

Green Vision

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Day 8- Body

One personal thing that I can not live with out is my toothpaste, I am male so I don't use many products but I don't think I can live with out my toothpaste. I brush my teeth twice a day and the results that I received from the app "Think Dirty" were shocking! My product has 16 ingredients and 3 of them were pretty hazardous: Sodium Fluoride, Sodium Lauryl Sulfate and Triclosan. But Triclosan has the highest hazard rating in the app. The app indicates the product as dirty mainly because of this ingredient which is toxic to reproduction, has potential antibiotic resistance, infertility, impaired muscle function, altered thyroid hormone receptor and allergy!!! I could not believe it when I first saw it, that I have been using this product everyday for as long as I can remember.

From Dr. Bronner's website, I found a toothpaste called "All-One toothpaste" with a quantity of hazards '1' instead of the Colgate toothpaste that I have been using with a quantity of Hazards '10'.

The price for this healthy toothpaste is 6,49 dollars for 5 oz when for the Colgate is 4,15 dollars for 5 oz. So the price difference is not so big compared to health benefits that this product gives you. One of the things that make this product healthy and eco-friendly is that almost all the ingredients are organic. And an other reason is that i doesn't have any bad impacts on our body which makes it very healthy.

I would definitely try to switch or find a healthier and more eco-friendly toothpaste, I don't know if I will be able to get that exact one because it is a US products but I have several eco-brands that have similar products in Europe so I will certainly try to switch.



INGREDIENTS

Organic Glycerin, Organic Aloe
Barbadensis Leaf Juice, Hydrated Silica,
Calcium Carbonate, Xanthan Gum,
Sodium Bicarbonate (Baking Soda),
Potassium Cococate (made with Organic
Coconut Oil*), Organic Mentha Piperita
(Peppermint) Oil, Organic Mentha
Arvensis (Menthol) Crystals, Organic
Cocos Nucifera (Coconut) Flour*, Organic
Cocos Nucifera (Coconut) Oil*,
Tocopherol, Citric Acid, Organic Stevia
Rebaudiana Leaf / Stem Extract
*Certified Fair Trade Ingredient

And here is our post on Instagram, promoting the “think dirty” app and making people find healthier products to use in their daily bases.

