

NORWEX MOVEMENT = THE NORWEX MISSION IN ACTION

THE Norwex® MOVEMENT

At NorwexMovement.com, our members are creating and enjoying a more sustainable world with fewer harmful chemicals. Collectively our small, conscious choices benefit our planet and help ensure a brighter future for everyone.

Join the Movement and learn about all the tools and resources we offer to help you to make an impact!

*Visit NorwexMovement.com and click on **Join Us** to start!*

- BI-WEEKLY BLOGS
- SAFE HAVEN HOUSE
- ECO QUIZZES
- CARBON FOOTPRINT CALCULATOR
- UPDATED KIDS CORNER
- PLUS MORE!

Do you know the 5Cs?

5 Chemicals of Concern

1 Flame Retardants

Endocrine disruptors associated with reduced fertility and cancer.

WHERE: Upholstery, couches, carpet, mattresses, car seats, etc.

WHAT TO DO: Dust, mop and vacuum often. Read furniture and upholstery labels before you purchase.

2 Phthalates

Endocrine disruptors. Exposure occurs mainly through inhalation or via the skin.

WHERE: “Fragrance” on a product label usually means phthalates are present.

WHAT TO DO: Use essential oils, plants or good candles to freshen air. Avoid products with “fragrance” on the label.

3 Glycol Ethers

Endocrine disruptors associated with various health problems.

WHERE: Grease-cutters in personal care products, multi-purpose household cleaners and dry-cleaning solutions. Not required to be listed on labels.

WHAT TO DO: Use microfiber and water for cleaning, and save money by hand-washing delicate clothing rather than having it dry-cleaned.

Small steps can make a big difference—for us and our planet!

4 Lead

Endocrine disruptor linked to Alzheimer’s disease, high blood pressure, heart disease, cancer and hearing loss.

WHERE: Lead-based paint, old water pipes.

WHAT TO DO: Avoid lead-based paints and use a lead-removing water filter.

5 Triclosan/Disinfecting Ingredients (aka “antibacterials”)

Designed to inhibit microbe growth, but certain ingredients like triclosan have also been shown to disrupt thyroid hormone function in animals and may weaken heart and skeletal muscle.

WHERE: Cleaning wipes, hand cleaners, food storage containers, exercise mats and some school supplies.

WHAT TO DO: Use high-quality microfiber cloths and water for household cleaning. For personal care, avoid “antibacterial” soaps and liquids.