

## Hormone disruptors list

*Xenoestrogens / Xenohormones / Endocrine disruptors / Hormone disruptors*

Here follows a list of some of the most common hormone disruptors. This list is incomplete and a work in progress, but should help you get started avoiding some of the most common and harmful hormone disruptors.

### 1. Chemical sunblocks:

- ❖ Most sunblocks that are absorbed (disappear) into your skin have one of these strong hormone disruptors as an active ingredient:
  - 3/4-Methylbenzylidene-camphor (4-MBC)
  - octyl-methoxycinnamate (OMC)
  - octyl-dimethyl-PABA (OD-PABA)
  - bexophenome-3 (Bp-3)
  - homosalate (HMS).
  
- ❖ The only sunblocks that don't contain this are the physical blocks with zinc-oxide/titanium-oxide, which is not absorbed into the skin or those with herbal and antioxidant protective substances.

### 2. Most of the commercial air fresheners on the market.

### 3. Aluminium:

- ❖ Used as an anti-caking agent in standard baking powders.
- ❖ Most standard baked goods contain aluminium.
- ❖ In antiperspirant deodorant.

### 4. Birth control pills

### 5. Growth hormones in mass produced meat, dairy and eggs.

### 6. BHA and BHT

- ❖ In medications, such as certain statins
- ❖ Used as preservatives
  - in food (E320)
  - and in cosmetics, such as body lotions, moisturisers, shaving creams, sunscreens.

### 7. BPA

- ❖ In plastic, such as water bottles
- ❖ Till slips
- ❖ Canned food and drinks (in the lining)

### 8. Various insecticides (avoid insect sprays in your home!)

### 9. Dry cleaning chemicals

### 10. Fabric softeners

11.Farmed fish

- ❖ Fish feed contains preservatives (hormone disruptors), which is then consumed when eating farmed fish.

12.Plastic wrap (Glad wrap)

13.Some laundry detergents

14.Parabens

- ❖ Used as preservatives in cosmetics