

The following information is from the U.S. Environmental Protection Agency

Fabric Softeners: Health Risks from Dryer Exhaust & Treated Fabric

Fabric softeners, like other fragrant products, contain petrochemicals used in untested combinations. These chemicals can adversely affect the central nervous system (CNS)... your brain and spine.

These chemicals affect the CNS with the following symptoms: blurred vision, disorientation, dizziness, headaches, hunger, memory loss, numbness in face, pain in neck & spine, autism, Alzheimer's disease, attention deficit disorder, dementia, multiple chemical sensitivity, multiple sclerosis, Parkinson's disease, seizures, strokes, sudden infant death syndrome (SIDS).

The most common chemicals found in Fabric Softeners and their health risks are listed below:

Ingredients:	Side Effects:
Alpha-Terpineol	central nervous system disorders, highly irritating to lungs; pneumonitis, fatal edema, ataxia (loss of muscle coordination), headaches, respiratory depression
Benzyl Acetate	pancreatic cancer, irritating to eyes and lungs, respiratory coughs and lung irritation
Benzyl Alcohol	headache, nausea, vomiting, dizziness, drop in blood pressure, upper respiratory tract problems, central nervous system depression, and death in severe respiratory responses
Camphor	central nervous system disorders, irritates eyes, nose & throat, dizziness, confusion, nausea, twitching muscles & convulsions
Chloroform	headache, nausea, vomiting, dizziness, irritation of respiratory tract, loss of consciousness, kidney disorders, liver disorders, skin disorders, inhalation can be fatal
Ethyl Acetate	headache, stupor, anemia, leukocytosis, liver damage, kidney damage, irritating to eyes and respiratory tract
Limonene	human carcinogen
Linalool	respiratory disturbances, depression, CNS disorders
Pentane	headache, nausea, vomiting, dizziness, drowsiness, irritation of respiratory tract, loss of consciousness depression, dermatitis, CNS disorders

Shaklee Corporation makes a safe, biodegradable, effective softener that is also extremely economical.