

THE INGREDIENT BLACKLIST

25 Toxic Ingredients To Never Let Touch Your Body Again

A Free Bonus From The SafeCycle Switch™ | By Dr. Salma Nazif

Most conventional sanitary pads and feminine hygiene products do not list their ingredients. This means millions of women use these products every month without knowing what is touching their most sensitive tissue. This blacklist gives you the names, where they hide, and exactly what they do so you can shop informed, protect your body, and make the SafeCycle Switch™ with confidence. Screenshot this. Save it. Share it with every woman you know.

■ ■ If a product contains ANY of these ingredients — put it down.

#	Ingredient	Found In	What It Does To Your Body
01	Dioxins	Chlorine-bleached pads & tampons	Hormone disruptor. Accumulates in body fat over time. Linked to immune damage and reproductive harm.
02	Furans	Chlorine-bleached wood pulp products	A byproduct of bleaching similar to dioxins. Highly toxic environmental pollutant that builds up in tissue.
03	Chlorine	Bleached cotton pads & tampons	Used to whiten products. The bleaching process creates dioxins and furans as dangerous byproducts.
04	Synthetic Fragrance	Scented pads, liners & wipes	Contains dozens of undisclosed chemicals. Disrupts vaginal pH, triggers allergic reactions and irritation.
05	Polypropylene	Top sheet of most conventional pads	Plastic material used to mimic cotton softness. Blocks airflow and traps heat against sensitive skin.
06	Polyethylene	Back sheet and some absorbent layers	A type of plastic that makes the pad waterproof. Completely non-breathable. Increases moisture and bacterial risk.
07	Glyphosate	Non-organic cotton products	A widely used agricultural pesticide. Found in trace amounts in non-organic cotton pads and tampons.
08	Pesticide Residue	Non-organic cotton pads & tampons	Residue from farming chemicals on conventional cotton. The vaginal mucosa absorbs substances it contacts.
09	Superabsorbent Polymers (SAP)	Most conventional pads & tampons	Synthetic chemicals that absorb moisture. Can cause dryness and disrupt natural vaginal moisture balance.
10	Styrene	Some pad adhesives and back sheets	A synthetic chemical classified as a possible human carcinogen by several health agencies.
11	Phthalates	Plastic components in pad packaging and materials	Hormone-disrupting chemicals used to make plastics flexible. Linked to reproductive and developmental harm.
12	Bisphenol A (BPA)	Some plastic pad wrappers and components	Endocrine disruptor that mimics estrogen in the body. Linked to hormonal imbalance and fertility concerns.

#	Ingredient	Found In	What It Does To Your Body
13	Methylene Chloride	Some manufacturing processes	A solvent used in industrial processing. Classified as a probable human carcinogen by health organisations.
14	Propylene Glycol	Some intimate wipes and scented liners	A synthetic compound used as a moisturiser in scented products. Known skin irritant for many women.
15	Parabens	Some scented pads and intimate wipes	Preservative chemicals that mimic estrogen. Linked to hormonal disruption and studied for cancer risk.
16	Artificial Dyes	Coloured pads, wrappers touching the product	Synthetic colourants with no benefit to the user. Can cause contact dermatitis and allergic reactions.
17	Sodium Lauryl Sulfate (SLS)	Some intimate wipes and scented liners	A harsh detergent that strips natural protective oils. Disrupts vaginal pH and natural bacterial balance.
18	Formaldehyde	Some fabric treatments in pad materials	Used as a preservative in some textile processing. A known human carcinogen. Causes skin and mucous membrane irritation.
19	Chloroform	Byproduct of chlorine bleaching process	A toxic solvent and suspected carcinogen that can appear as a trace byproduct in bleached materials.
20	Carbon Disulfide	Rayon production for some tampons and pads	Used in the manufacturing of rayon fibres. Linked to neurological damage and reproductive harm in high exposure.
21	Acetone	Some adhesive components in pad wings	A solvent used in industrial adhesives. Can cause skin irritation on sensitive vulvar tissue.
22	Ethylene Oxide	Sterilisation process for some products	Used to sterilise some period products. A known human carcinogen classified by the WHO.
23	Titanium Dioxide	Whitening agent in some pads	Added to make products appear brighter and whiter. Inhaled nanoparticles are classified as possibly carcinogenic.
24	Optical Brighteners	Whitening process for pad materials	Fluorescent chemicals used to make materials look clean and white. Can cause skin sensitisation and irritation.
25	Rayon	Absorbent core of many conventional pads	A semi-synthetic fibre made from wood pulp through a heavily chemical process. Less breathable than natural cotton.

■ WHAT TO LOOK FOR INSTEAD

✓ GOTS Certified Organic Cotton	Independently verified organic cotton — no pesticides, no harsh processing chemicals.
✓ OEKO-TEX Certified Products	Third-party tested for harmful substances. One of the most trustworthy certifications available.
✓ 100% Organic Cotton Top Sheet	Look for this specific phrase — not 'cotton soft' or 'natural feel'. Actual cotton. No synthetics.
✓ Unscented / Fragrance-Free	No synthetic fragrance means no undisclosed chemical compounds against your vaginal tissue.
✓ Menstrual Cups (Medical Silicone)	Zero chemicals touching vaginal tissue. Collects rather than absorbs. Lasts up to 10 years.

✓ **Reusable Cloth Pads**
(Cotton/Bamboo)

Pure natural fibres. Washable. Chemical-free. Locally available across Nigeria.

Ready to make the switch? Get The SafeCycle Switch™ full guide at carewell.fit

Share this list with every woman you care about. Her health depends on what she knows.

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