

SMART SHOPPER'S
Mattress & Pillow Card
from
THE GREEN GUIDE

IN MATTRESSES AND PILLOWS AVOID:
Moisture- and stain-resistant fabric finishes;
PFOA (Teflon)
Flame retardant PBDEs
Synthetic materials (including “hypoallergenic”
down)

CHOOSE MATTRESSES WITH:

Wool casings
Organic cotton and synthetic-free latex fills
*Mattresses made with both organic cotton fills
and organic cotton casings require a doctor's
prescription.

CHOOSE PILLOWS MADE WITH:

Kapok
Buckwheat hulls
Synthetic-free latex
Untreated wool
Organic cotton
Note: Allergen barrier mattress and pillow
encasings provide extra protection against dust
mites. See stores below and Allergy Buyers
Club (allergybuyersclub.com, 888-236-7231).

SHOPPING SUGGESTIONS:

A Happy Planet

(ahappyplanet.com, 888-424-2779)

Abundant Earth

(abundantearth.com, 888-51-EARTH)

Eco Bedroom

(ecobedroom.com, 626-969-3707)

Greenfeet

(greenfeet.com, 888-562-8873)

Heart of Vermont

(heartofvermont.com, 800-639-4123)

Lifekind

(lifekind.com, 800-284-4983)

Natural Home Design Center

(naturalhomeproducts.com, 707-571-1229)

Satara Inc. Home and Baby Store

(satara-inc.com, 877-251-4905)

The Organic Mattress Store

(theorganicmattressstore.com, 484-851-3636)

Tomorrow's World

(tomorrowworld.com, 800-229-7571)

For more information go to
www.thegreenguide.com