

Parabens

Parabens (payr-uh-bens)
Tested in: Urine
Results not reported

Learn how you can protect yourself and your family.



Will exposure to parabens harm my health?

Exposure to parabens may harm the

- reproductive system
- developing fetus or infant



Are there ways I could limit my exposure to parabens?

- Follow all safety precautions if you work with parabens.
- Limit your use of packaged food.
- Look at product ingredient labels.
 - Consider products that use natural preservatives
 - Avoid using products containing parabens.
- Use washcloths instead of baby wipes.



What are parabens?

Parabens are chemicals that are often used to preserve the shelf-life of some products. They are used in some cosmetics, personal care products, medicines, ointments, baby wipes, and lotions. They are also naturally found in some foods, such as fruit juices and wine. We are testing for four parabens: methyl-paraben, ethyl-paraben, n-propyl-paraben, and butyl-paraben.

Where can I find more information?

- https://www.cdc.gov/biomonitoring/Parabens_BiomonitoringSummary.html
- https://www.niehs.nih.gov/research/supported/sep/2015/parabens_exposure/index.cfm
- https://www.fda.gov/cosmetics/cosmetic-ingredients/parabens-cosmetics#what_are_parabens