



# Shopping Cheat Sheet

## TO AVOIDING TRICLOSAN

PRINT THIS OUT OR DOWNLOAD IT TO YOUR PHONE TO KEEP HANDY  
WHILE SHOPPING

Triclosan can be found in many products such as hand sanitizer, deodorants, high chair trays, school supplies (even pencils!), clothing, hand soaps, cosmetics, toothpastes, mouthwash, dish soap, cutting boards, and toothbrushes.

### **Avoid products with triclosan on the label, and these other names for it:**

- Irgasan
- Lexol 300
- Ster-Zac
- Triclocarban
- Additive B
- Cloxifenulum

### **Avoid these brand names:**

- Microban®
- BioFresh®

### **\*Triclosan can be found in:**

Colgate Total toothpastes  
Reach Antibacterial Toothbrush  
Colgate Total Breeze Triclosan Mouthwash  
Arm & Hammer Essentials Natural Deodorant, Fresh scent  
Edge Shave Gel, Fragrance-Free, Ultra-Sensitive with Oatmeal  
Edge Shave Gel, Soothing Aloe  
Old Spice Classic Deodorant Stick, (Fresh and Original scents)  
Neutrogena Body Clear Body Wash, Salicylic Acid Treatment  
Cetaphil Gentle Cleansing Antibacterial Bar  
Uniware Antimicrobial Microban Cutting Boards

\*This is not a comprehensive list, so be sure to still check labels. You may want to check your products often when shopping because many companies are starting to phase out triclosan (but are using Benzethonium Chloride instead, which may also have harmful effects).

The best way to avoid Triclosan is to avoid  
products labeled as "antibacterial" or  
"antimicrobial."