


BENZOPHENONES | WHAT YOU NEED TO KNOW

1 Possible sources of exposure

-  Personal care products
-  Household products
-  Occupational exposure (in the manufacture of products like paints, varnishes and lacquers, glues and adhesives)
-  Food:
 -  Addition to food as flavouring
 -  Occur naturally in certain types of food (wine, grapes and black tea)
 -  Food contact materials (carton boards)
-  Contaminated drinking water
-  Personal care products
-  Occupational exposure (same as above)




2 How can benzophenones enter your body?

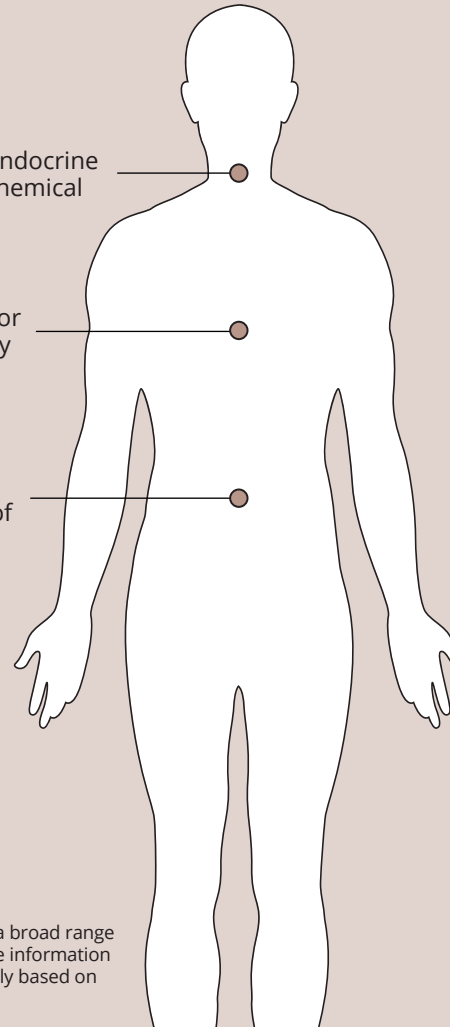
Via dermal absorption 

Via ingestion 

Via inhalation 

3 How might benzophenones affect your health?

-  Suspected endocrine disrupting chemical
-  Skin allergy or photo allergy
-  Impact on birth weight and length of gestation




Note: Benzophenones is a broad range of chemical group, but the information in this infographic is mostly based on what is known for BP-3.


4 How can you reduce your exposure to benzophenones?

-  **Avoid** personal care products (shampoos, face lotion) and perfumed air freshening products if they contain benzophenones
-  **Read** the labels on personal care products and perfumed air freshening products
-  **Choose** mineral-based sunscreens, if you are a concerned citizen
-  **Use** protective clothing to protect yourself from the sun
-  **Eat** more fresh food, and less processed and packaged food
-  **At the workplace, apply** all the defined and available safety measures to prevent exposure including appropriate personal protective equipment

The European Union has taken action to reduce citizen's exposure to benzophenones, including restricting the concentration of several benzophenones in sunscreens and other cosmetics. For example, as of September 2017, BP-3 is **restricted to 6%** in cosmetic sunscreen products, and up to 0.5 % in other cosmetic products.

 For further information on benzophenones, please visit the '[HBM4EU Factsheet](#)' section.

Where can they possibly be found?

 Benzophenones might be found in cosmetics and personal care products such as sunscreens, creams, shower batch, shampoos as well as in plastics. They are also used in inks to be used in carton board food-packaging materials, textiles and other consumer products including household products such as laundry and cleaning products and in consumer products like sunglasses, shoes and sports equipment.