

SMART SHOPPER'S

Sunblock Card

from

THE GREEN GUIDE

PROPER USE OF SUNSCREEN:

- *Wear protective clothing- tight weave, dark colors, heavier weights
- *Cover all exposed skin liberally- remember ears, backs of knees, feet and hands
- *Apply sunscreen BEFORE going outdoors
- *Use sunscreen even on cloudy days
- *Re-apply after swimming, sweating, and at least every 2 hours
- *If a child develops a reaction to a specific brand, try using a PABA-free brand or zinc oxide or titanium dioxide

LOOK FOR THESE INGREDIENTS:

Zinc oxide, titanium dioxide

(Due to concerns about DNA damage, do not apply "micronized" versions of these ingredients to broken skin.)

LOOK OUT FOR THESE INGREDIENTS:

PABA: skin irritant

Benzophenone-3: hormone disruptor

Homosalate: hormone disruptor

Octyl-methoxycinnamate (octinoxate): hormone disruptor

Padimate-0: damage DNA

Parsol 1789: damage DNA

Parabens: hormone disruptor

Insect repellents (DEET): skin and eye irritant

SOME BETTER SUNBLOCKS:

California Baby SPF 30+(titanium dioxide*), \$17.99

Clinique City Block (titanium dioxide*), \$15.50-\$16.50

Devita Daily Solar Protective Moisturizer (zinc oxide*), \$25

Dr. Hauschka Sunscreen Stick SPF 30 (titanium dioxide*), \$14.95

Epicuren Discovery Zinc Oxide Sunscreen (zinc oxide*), \$29

JASON Natural Cosmetics Earth's Best Organic Sunblock, Chemical Free SPF 30+ (zinc oxide, titanium dioxide), \$14.99

Lavera Kids Sun Block Spray and Family Fun Spray (zinc oxide and titanium dioxide), \$26.50 and \$25.50

U.V. Natural (zinc oxide*), \$15.95

Vanicream SPF 15 (zinc oxide, titanium dioxide*), \$11.95

Zinc Oxide Ointment, \$2.50-\$5

Aubrey Organics Natural Sun SPF 25 Green Tea Protective Sunscreen (PABA, titanium dioxide*), \$8.50

*contains micronized versions of these ingredients

For more information go to
www.thegreenguide.com