

don't get burned!

EWG's guide to summer sun

Six years ago EWG examined sunscreens and made the startling discovery that most products offered poor protection from sun damage and contained toxic ingredients.

★ PROTECT yourself

1 sunburn

in childhood doubles your risk of deadly melanoma.

\$800 million

is spent on sunscreen annually.

1,800+ products

are on the market, but which are best?

CONFUSING CLAIMS

Many sunscreen labels make bogus promises.

SWEAT-PROOF

SENSITIVE SKIN

EXOTIC BLEND

NON-TOXIC

WATERPROOF

STING FREE

UNBLOCKED

SUN

90
SPF

SCREEN

WATERPROOF

PEDIATRIC

A SPORTS

-SAFE

SPF 50+

PABA-FREE

MINS A.C.

STING FREE

TEAR FREE

SPF

SPF 35

TANNING OIL

NATURAL

OIL-FREE

MAX BLOCK

BROAD SPECTRUM

WET SKIN

Pick a good sunscreen

LOOK FOR

- ★ Active ingredients - zinc oxide, titanium dioxide, Mexoryl SX, or avobenzone (3%)
- ★ SPF 15 to 50, depending on your skin tone and sun intensity
- ★ Lotions, not sprays or powder
- ★ Water-resistant for the beach or pool

Avoid

- ☹ Vitamin A (retinyl palmitate) causes skin cancer in laboratory tests.
- ☹ Oxybenzone, a hormone disruptor and skin allergen
- ☹ High SPF misleads consumers and offers little additional benefit.

EWG's got your back



Reviewed **262** scientific studies

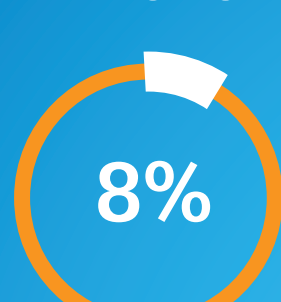
Examined the labels of **1,800** sunscreens, moisturizers, make up and lip products with SPF ratings

More recommended products than ever, but **75%** did not meet our standards

consumers move the market

EWG is able to recommend more of the beach and sport sunscreens on the market this year.

2010



530 products

in database

2012



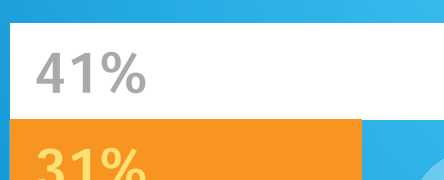
800 products

in database

Fewer toxic ingredients in brands rated in both 2010 and 2012

■ 2010 database ■ 2012 database

Vitamin A

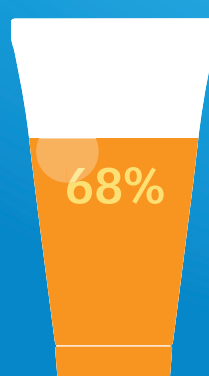


Oxybenzone



Better broad spectrum protection. Sunscreens with zinc oxide, titanium dioxide, avobenzone or Mexoryl SX are on the rise.

2009



2012

