



Toxins Our Body Consume

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Nivea Shower Gel (Men's)

\$5

In the “Think Dirty” app, the Nivea Shower Gel for men's had an overall hazard rating of a 8/10 which means the ingredients in the product has “potential serious negative long term health effects.” The ingredients that were potentially hazardous was:

- Parfum- 8/10
- Methylparaben- 7/10
- Propylparaben- 7/10
- Laureth-4- 5/10
- Sodium Laureth Sulfate- 4/10
- Peg-7- 4/10
- Peg-200 Hydrogenated Glyceryl Palmate- 4/10



The most hazardous product would be the “Parfum” with a hazard rating of 8/10. It's rated the highest because it has developmental & reproductive toxicity. That means it could disrupt the hormones and interfere with the reproductive system and overall the health of a person.

Dr. Bronner's Organic Hand and Body Shikakai Soap **\$10**

In the “Think Dirty” app, Dr. Bronners Organic Hand and Body Shikakai Soap had an overall hazard rating of 0/10 which means the ingredients in the product “does not contain potential negative health impact.” The list of ingredients are:

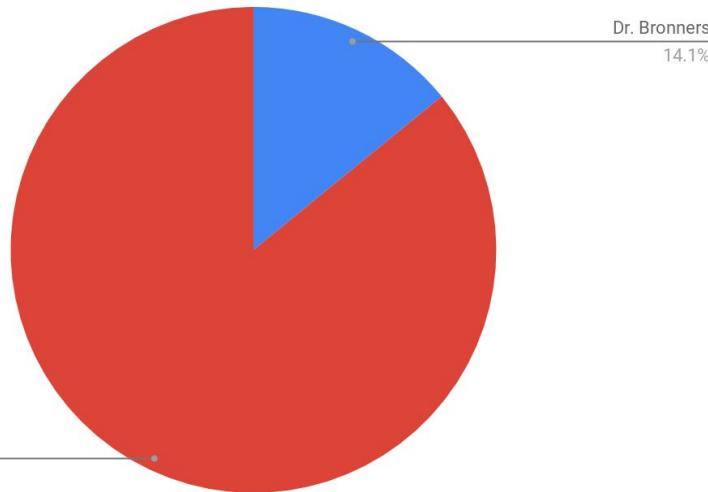
- Saponified Coconut- 3/10
- Hemp Oil- 1/10
- Peppermint Oil- 1/10
- Citric Acid- 1/10
- White Grape Juice- 0/10
- Shikakai Powder- 0/10
- Spearmint- 0/10
- Mentha Viridis Oil- 0/10
- Vitamin E- 0/10



There are no hazardous ingredients because most are organic and not chemical based.

Infographic Nivea vs Dr. Bronner's

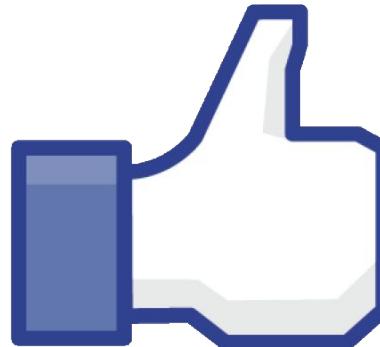
Points scored



This pie chart was created to show how much hazardous ingredients are in the Nivea Body Wash product vs Dr. Bronner's Hand and Body Soap.

Will I Make the Switch?

In my opinion, I think I would make the switch. Although, the alternative product costs 2x more (\$10), it's worth the money because it uses organic ingredients and does not harm the skin and health. It also would last a while and would probably only cost me about \$15 extra each year to buy the Dr. Bronner's soap than the Nivea Wash. It's a good deal considering I'm saving my health.



Social Media



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Promote



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kimucci Spend a bit extra for a healthier lifestyle! 😊 Nivea is a popular skincare product but it has TERRIBLE ingredients that can harm you! 😰 It can interrupt hormones and interfere with your reproductive system! 🙀 Dr. Bronner's is a great alternative! Not only is Dr. Bronner's soap organic, it has no harmful products that can leave long term negative effects on your body! 😊👌

@turninggreenorg

@safecosmeticshq @madesafehq

#pgc2018 #body

22 SECONDS AGO



Resources

Think Dirty App

<http://www.thinkdirtyapp.com/>