Avoiding unhealthy ingredients in household and personal care products can be challenging. We’ve selected several products in each of the categories listed below to make it easier for you to have a healthy home and family. To view them, go to link listed below.

**Household Products**
- Kitchen cleanser
- Powder cleanser
- Glass cleaner
- Bathroom cleanser
- Mold remover
- Floor cleanser
- Furniture care
- Laundry detergent
- Fabric softener

**Personal Care Products**
- Shampoo
- Conditioner
- Bar soap
- Hand soap
- Body wash
- Moisturizer
- Shaving cream
- Toothpaste
- Dental floss
- Mouthwash
- Deodorant
- Sunscreen
- Hairstyling products

View our specific product recommendations at clearlightventures.com/safeproducts.
ENvironmental Factors in Autism

- **Air quality**
- **Wireless**
- **Water quality**
- **Lighting**
- **Electromagnetic fields**
- **Screen time**
- **Food**
- **Personal care products**
- **Cleaning products**
- **Herbicides & pesticides**

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