



GREENER DAY 21

The laundry detergent I use is called Tide Pods.

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The laundry products I use includes the brands Tide, Oxi-clean, Downy, Clorox, and more.

Retail Price: \$11.97



After searching this product on EWG's Guide to Healthy Cleaning, I did not find the exact product, but I did find a very similar which I am very sure contains the same ingredients. Here are the results:

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See more:

- Product Ingredients
- What's on the label
- Health & Environmental Concerns
- Warnings & Directions
- Previous Versions
- Green-Certified?
- Animal Testing?

F

Tide Pods Detergent, Spring Meadow

See:

Brand: Tide

Company: The Pro...

Asthma/Respiratory	<div></div>	Moderate Concern
Skin Allergies & Irritation	<div></div>	Some Concern
Developmental & Reproductive Toxicity	<div></div>	Some Concern
Cancer	<div></div>	Some Concern
Environment	<div></div>	Some Concern

How does it rate: Scores for similar cleaners ranged from **A** to **F**. Search for a [better Laundry Detergent, General Purpose](#)

Top Scoring Factors: May contain ingredients with potential for Government enforceable restrictions; respiratory effects; chronic aquatic toxicity

2 **Product Versions**

Ingredient Disclosure: poor












Green Certified:

Print

Product ingredients

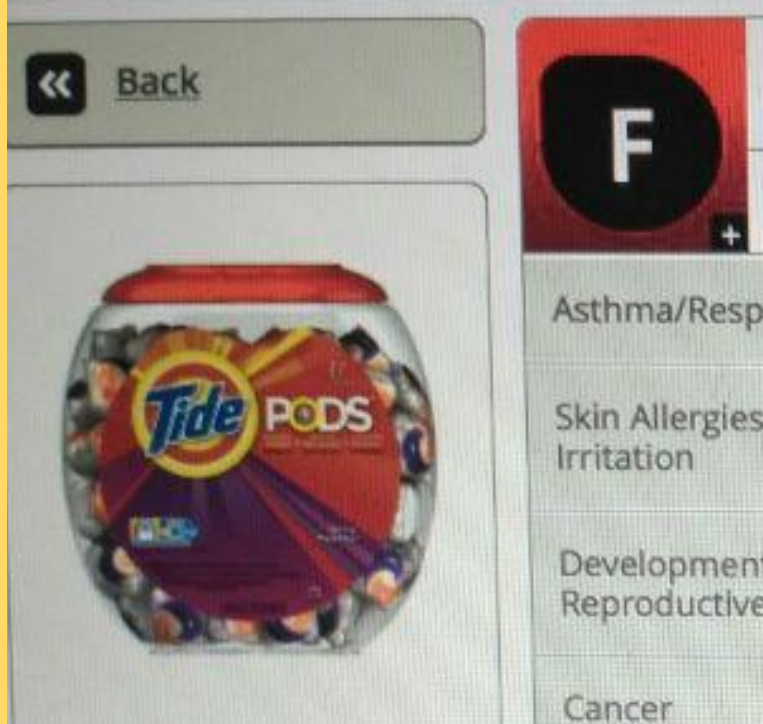
Known Ingredients

This is a list of the product's ingredients on the same website. It also shows the score on how bad each ingredient is.

Product ingredients		
Known Ingredients		
Ingredient	Health, Environment, and Disclosure Concerns	Score
<u>COLORS</u>	High Concern: Government enforceable restrictions; Disclosure Concern: non-specific ingredient	
<u>FRAGRANCE</u>	Some Concern: skin irritation/allergies/damage, acute aquatic toxicity, nervous system effects, respiratory effects, biodegradation; Disclosure Concern: non-specific ingredient	
<u>DISODIUM DISTYRYLBIPHENYL DISULFONATE</u>	Moderate Concern: biodegradation	
<u>NONIONIC SURFACTANTS</u>	No data, some concern; Disclosure Concern: non-specific ingredient	
<u>AZIRIDINE, HOMOPOLYMER, ETHOXYLATED</u>	No data, some concern	
<u>ENZYMES</u>	No data, some concern; Disclosure Concern: non-specific ingredient	
<u>ANIONIC SURFACTANTS</u>	No data, some concern; Disclosure Concern: non-specific ingredient	
<u>LINEAR ALKYL BENZENE SULFONATES</u>	Moderate Concern: chronic aquatic toxicity; Some Concern: respiratory effects, acute aquatic toxicity, skin irritation/allergies/damage; Disclosure Concern: non-specific ingredient	
<u>C12-16 PARETH-9</u>	No data, some concern	
<u>ALCOHOL ETHOXY SULFATES</u>	Some Concern: chronic aquatic toxicity, acute aquatic toxicity, damage to DNA, respiratory effects, developmental/endocrine/reproductive effects, digestive system effects, nervous system effects, damage to vision, cancer	
<u>POLYETHYLENEIMINE ETHOXYLATES</u>	No data, some concern	
<u>POLYVINYL ALCOHOL</u>	No data, some concern	
<u>PEG-136 POLYVINYL ACETATE</u>	No data, some concern	
<u>MONOETHANOLAMINE CITRATE</u>	Moderate Concern: respiratory effects; Some Concern: nervous system effects, general systemic/organ effects, skin irritation/allergies/damage	





Ingredient list continuation:

SODIUM BISULFITE	Some Concern: respiratory effects, skin irritation/allergies/damage	C	FORMIC ACID, CALCIUM SALT	B
PENTASODIUM DTPA	Some Concern: chronic aquatic toxicity	C	MANNANASE	Disclosure Concern: non-specific ingredient B
XYLOGLUCANASE and XYLOGLUCANASE	No data, some concern	C	SODIUM FORMATE	B
BENZISOTHIAZOLINONE	Moderate Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/damage, biodegradation	C	AMYLASE, ALPHA-	B
ALKYL BENZENE SULFONATE, ETHANOLAMINE SALT	No data, some concern	C	SUBTILISIN	B
ALCOHOL ETHOXYLATES (C12-16)	No data, some concern	C	PROPYLENE GLYCOL	A
ETHANOL, 2-AMINO-, COMPS. WITH POLYETHYLENE GLYCOL	No data, some concern	C	WATER	A
HYDROGEN SULFATE C12-15-ALKYL ETHERS			GLYCERIN	A
1-(1-HYDROXYPROPOXY)PROPAN-1-OL (DIPROPYLENE GLYCOL)	Some Concern: developmental/endocrine/reproductive effects, cancer, damage to DNA, respiratory effects, digestive system effects, nervous system effects, skin irritation/allergies/damage, damage to vision	C	FATTY ACIDS	A
			HYDROGENATED CASTOR OIL	A
			OLEIC ACID	A




From A-F, this product was rated F in terms of concern. This means that it has the highest concern level, which is most likely caused by the required ingredients to create this product. Since it contains many harsh chemicals, I've considered using a different detergent as a substitute.

The top three ingredients are colors (F), fragrance (D), and disodium distyrylbiphenyl disulfonate (D), but since colors and fragrance aren't specific, I added the next two ingredients on the list. Those include nonionic surfactants (no rating) and aziridine, homopolymer, ethoxylated (C).

<u>COLORS</u>	High Concern: Government enforceable restrictions; Disclosure Concern: non-specific ingredient	
<u>FRAGRANCE</u>	Some Concern: skin irritation/allergies/damage, acute aquatic toxicity, nervous system effects, respiratory effects, biodegradation; Disclosure Concern: non-specific ingredient	
<u>DISODIUM DISTYRYLBIPHENYL DISULFONATE</u>	Moderate Concern: biodegradation	
<u>NONIONIC SURFACTANTS</u>	No data, some concern; Disclosure Concern: non-specific ingredient	
<u>AZIRIDINE, HOMOPOLYMER, ETHOXYLATED</u>	No data, some concern	

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Fit Organic Laundry Detergent, Fresh Citrus

A

See: Laundry Detergent, G... ▼

Brand: Fit Organic

Company: HealthP...

Asthma/Respiratory	<div style="width: 60%; background-color: #444; height: 10px;"></div>	Some Concern
Skin Allergies & Irritation	<div style="width: 20%; background-color: #444; height: 10px;"></div>	Some Concern
Developmental & Reproductive Toxicity	<div style="width: 0%; background-color: #444; height: 10px;"></div>	Low Concern
Cancer	<div style="width: 0%; background-color: #444; height: 10px;"></div>	Low Concern
Environment	<div style="width: 0%; background-color: #444; height: 10px;"></div>	Low Concern

How does it rate: Scores for similar cleaners ranged from A to F. Search for a [better Laundry Detergent, General Purpose](#)

Top Scoring Factors: Corrosive; Some concern for respiratory effects; acute aquatic toxicity; skin irritation/allergies/damage

☰ Ingredient Disclosure: good

✔ Green Certified: YES

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This is an alternate laundry detergent that I found on the website. I picked this one based on the concern rating, because it was rated an A. This product is called Fit Organic Laundry Detergent, Fresh Citrus. The retail price is \$15.99.

These are the ingredients and ratings in Fit Organic Laundry Detergent:

Product ingredients		
Known Ingredients		
Ingredient	Health, Environment, and Disclosure Concerns	Score
HELIANTHUS ANNUUS (SUNFLOWER) OIL		C
CYAMOPSIS TETRAGONOLOBA (GUAR) GUM		C
PROBIOTICS	No data, some concern; Disclosure Concern: non-specific ingredient	C
CITRUS MEDICA LIMONUM (LEMON) PEEL OIL	Some Concern: acute aquatic toxicity, respiratory effects, skin irritation/allergies/damage, cancer, general systemic/organ effects	C
CITRUS AURANTIUM DULCIS (ORANGE) PEEL OIL	Some Concern: acute aquatic toxicity, respiratory effects, skin irritation/allergies/damage, cancer, developmental/endocrine/reproductive effects, general systemic/organ effects	C
WATER		A
COCOS NUCIFERA (COCONUT) OIL		A
ETHANOL		A
GLYCERIN		A
POTASSIUM HYDROXIDE		A
CITRIC ACID		A

Tide vs. Fit Organic

Today I learned that this Tide product, as of many other Tide products, contains many dangerous ingredients. A few examples: color, fragrance, disodium distyrylbiphenyl disulfonate, nonionic surfactants, aziridine, homopolymer, ethoxylated, and more.



I chose this Fit Organic product as an alternate laundry detergent than I currently use. The reason to this is because of the healthier ingredients that this product contains. According to EWG's Guide to Healthy Cleaning, it is a much better product to use. Also, it is organic.

Will I consider making the switch?

Yes: After researching about the product that I use, I learned many things that I did not already know. It contains so many bad and toxic chemicals. On the other hand, the alternate product that I chose had a lot less of these toxic ingredients which definitely would make me feel safer. Although the price is a bit higher, I think it would be worth the money for this change.

Will I recommend it to my friends?

Yes: As much as I care about what the products I use contains, I also care about the safety of my friends. They deserve to know about this if they do not already know, because I wouldn't want them using toxic ingredients to wash their clothing like I do.



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INSTAGRAM POST



eandlgreen When you reach for conventional products, you should think about this question: What ingredients are required to create this product? After researching about the laundry detergent that I currently use, I learned that it contains many toxic and harmful chemicals. Because of this, I decided to look for an alternate. The product that I found is called Fit Organic, and it contains many less toxic ingredients than the detergent that I use.

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40 SECONDS AGO