



Top 22 Toxins You May Be Exposed To

1. **BPA** – Industrial chemical found in some food and beverage plastic containers (water bottles), and in food cans (canned food), bottle tops, and water supply lines.
2. **Lead** – Found in some paint, in polluted soil and water, and some toys made in China prior to 2007.
3. **Polychlorinated biphenyls** – Found in many lubricants and electrical equipment, was discontinued in the U.S. after 1977, but still may be present in the environment.
4. **Chlorine** – In pool disinfectant.
5. **Fluoride** – In toothpaste and used to treat water.
6. **Cyanide** – Found in fruits like apples, nuts and seeds, and vegetables like Lima Beans.
7. **Formaldehyde** – Found in air fresheners, furniture, e-cigarettes and even some clothes.
8. **Parabens** – Added to many deodorants, toothpastes, shampoos, conditioners, body lotions, and makeups.
9. **Pesticides & Herbicides** – Found on many food products on the shelves of grocery stores.
10. **Steroids** – Found in many meats, used as a hormone to increase growth in livestock.
11. **Antibiotics** – Found in many meats, used to ward off infection and illness in livestock.
12. **Copper** – Found in copper cookware or drinking water containing the metal.
13. **Mercury** – Found in small fish like tuna or mackerel.
14. **Ethanol** – Found in alcohol.
15. **Sunset Yellow** – Found in soft drinks to give them their red, yellow, or orange color.
16. **High Fructose Corn Syrup (HFCS)** – Found in many packaged, processed, sugary foods, and soft drinks.
17. **Hydrogenated Fats and Oils** – Found in many packaged, processed foods.
18. **Arsenic** – Found in rat poison and cigarettes.
19. **Triclosan** – Found in anti-bacterial soaps.
20. **Phthalates** – Found in cosmetics, healthcare products, and other items like soaps and toiletries.
21. **Perchlorate** – Found in water (sometimes) or chemically treated solutions.
22. **Dioxins** – Found naturally in meats and fish, but excessive processing of foods can increase its amounts.