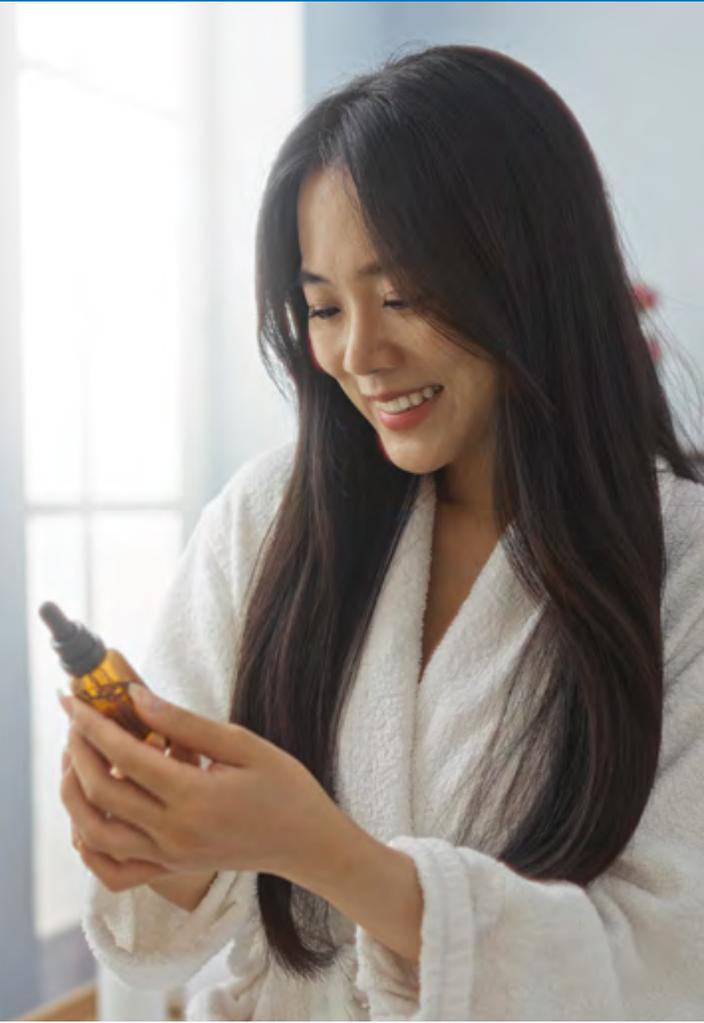




Natural Products



Help and Questions

If you have questions or concerns about a natural product, call the Wisconsin Poison Center at **1-800-222-1222.**

Save this number in your phone.

Interpreters are able to help all non-English-speaking callers.



Almost anything can be poisonous if used in the wrong way, wrong amount or by the wrong person!



Wisconsin Poison Center
Serving people of all ages.

PO Box 1997
Milwaukee, WI 53201-1997

1-800-222-1222
wisconsinpoison.org



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Does “Natural” Mean Safe?

Being labeled “natural” does not always mean safe. This brochure can help you learn how to use natural products safely at home.

What Does Natural Mean?

Many items are called natural. But there is **no law** that says what the word “natural” must mean. Companies can use the term natural even when only some ingredients come from nature. The product itself may still be unhealthy, with other things added. Remember, natural does not ensure safety or good quality.

Why Natural Products Can Sometimes Be Unsafe

Some natural products have not been studied fully. There is not enough evidence about what they do in the body or whether they are safe over time.

Many natural products and supplements are not tested by the government before they are sold. This means the product may not contain what the label says. They might also contain extra or unsafe ingredients.

Natural medicines and herbal remedies can have side effects. They can also interact with other treatments or be unsafe in the wrong amounts.

How To Use Natural Products More Safely

Read the label carefully.

- Look for a full list of ingredients. If there is not a list, treat the product with caution.
- Know that the words “natural,” “organic” or “herbal” are marketing words. They do not guarantee safety.

Natural Supplements and Herbal Remedies

Use only what you need.

- Follow directions carefully. Supplements can cause problems if overused.
- If you use more than one supplement or medicine, check with your doctor or pharmacist before use. Natural products can change how other medicines work.

Store and treat natural care products like other medicine.

- Keep them out of reach of children and pets.
- Do not assume they will not or can’t cause harm.

If you think about using a supplement or herbal product, talk with your health care provider first.

Natural Cleaning Products

Avoid dangerous mixtures.

- Some DIY natural cleaners are safe on their own but dangerous when mixed. Never mix:
 - Peroxide and vinegar
 - Bleach and vinegar
 - Bleach and ammonia
 - Bleach and rubbing alcohol

Store and treat natural cleaners like other household chemicals.

- Keep them out of reach of children and pets.
- Do not assume they will not or can’t cause harm.



**POISON
HELP**
1-800-222-1222



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