



TAKE THE QUIZ!

## HOW TOXIC IS YOUR HOME?



🔍 Find out how many toxic products are lurking in your home!

👉 For each item on the list, give yourself the assigned points if you have it in your home. At the end, add up your points and check your toxicity level!

### Cleaning Products 🧼

- Bleach/Chlorine-based cleaners (+3)
- Synthetic Air fresheners/plug-ins (+3)
- Fabric softeners/Dryer sheets (+2)
- Antibacterial soaps (+3)
- Dish soap with sulfates & dyes (+2)
- Toxic Glass Cleaner (Hint: Is it blue?)

### Home Environment 🏠

- Scented candles or wax melts with synthetic fragrance (+3)
- Plastic shower curtain (+2)
- Conventional mattress or bedding with flame retardants (+3)
- Wall paint with VOCs (volatile organic compounds) (+3)
- Fast fashion clothes with synthetic fabrics (polyester, nylon) (+2)



### Personal Care Products 🧴

- Shampoo or hair products with parabens or phthalates, formaldehyde releasers, silicones, or sulfates (+2)
- Body wash or soap with artificial fragrances (+3)
- Deodorant with aluminum (+3)
- Toothpaste with fluoride or artificial sweeteners (+2)
- Sunscreen with oxybenzone or avobenzone (+3)

### Kitchen & Food 🍴

- Plastic food containers (BPA or not) (+2)
- Non-stick cookware with Teflon or PFOA (+3)
- Microwave popcorn or foods with artificial dyes (+3)
- Tap water without a filter (+3)
- Aluminum foil used in cooking (+2)

### Your Score: Toxicity Levels 🧪

🌟 0 - 10 Points → Low Toxicity 🌿

🎯 11 - 20 Points → Moderate Toxicity 🚦 (Time to detox a little!)

⚠️ 21 - 35 Points → High Toxicity ☠️ (Your home is a toxic trap—time to swap products!)

☢️ 36+ Points → Toxic Overload! 🤢 (Detox ASAP! Your body will thank you!)

*Ready to Detox Your Home?*