

pocket guide tips for
growing up **green &
healthy**

tip → If you use nail polish,
buy brands that are labeled
“three free.”

This label indicates that the
product is a safer alternative.



**Mount
Sinai** *Children's Environmental
Health Center*

Choosing safer nail polishes:

Reduce your exposure to potentially
harmful chemicals by looking for
“three-free” nail polish brands.

When you see the words “three free”
on a product’s label or on the shelf
where you buy your nail polish, this
means that **the following chemicals
are NOT found** in the product:

X Dibutyl Phthalate (DBP): plasticizer
used to prevent chips and cracks

X Formaldehyde: used in nail
hardeners to preserve the polish

**X Toluene (Methylbenzene, toluol,
phenylmethane):** a solvent used to
make the polish easy to apply

Until we learn more about these
chemicals, it is prudent to avoid them in
cosmetics and personal care products.

The pocket guides are produced by the
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