

Does 'Natural' mean 'Non-Toxic'?

It's important to think carefully about what you bring into your home, but even many natural products are **not** non-toxic!

Many people are using more natural and herbal products today. These can include essential oils, peroxide, vinegar, castile soap, and much more.

People are using natural products for a variety of reasons including:

- To treat illness
- For cleaning
- For laundry
- For pest control

Natural products can be less toxic than conventional products, yet some natural ingredients can be irritants or allergens.

In fact, many harmful substances are found in nature, like lead, cyanide, and arsenic. Just because something is natural does not mean it is safe to eat or use!



It's important to know that word "natural" is not controlled by the federal government. This means companies can use the term even when it may not be true. Many commercial "natural" cleaners may also lack ingredient lists, and some ingredients may have limited safety data. Make sure to choose products with clear ingredient labels.

To avoid toxic ingredients, some people make their own cleaners from simple ingredients like vinegar, baking soda, and castile soap.

Never mix:

- peroxide and vinegar
- bleach and ammonia
- bleach and vinegar
- bleach and rubbing alcohol

To stay safe:

- Read all labels
- Save the Wisconsin Poison Center phone number in your phone and in your home
- Call the Wisconsin Poison Center with any questions you have
- Store natural products just like you would other chemicals or medicine

1-800-222-1222

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