



Phthalates & Reproductive Health

Understanding everyday toxicants and how you can minimize your exposure



Additional Resources

Learn more about the chemicals in your everyday products and environment:

The Environmental Working Group: www.ewg.org

Explore our website: www.seed-program.org

Contact & Follow us:
SEED@hsph.harvard.edu
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How can I minimize my exposure to phthalates?



- Avoid using cosmetics and personal care products that contain phthalates
- Replace personal care and household products that have fragrance with safer products
- Limit coated-cardboard takeout containers
- Avoid foods and beverages stored in plastic or canned containers
- Wash produce thoroughly and buy organic when possible
- Check materials prior to purchasing household furnishings
- Review product labels and look for phthalate-free items (without DBP, DEHP, DINP, DEP, DMP, BBP, DNOP, and DIDP).