

Story at-a-glance

- Simple Green claims to be “non-toxic, biodegradable and environmentally safe,” but it contains 2-Butoxyethanol, a petrochemical solvent that has been shown to destroy red blood cells and cause reproductive problems and birth defects
- 2-Butoxyethanol is also in Corexit 9527, a dispersant used during the early days of clean-up in the oil spill disaster in the Gulf of Mexico. Corexit 9527 has been determined by the U.S. Environmental Protection Agency (EPA) to be a 'chronic and acute health hazard'
- 2-Butoxyethanol is not listed on Simple Green's label, as cleaning product manufacturers -- even those that claim to be "green" -- are not required by law to disclose all ingredients on their labels
- You can find more information about a product's ingredients in its material safety data sheet (MSDS), but even these do not always disclose all ingredients
- The habit of using conventional cleaning products is one of the most unnecessary ways to expose yourself to toxic chemicals. Tried and true items such as vinegar, baking soda, and lemon juice can get the job done just as well

By Dr. Mercola

Demand for safe "green" cleaning products is on the rise, as consumers are increasingly unwilling to risk their health for the sake of a "clean" home. The truth is, most cleaning products on the market are toxic chemical cocktails, and when you spritz your bathtub or kitchen counter with that brightly colored liquid you're exposing yourself and your family to endocrine-disrupting phthalates, carcinogenic benzene, and organ-damaging phenols, just to name a few. Unfortunately, finding a safer option is not as straightforward as it may seem, because when it comes to cleaning products -- even avowedly "green" cleaning products -- you can't judge a book by its cover.

Popular Green Cleaner "Simple Green" is Actually Toxic

Simple Green is one of the most widely used, supposedly "green" cleaning products on the market.

It's named "**green**" not only because of its color, of course, but because it is trying to promote a safe and natural image. In fact, Simple Green's web site calls it "the leader of non-toxic, biodegradable, environmentally safer cleaning products." This sounds great... until you discover its ingredients, which by the way is not a simple feat because cleaning product manufacturers -- even those that claim to be "green" -- are not required by law to disclose all their ingredients on product labels. This is where a product's material safety data sheet (MSDS) comes in handy. The product manufacturer must make an MSDS available to consumers; this is federally mandated, so if you are in doubt about a product's true ingredients, this is the source to turn to. In the case of Simple Green, the MSDS is incredibly revealing, as it states that the formula contains up to 4 percent 2-Butoxyethanol by volume.

2-Butoxyethanol Linked to Birth Defects, Reproductive Problems and More Unfortunately, Simple Green is not the only chemical cleaner trying to masquerade as a natural product. In general, if you pick up a green cleaning product and it does not have its ingredients clearly labeled, you need to be very suspicious.

Do You Want to Clean Your Home Safely? Here are the Simple Tips ...

Have a clean home should not mean sacrificing your health due to chemical exposures, plain and simple. In fact, some of the *best* cleaners are items you probably already have around your home, such as vinegar, baking soda, and lemon juice. Here's a simple starter list of what you need to make your own natural cleaning products:

Baking soda	White vinegar	Lemon juice
Hydrogen peroxide	Liquid castile soap	Organic essential oils (optional)
Mixing bowls	Spray bottles	Microfiber cloths

For a great video on how to use these ingredients and other tips for cleaning your home without hazardous chemicals, please review the article: [How to Keep Your Home Clean Naturally](#). For example, lemon juice is a natural whitener, vinegar and water makes an excellent window cleaner, and vinegar combined with hydrogen peroxide works exceptionally well as both a disinfectant and sanitizer.

Baking soda is also great to scrub your bath and kitchen. Put it in a glass grated cheese container with a stainless steel top that has holes in it, and just sprinkle the baking soda on the surfaces and scrub. You may add a few drops of your favorite essential oil to this, such as lavender and tea tree oil, which have added anti-bacterial qualities.

If you prefer a ready-made cleaner, there are some truly safe versions out there, including our new Greener Cleaner, which my team and I spent over three years working on to develop the best environmentally and personally safe cleaner on the market. Ideally, you can use safe cleaners such as this, in combination with tired-and-true natural ingredients, to completely replace dangerous chemical cleaning products in your home. Here are several more simple tips to get you started:

- Use baking soda as a safe, non-scratch scrub for metals and porcelain.
- To clean your oven, sprinkle a cup or more of baking soda over the bottom of the oven, then cover the baking soda with enough water to make a thick paste. Let the mixture set overnight. The next morning the grease will be easy to wipe up because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge, and wash the remaining residue from the oven.
- To unclog a drain, pour 1/2 - 1 cup of baking soda down the drain, then slowly pour 1/2 - 1 cup of vinegar in after it. Cover the drain and let it sit for 15 minutes. If it bubbles like a volcano, it means it's working as planned. Flush with a gallon of boiling water.
- Deodorize dry carpets by sprinkling liberally with baking soda. Wait at least 15 minutes, then vacuum.
- To rid your garbage disposal of foul smells, add vinegar to water for ice cubes, then let a few of them get chopped by your disposal.
- To clean your silver, boil 2-3 inches of water in a shallow pan with 1 teaspoon of salt, 1 teaspoon of baking soda, and a sheet of aluminum foil. Totally submerge silver and boil for 2-3 minutes more. Remove silver from the pan and wipe away the tarnish with a clean cotton cloth.

Source: [Green Med Info December 30, 2011](#)

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