

On February 3, 2005 the Food and Drug Administration (FDA) issued **warning** to the fragrance and cosmetics industry stating that the Agency is serious about enforcing a law **requiring companies to inform consumers that their products have not been safety tested.**

Ask your doctor to demand the ingredients of any fragrance product to which you react. Cite the following: 29 CFR 1910.1200 and 1910.20, which are the OSHA Hazard Communication and Access to Medical Records standards allowing health pro-fessionals access to trade secret information.

Report adverse effects to non-cosmetic products to:

Consumer Products Safety
Commission
1-800-638-2772

or

<https://www.cpsc.gov/incident.html>

Report adverse effects to cosmetics to:

Food and Drug Administration
Office of Cosmetics and Colors (HFS-100)
200 C Street, S.W.
Washington, DC 20204
1-202-401-9725

HEALTHY TIPS:

ADD baking soda to your rinse cycle.
VINEGAR is a natural fabric softener - add ½ cup to your wash cycle.
WASH and dry cottons and synthetic fabrics separately.
SYNTHETIC fabrics contribute to static cling so consider not using your dryer for nylon, rayon and other synthetic fabrics.

RESOURCES:

<http://members.aol.com/enviroknow/perfume/fabric.htm>

<http://www.coastalpost.com/99/5/4.htm>

http://www.sierraclub.org/sierra/200209/hidden_printable.asp

<http://users.lmi.net/wilworks/ehnlx/a.htm#Fresheners>

<http://users.lmi.net/~wilworks/ehnmsofs.htm>

<http://www.fpinva.org/>

<http://www.wtv-zone.com/infchoice/mcs/perfumes.html>

<http://www.aerias.org/kview.asp?DocId=24&spaceid=2&subid=41>

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Georgia, USA, First Printing, November 2004

COULD IT BE YOUR FABRIC SOFTENER ?

Sometimes it's hard to believe that health problems can arise from the simplest products used in every day living



This brochure is provided by:
The Global Campaign for Recognition
of
Multiple Chemical Sensitivity

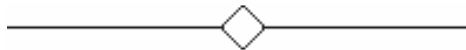
www.mcs-global.org
mcs_global_gausa@yahoo.com

Turns out that the chemicals used in fabric softeners, including the fragrance chemicals, can cause serious trouble with your central nervous system!

Exposure can be through inhalation from the exhaust of dryers or from skin contact with the treated fabrics.

**SYMPTOMS INCLUDE
(BUT ARE NOT LIMITED TO):**

- **DISORIENTATION**
- **DIZZINESS**
- **HEADACHES**
- **MEMORY LOSS**
- **NECK AND SPINE PAIN**
- **DERMATITIS**



Let's look at a few of the toxic chemicals in fabric softeners:

Alpha-Terpineol—"highly irritating to mucous membranes"... "aspiration into lungs can produce pneumonitis or even fatal edema"... "can also cause loss of muscular coordination"----"Prevent repeated or prolonged skin contact".

Benzyl Acetate—"Carcinogenic (linked to pancreatic cancer). "from vapors: irritating to eyes and respiratory passages, exciting cough"...."can be

absorbed through the skin causing systemic effects"... "do not flush to sewer".

Benzyl Alcohol—"irritating to the upper respiratory tract"... "headache, nausea, vomiting, dizziness, drop in blood pressure, depression, and death in severe cases due to respiratory failure".

Camphor—On EPA's Hazardous Waste List. "readily absorbed through the body tissues"... "irritation of eyes, skin, nose and throat"... "dizziness, confusion, nausea, twitching muscles and convulsions"... "avoid inhalation of vapors".

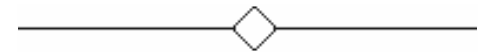
Chloroform—"probable human carcinogen. Inhalation and ingestion are harmful and may be fatal. May cause reproductive damage. Irritant."... "may cause dermatitis".

Ethyl Acetate—Narcotic. "may cause headache and narcosis"... "may cause anemia with leukocytosis and damage to liver and kidneys"... "wash thoroughly after handling".

Limonene—Carcinogenic. "prevent its' contact with skin or eyes because it is an irritant and sensitizer"... "always wash thoroughly after using this material and before eating or drinking"... "do not inhale limonene vapor".

Linalool—Narcotic. "respiratory disturbances"... "in animal tests: ataxic gait, reduced spontaneous motor activity and depression...depressed heart activity...development of respiratory disturbances leading to death".

Pentane—"danger—harmful if inhaled...avoid breathing vapor"... "inhalation of vapors may cause headache, nausea, vomiting, dizziness, drowsiness, irritation of respiratory tract and loss of consciousness. Prolonged exposure can cause dermatitis".



The **chemical fragrance industry** is virtually **unregulated**. **They do not give full disclosure of the ingredients** in their products because they are allowed to say the ingredients are **trade secret**. Most of these **ingredients have not been safety tested**.

According to a 1988 study by **NIOSH** and the **U.S. House Subcommittee** on Business Opportunities, "Many of these substances are capable of causing **cancer, birth defects, central nervous system disorders, breathing and allergic reactions, and Multiple Chemical Sensitivities**." The study found 314 fragrance industry chemicals known to cause **biological mutation**, 218 of the fragrance industry chemicals studied cause **reproduction problems**, 778 of them cause **acute toxicity**, 146 of them cause **tumors**, and another 376 cause **skin and eye irritations**.

Continued...