

THE NO LIST OF ENDOCRINE & BACTERIAL DISRUPTORS	
Broad-Spectrum Antibiotics (for anything other than a life-threatening infection)	Aminoglycosides (except for streptomycin) Ampicillin Amoxicillin Amoxicillin/clavulanic acid (Augmentin) Carbapenems (imipenem) Piperacillin/tazobactam Quinolones (ciprofloxacin) Tetracyclines Chloramphenicol Ticarcillin Trimethoprim/sulfamethoxazole (Bactrim)
Nonsteroidal Anti-Inflammatory Drugs	Ibuprofen Advil Aleve Naprosyn Celebrex Mobic
Stomach-Acid Blockers	Zantac Prilosec (omeprazole) Protonix Nexium Imeprazole
Artificial Sweeteners	Saccharin Aspartame Acesulfame K Sucralose Neotame
Endocrine Disruptors	Whole grain foods Food that comes in wrappers Teflon, PTFE, & PFOA nonstick cookware Stain-resistant fabrics and carpeting Plastic containers Plastic wrap Plastic bags Store receipts Sunscreens with parabens Makeup with parabens Scented cosmetics

Endocrine Disruptors (continued)	Deodorants with parabens and aluminum Hand sanitizers with triclosan Antibacterial soaps Toothpaste with triclosan or triclocarban
Genetically Modified Foods & Roundup	Genetically modified crops: <ul style="list-style-type: none">• Corn• Soybeans• Canola• Alfalfa• Sugar beets• Papaya• Squash• Arctic apples• Innate potatoes• Aquabounty salmon Glyphosate (Roundup)
Constant Exposure to Blue Light	Prolonged use: <ul style="list-style-type: none">• Cell phone screens• Tablets, laptops, computers• Blue light bulbs