# HYDROQUINONE EXPOSURE

### FROM SKIN-LIGHTENING PRODUCTS

Research has found harmful ingredients in skinlightening products, including hydroquinone.

Hydroquinone reduces melanin production.

Hydroquinone is toxic and harmful.



## THE AMOUNT OF HYDROQUINONE ABSORBED INTO THE SKIN DEPENDS ON:

- How often the product is applied
- How long you apply the product
- Where you apply the product
- Use during pregnancy and/or breastfeeding



Some products exceed the hydroquinone concentration legal limit of 2%



Skin-lightening products are used by women and men.

### HYDROQUINONE CAN HARM YOUR HEALTH:

- It can cause cause skin irritation
- It can cause cancer
- It can cause skin inflammation
- It can cause extreme sensitivity to sunlight
- It can cause ochronosis, a blue-black or gray-blue skin discoloration



Skin-lightening products include creams, ointments, soaps, capsules/pills, and injections



Many skin-lightening product's ingredient label does not list all ingredients in the product. Avoid all skin-lightening products



35-45% OF HYDROQUINONE IS ABSORBED THROUGH THE SKIN

#### WHAT COSMETIC PRODUCTS CONTAIN HYDROQUINONE?

Creams, lotions, soaps, and skincare products used for skin-lightening purposes.

#### WHAT TO DO?

- If you use products that have hydroquinone in it, stop use & consult with your doctor
- Read the skin-lightening products' labels. Do not use products that contain hydroquinone
- Embrace your own beauty and avoid chemcial exposure from skin-lightening products

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

