

Consumer Products and Pregnancy: A focus on parabens

WHAT ARE PARABENS?

- Parabens are chemicals in makeup and personal care products that help to keep products fresh
- Parabens are chemicals that look like & act like estrogen or other hormones
- They can disrupt the normal functioning of the body

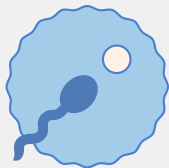
WHERE ARE PARABENS FOUND?

Parabens are found in many every day products such as:

- shampoo & conditioner
- moisturizers
- facial & skin cleansers
- sunscreen
- some deodorants
- shaving cream & gels
- toothpaste
- mouthwash
- makeup
- other cosmetics

What health risks may possibly be linked with paraben exposure?

In pregnant individuals exposed to parabens, some studies* suggest a higher chance of:



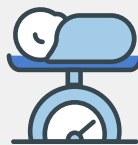
decreased
fertility



gestational
diabetes



pre-term
birth



low birth
weight



childhood
obesity

**The CDC found parabens in the bodies of over 92% of individuals tested because avoiding parabens completely is not easy. While scientists are still discovering what health risks are related to paraben exposure, reducing exposure during pregnancy may be helpful.*

HOW ARE BABIES EXPOSED TO PARABENS?

- exposure to the baby from the pregnant person through the placenta during pregnancy
- breast milk from people exposed to parabens



WHAT STEPS CAN YOU TAKE TO REDUCE YOUR EXPOSURE TO PARABENS?

- Read labels on your personal care products & try to avoid :
 - methylparaben
 - ethylparaben
 - propylparaben
 - butylparaben
 - isopropylparaben
 - isobutylparaben
- Try to replace your current products with paraben-free products
- Talk to your doctor if you're concerned about a specific product you use

Resources for more information



Learn more about parabens from the Environmental Working Group (EWG)



Use the Environmental Working Group's Skin Deep Database at <https://www.ewg.org/skindeep/>

Scan the QR codes to learn more about parabens and your personal care products