

## Chemicals That Can Reduce Fertility

<b>Chemical</b>	<b>Where is it found</b>	<b>Alternatives</b>
<b>Bisphenols (BPA/BPS/BPF)</b>	Plastic products, food containers, canned food linings, and sales receipts and labels printed on paper with a glossy sheen.	<ul style="list-style-type: none"> <li>• Glass</li> <li>• Stainless Steel</li> <li>• Silicone</li> <li>• Plant-based Plastics</li> <li>• BPA/BPS/BPF-Free Products</li> </ul>
<b>Phthalates (Added to plastics to increase flexibility)</b>	Plastic toys, footwear, food packaging and medical plastic tubing, and personal care products	<ul style="list-style-type: none"> <li>• Natural Fragrances and essential oils</li> <li>• Phthalate-Free Cosmetics</li> <li>• Green Building Materials (low-VOC (volatile organic compound) paints, formaldehyde-free plywood, and carpets made from natural fibers)</li> </ul>
<b>Parabens (a preservative)</b>	Anti-bacterial products, food, cosmetics and personal care products	Certain essential oils, such as lavender oil, thyme oil, and oregano oil have antimicrobial properties and can be used as natural preservatives.
<b>Persistent Organic Pollutants (POPs)</b>	Electrical devices, industrial lubricants, flame retardants in furniture, certain solvents	Cleaning products labeled as "non-toxic" or "biodegradable"

<b>Pesticides, herbicides and insecticides</b>	Food products and crops sold commercially	Organic food
<b>Heavy metals (e.g. aluminium, arsenic, cadmium, chromium, lead, mercury)</b>	<ul style="list-style-type: none"> <li>• <b>Aluminum:</b> Aluminum cans, cookware, foil, antiperspirants, baking powder</li> <li>• <b>Arsenic:</b> Contaminated groundwater, some pesticides, wood preservatives, coal combustion</li> <li>• <b>Cadmium:</b> Tobacco smoke, batteries, metal plating, some fertilizers</li> <li>• <b>Chromium:</b> Industrial processes, leather tanning, some dyes, paints</li> <li>• <b>Lead:</b> Old paint, contaminated soil and dust, drinking water from lead plumbing, some cosmetics</li> <li>• <b>Mercury:</b> Coal-fired power plants, certain fish species, dental amalgams, thermometers</li> </ul>	<ul style="list-style-type: none"> <li>• Glass or stainless steel containers for food storage and cooking, natural deodorants without aluminum-based ingredients.</li> <li>• Regularly test for lead in homes, use lead-free paint, install water filters to reduce lead exposure</li> <li>• Minimize consumption of high-mercury fish, opt for digital thermometers instead of mercury-based ones</li> </ul>