofluorophosphate. Sodium Lauryl Sulfate and Sodium Monofluorophosphate both are considered ecotoxic and mild organ system toxicity. Interestingly enough, Sodium Monofluorophosphate was not mentioned at all on the toothpaste ingredients list. It was very shocking to my friends and originally to myself. It was discouraging because we all care about our oral hygiene and realized that we should focus our DIY on toothpaste!

I told my female friend that the average female wears 515 chemicals every day. She was astonished. I also shared with my male friend that aluminum has several health issues and is found in deodorant and shampoo. I also told them that there are several chemicals in shampoo and other beauty products that cause cancer. This really motivates me to acknowledge that I shouldn't be using traditional deodorants or toothpastes.

We decided to do a DIY toothpaste after learning about the ingredients in our toothpaste. The ingredient list is found below:

- 3 tablespoons of baking soda
- 4 tablespoons of coconut oil
- 2 teaspoons of peppermint oil

I placed these ingredients into a small glass jar and mixed the contents until it was a homogenous mixture.









Certainly tastes more natural! #PGC2018 #natural