

Facts you need to know about Sunscreen and safety.

The sun's ultraviolet rays cause damage to the skin. Protect yourself and your loved ones.



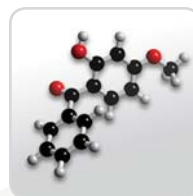
According to the Environmental Working Group (EWG), there has been a surge in exaggerated SPF claims above 50 and new disclosures about **potentially hazardous ingredients**, in particular recently developed

government data linking the common sunscreen ingredient vitamin A to accelerated development of skin tumors and lesions. The evidence against vitamin A is far from conclusive, but as long as it is suspect we recommend that consumers choose vitamin A-free sunscreens.



Products with **high SPF** rating sell a false sense of security because most people using them stay out in the sun longer, still get burned (which increases the risk of skin cancer) and subject their skin to large amounts of UVA radiation, the type

of sunlight that does not burn but is believed responsible for considerable skin damage and cancer. High SPF products, which protect against sunburn, often provide very little protection against UVA radiation.



Oxybenzone is commonly used in sunscreen and is a **hormone-disrupting compound** found in about 60 percent sunscreens. The chemical penetrates the skin and enters the

bloodstream: biomonitoring surveys conducted by the federal Centers for Disease Control and Prevention have detected oxybenzone in the bodies of 97 percent of North Americans tested.



As many as 20 percent of North Americans have an **"irritant reaction"** to sunscreen. Phenyl ketone, diphenyl ketone or benzoylbenzene are common ingredients in commercial

sunscreens that can cause irritation to the skin. Although it isn't clear how much of benzophenone is absorbed into the bloodstream, the substance has been found in urine samples of study participants. According to the Canadian Dermatology Association's Web site (www.dermatology.ca/), people allergic to or intolerant of chemicals should **look for products that reflect the sun's rays (a sunblock) rather than absorb them and that contain nontoxic ingredients like titanium dioxide and zinc oxide.**

Quick Tips

	Beneficial for skin	Avoid
Ingredients	Zinc oxide Titanium dioxide	Oxybenzone Vitamin A Added insect repellent
Products	Cream Broad spectrum protection	Sprays Powders SPF above 50+

Sunscreen Products

At Wellpath Clinic we are pleased to offer two products that comply with recommendations for effective and safe sunscreen. Both products contain Zinc Oxide and/or Titanium Dioxide to block the sun's rays.

Dr. Baumann, Sun Protection Factor 20

Compatible sun protection with skin-protective vitamin E, UV-reflecting minerals and a high-quality light protection filter. Valuable natural oils intensively nourish the skin. **Includes: 10-20% Titanium Dioxide, 3% Zinc Oxide.**



Neal's Yard, Sun Protection Factor 22

This product provides medium protection for skin that burns easily. Organic shea nut butter, sesame and sunflower oils create the base for our medium-protection sun screen. Skin-soothing herbs and lavender essential oil are combined with sunscreens to block UV rays. **Includes 14% Zinc Oxide.**

