

MERCURY EXPOSURE FROM SKIN-LIGHTENING PRODUCTS

Using skin-lightening products is not safe. Most skin-lightening products contain toxic chemicals including mercury. Many skin-lightening products tested in Minnesota and nationwide contained mercury levels that exceeded the current FDA threshold of 1 part per million (ppm).

Mercury and other chemicals in skin-lightening products can damage your health.



MERCURY IS TOXIC AND CAN HARM YOUR HEALTH:



It can cause kidney damage.



It can harm your brain and nervous system.



It can pass from the mother's milk while breastfeeding causing harm to the baby's brain development.



Pregnant women and women of childbearing age should avoid exposure to mercury. Unborn babies, infants, and children can be harmed by small amounts of mercury.



Prenatal exposure to mercury may cause neurological harm in children.

SOME OF THE SKIN-LIGHTENING PRODUCTS THAT CONTAIN HIGH LEVELS OF MERCURY



WHAT TO DO?

- If you use products that have mercury in it, stop using it now. Your body will naturally get rid of the mercury.
- For skin problems, consult with your dermatologist.
- Read the skin-lightening products labels. Do not use products that contain mercury and other toxic chemicals.
- Homes tested showed high levels of mercury in the air from skin-lightening products. Do not use mercury products at home.
- Embrace your own beauty and avoid chemical exposures.



Do not throw skin-lightening products in the trash. Take it to a hazardous waste site. For help, contact us via www.thebeautywell.org, 612-250-4263.