**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 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.

**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.

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