

# THE RUB WITH FEMININE WIPES

How a little wipe can do big harm

Using claims of “freshness”, “sexiness” and “odor control”, women are being sold feminine wipes as the better option for health and happiness.

**BUT THE TRUTH IS, WIPES MAY BE DOING MORE HARM THAN GOOD.**



## adverse effects

Women have reported itching, burning, bleeding rashes and more from using wipes.



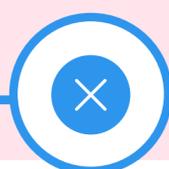
## environment

Wipes can clog sewer systems, wash up on beaches and create excess waste.



## pocketbook

Feminine wipes are considerably more expensive than traditional toilet paper.

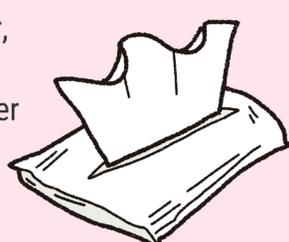


## unnecessary

Feminine wipes are unnecessary for cleansing in most situations.



Feminine wipes can contain toxic chemicals linked to cancer, hormone disruption and fertility problems. Long term health impacts of exposure to these chemicals from wipes has never been studied and is largely unknown. Women of color are disproportionately impacted by toxic chemicals in feminine wipes, as they're more frequent users of these products.



## HARMFUL CHEMICALS FOUND IN FEMININE WIPES

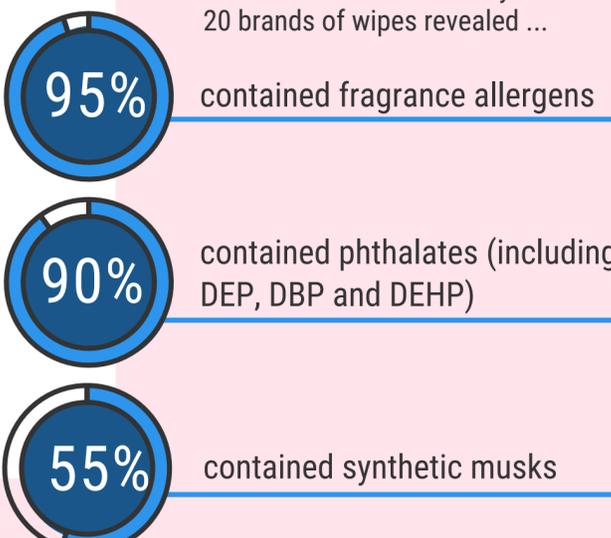
### FRAGRANCE

“Fragrance” represents an unknown bouquet of unnecessary but potentially toxic chemicals.



Fragrance in feminine wipes include allergens, hormone disrupting chemicals, carcinogens & harsh irritants.

Results of a chemical analysis of 20 brands of wipes revealed ...



## PROBLEMATIC PRESERVATIVES

- 1** Parabens (methylparaben, propylparaben, ethylparaben, butylparaben)
 Associated with increased risk of breast cancer and reproductive harm.
- 2** MI and CMI (Methylisothiazolinone and Methylchlorisothiazolinone)
 Linked to severe allergies.
- 3** Iodopropynyl butylcarbamate (IPBC)
 Well-known skin allergen strictly regulated in the EU, but no current restrictions exist in USA.
- 4** Formaldehyde releasers (DMDM Hydantoin & 2-bromo-2-nitropropane-1,3-diol)
 Formaldehyde is a carcinogen. Impact of formaldehyde exposure to vulvar & vaginal tissue is unstudied and concerning.

## OCTOXYNOL-9

This is a potent contraceptive drug, which effectively kills sperm. Wipes containing octoxynol-9 are not regulated as contraceptives, nor are they required to have any caution labeling to their potential effect on a woman's fertility.

## NEUTRESSE™

Neutresse™ is a trademarked name for an odor-control ingredient found in wipes. Chemicals used in Neutresse™ are not disclosed. The potential hazards of this mystery ingredient are simply unknown.

*How dare you use this [Oxtoxynol-9] without some form of warning on the label?*

S. Soos, Amazon.com

*...I have had a reaction where my vagina was itchy, BURNING, and swollen...*

anonymous, Amazon.com

## ALTERNATIVES TO PRE-MOISTENED WIPES

- Old school toilet paper can do the trick just fine in most situations.
- Moisten toilet paper with water immediately before use. Keep a small portable spray bottle filled with water in a purse, or bathroom.
- Make your own cloth wipes and wet them with water. Flannel or other soft fabric can be less abrasive than toilet paper.
- For times when you want to use a convenience wipe, **read labels** and avoid wipes that contain the problematic preservatives & chemicals on this infographic. And be sure to dispose of wipes in the trash, not the toilet!

**Read Labels**

## OK

Some vaginal odor is normal. If you have concerns, talk with your doctor. It's time to...

- Demand accountability for ingredient safety in personal care products.
- Challenge aggressive marketing of unnecessary items.

Remember, you are **OK** just the way you are.



**WOMEN'S VOICES FOR THE EARTH**  
OUR HEALTH. OUR FUTURE. TOXIC FREE.

Learn more about toxic chemicals in feminine care products at [www.womensvoices.org](http://www.womensvoices.org)

#DetoxTheBox

Detox the Box advisory committee:

