



MELANIN IN BALANCE

Cheatsheet: Top 20 Endocrine Disruptors





Thank you for exploring this resource.

At Melanin in Balance,

Our mission is to educate and empower Black women about the impact of endocrine disruptors on reproductive health. This information is provided to help you understand the environmental factors that affect your body, but please know—it is not meant to scare you. Endocrine disruptors are all around us, and while they are pervasive, knowledge is the key to making healthier choices for ourselves and future generations.

By learning about these influences, we can take charge of our health and advocate for the well-being of our communities. We're here to equip you with the tools and insights needed to make informed decisions for a balanced and thriving life.



Bisphenol A (BPA)

- **Alternative Names:** Bisphenol, BPA
- **Found In:** Plastic containers, canned food linings, thermal receipts.
- **Mechanism of Harm:** Mimics estrogen, disrupting hormonal balance.
- **Tips:** Use BPA-free bottles, avoid canned foods, and say no to thermal receipts.



Phthalates

- **Alternative Names:** DEP, DBP, DEHP
- **Found In:** Fragranced hair care products, nail polish, plastics.
- **Mechanism of Harm:** Suppresses testosterone, disrupts estrogen function.
- **Tips:** Choose fragrance-free products, avoid vinyl, and look for phthalate-free labels.



Parabens

- **Alternative Names:** Methylparaben, Propylparaben, Butylparaben
- **Found In:** Lotions, cosmetics, shampoos.
- **Mechanism of Harm:** Mimics estrogen, contributing to reproductive disorders.
- **Tips:** *Use paraben-free products; check labels for EWG-verified items.*
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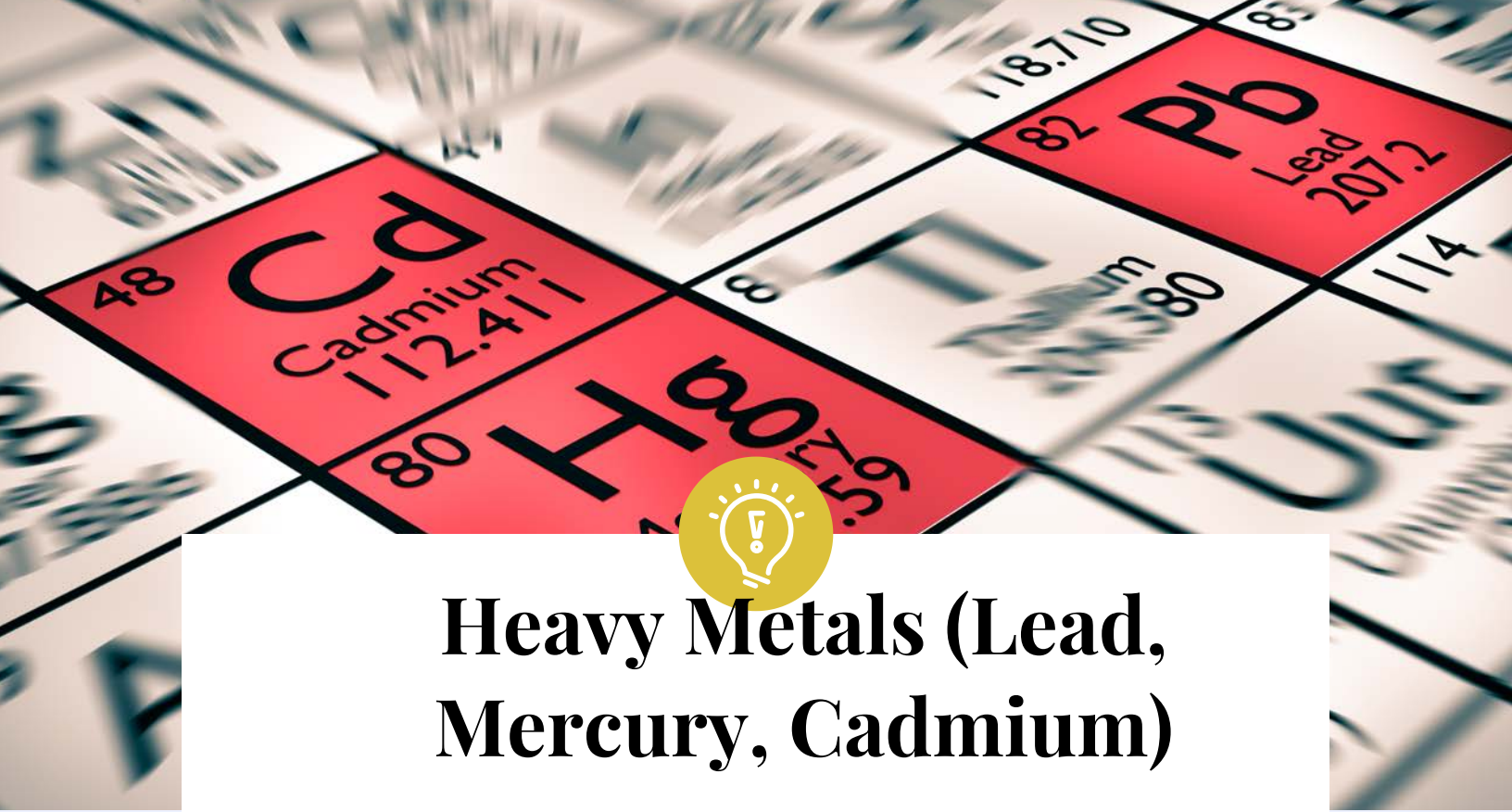
Formaldehyde

- **Alternative Names:** Formalin, Methanal, Oxymethylene
- **Found In:** Hair relaxers, keratin treatments, nail polish.
- **Mechanism of Harm:** Carcinogenic; disrupts hormones.
- **Tips:** Avoid products with formaldehyde; opt for natural hair styling.



Triclosan

- **Alternative Names:** TSC, Triclocarban
- **Found In:** Antibacterial soaps, toothpaste, deodorants.
- **Mechanism of Harm:** Alters thyroid hormone regulation.
- **Tips:** Use natural soaps and toothpaste; avoid “antibacterial” on labels.



Heavy Metals (Lead, Mercury, Cadmium)

- **Alternative Names:** Found as trace metals in pigments and unregulated products.
- **Found In:** Imported cosmetics, unregulated water supplies.
- **Mechanism of Harm:** Toxic to reproductive organs.
- **Tips:** Avoid low-cost, unverified cosmetics; test water for heavy metals.



PFAS (Per- and Polyfluoroalkyl Substances)

- **Alternative Names:** PFOA, PFOS, C8
- **Found In:** Non-stick cookware, fast food packaging, waterproof clothing.
- **Mechanism of Harm:** Affects thyroid and reproductive hormones.
- **Tips:** Switch to stainless steel or cast iron cookware; avoid fast food packaging.



Pesticides

- **Alternative Names:** Atrazine, Glyphosate, Organophosphates
- **Found In:** Produce, agricultural runoff, household insecticides.
- **Mechanism of Harm:** Mimics hormones, leading to reproductive issues.
- **Tips:** Wash produce with baking soda; buy organic when possible.
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Dioxins

- **Alternative Names:** Polychlorinated dibenzodioxins (PCDDs)
- **Found In:** Processed foods, industrial emissions.
- **Mechanism of Harm:** Disrupts hormone signaling pathways.
- **Tips:** Reduce consumption of fried and processed foods; opt for organic meats.



Polybrominated Diphenyl Ethers (PBDEs)

- **Alternative Names:** DecaBDE, OctaBDE
- **Found In:** Flame retardants in furniture, electronics, and mattresses.
- **Mechanism of Harm:** Interferes with thyroid hormones.
- **Tips:** Choose flame-retardant-free furniture; vacuum with a HEPA filter.



Perchlorate

- **Alternative Names:** Perchlorate salts
- **Found In:** Contaminated water, fertilizers.
- **Mechanism of Harm:** Disrupts iodine uptake, impairing thyroid hormone production.
- **Tips:** Filter water with reverse osmosis; eat iodine-rich foods.
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Polychlorinated Biphenyls (PCBs)

- **Alternative Names:** Aroclor, Clophen, Kanechlor
- **Found In:** Industrial lubricants, contaminated fish.
- **Mechanism of Harm:** Alters hormone levels, linked to cancer.
- **Tips:** Avoid fish from polluted waters; check building materials.



Atrazine

- **Alternative Names:** Aatrex, Weedex
- **Found In:** Herbicides, contaminated water.
- **Mechanism of Harm:** Mimics estrogen, causing reproductive disorders.
- **Tips:** Filter drinking water; advocate for reduced herbicide use.
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Nonylphenols

- **Alternative Names:** Nonoxynol, Alkylphenol ethoxylates (APEs)
- **Found In:** Detergents, industrial cleaning products.
- **Mechanism of Harm:** Mimics estrogen, disrupting reproductive health.
- **Tips:** Use eco-friendly cleaning products; avoid detergents with nonoxynol.



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Glyphosate

- Alternative Names: Roundup, Rodeo
- Found In: Non-organic crops, lawn treatments.
- Mechanism of Harm: Impairs estrogen receptors.
- Tips: Choose organic produce; avoid using glyphosate-based weed killers.



Styrene

- Alternative Names: Vinylbenzene, Phenylethene
- Found In: Styrofoam containers, cigarette smoke.
- Mechanism of Harm: Disrupts hormonal pathways.
- Tips: Avoid Styrofoam packaging; use glass or stainless steel containers.



Toluene

- Alternative Names: Toluol, Methylbenzene
- Found In: Nail polish, hair dyes, adhesives.
- Mechanism of Harm: Impacts hormonal balance.
- Tips: Opt for non-toxic nail polish; ensure ventilation during use.



Benzophenone & Oxybenzone

- Alternative Names: BP, BP-3
- Found In: Chemical sunscreens, fragranced lotions.
- Mechanism of Harm: Mimics estrogen, linked to fertility issues.
- Tips: Use mineral-based sunscreens; avoid oxybenzone in lotions.



Coal Tar Dyes

- Alternative Names: CI PPD, FD&C dyes
- Found In: Hair dyes, dark cosmetics.
- Mechanism of Harm: Contains heavy metals; disrupts hormones.
- Tips: Choose henna or natural hair dyes; avoid frequent dyeing.
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Synthetic Fragrances

- Alternative Names: Fragrance, Parfum
- Found In: Perfumes, body sprays, lotions.
- Mechanism of Harm: Contains phthalates; disrupts hormones.
- Tips: Use fragrance-free or naturally scented products; check labels for synthetic-free claims.

Disclaimer:

This resource is for educational purposes only and should not be used as a substitute for professional medical advice. Always consult your healthcare provider before making any changes to your lifestyle or treatment plan.

