

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".

WHAT TO LOOK FOR:

AVOID fabric softeners that contain benzyl acetate, formaldehyde, camphor, chloroform, ethyl acetate, pentane, linalool and limonene.

FIND fabric softeners made with natural ingredients not toxic chemicals.

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.

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

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Turns out that the chemicals used in fabric softeners 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**

Researching fabric softener ingredients from their Material Safety Data Sheets is enough to make me stop using any of it.

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 sever cases due to respiratory failure".

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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**

RESOURCES:

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

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

http://www.sierraclub.org/sierra/2002/09/hidden_printable.asp