

# STEROID EXPOSURE FROM SKIN-LIGHTENING PRODUCTS



Research has found harmful ingredients in skin-lightening products, including steroids. Steroids are toxic and harmful, especially when used for long periods of time. Some products contain steroids in doses 1,000 times higher than recommended.



Steroids and other chemicals in skin-lightening products can damage your health. Skin-lightening products are used by women and men.

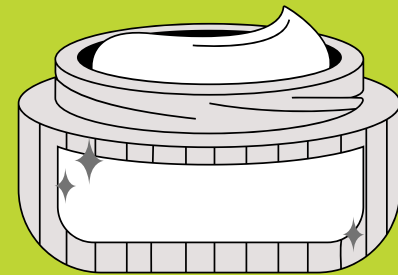
## STERIODS ARE A RISK TO YOUR HEALTH AND DEPEND ON:

- ✓ How often the product is applied
- ✓ How long you apply the product
- ✓ Where you apply the product
- ✓ Use during pregnancy and/or breastfeeding

SOME SKIN-LIGHTENING PRODUCTS CONTAIN HIGH LEVELS OF STEROIDS THAT ARE HARMFUL TO YOUR HEALTH

## STERIODS CAN HARM YOUR HEALTH:

- > It can cause skin damage: acne, thinning of the skin, rash, painful sores & skin infections
- > It can become addictive
- > It can cause hypertension
- > It can cause elevated blood sugar
- > It can decrease the body's natural steroid production



## WHAT TO DO?

- If you use products that have steroids in it, consult with your doctor
- Read the skin-lightening products labels. Do not use products that contain corticosteroids, specifically clobetasol
- Embrace your own beauty and avoid chemical exposure from skin-lightening products



Many skin-lightening product's ingredient label does not list all ingredients in the product. Avoid all skin-lightening products

Do not throw skin-lightening products in the trash. Take it to a hazardous waste site. For help, contact us via [www.thebeautywell.org](http://www.thebeautywell.org), 612-250-4263