

# HYDROQUINONE EXPOSURE FROM SKIN-LIGHTENING PRODUCTS



Research has found harmful ingredients in skin-lightening products, including hydroquinone. Hydroquinone reduces melanin production. Hydroquinone is toxic and harmful.

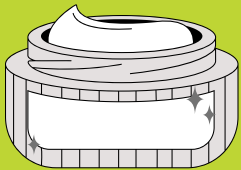
## THE AMOUNT OF HYDROQUINONE ABSORBED INTO THE SKIN DEPENDS ON:

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

Some products exceed the hydroquinone concentration legal limit of 2%

Skin-lightening products are used by women and men.

## HYDROQUINONE CAN HARM YOUR HEALTH:



Skin-lightening products include creams, ointments, soaps, capsules/pills, and injections

- > It can cause skin irritation
- > It can cause cancer
- > It can cause skin inflammation
- > It can cause extreme sensitivity to sunlight
- > It can cause ochronosis, a blue-black or gray-blue skin discoloration

35-45% OF HYDROQUINONE IS ABSORBED THROUGH THE SKIN

## WHAT TO DO?



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

- If you use products that have hydroquinone in it, stop use & consult with your doctor
- Read the skin-lightening products' labels. Do not use products that contain hydroquinone
- Embrace your own beauty and avoid chemical exposure from 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

[www.thebeautywell.org](http://www.thebeautywell.org)

For more information contact: Amira Adawe  
[amira.adawe@beautywell.org](mailto:amira.adawe@beautywell.org)

**BW**  
BEAUTYWELL