

the Simple Swap

26 SECONDS
AFTER EXPOSURE, CHEMICALS
ARE FOUND IN MEASURABLE
AMOUNTS IN THE HUMAN BODY.

The National Institute of Occupational Safety and Health studied 2,983 ingredients in our products at home

{ 884 toxic ingredients
314 caused biological mutations.
218 caused reproductive problems.
778 were toxic to the human body.
146 cause cancer tumors

*Take it
one room
at a time!*

Laundry

- laundry detergent
- fabric softener
- stain spray
- stain stick
- bleach

Kitchen

- dishwasher detergent
- counter spray
- dish soap
- hand soap

Cleaning Closet

- dusting spray
- carpet cleaner
- toilet cleaner
- mirror/window spray
- floor cleaner
- air freshener
- cleaning wipes

Supplements

- immunity
- daily vitamins
- brain and heart
- allergies
- probiotics
- hormones
- fish oil
- digestive issues

Beauty Care

- facewash
- toner
- moisturizer
- lotion
- eye cream
- makeup
- makeup remover
- deodorant
- brightener cream

Bathrooms

- shampoo
- conditioner
- facewash
- bodywash
- toothpaste
- dental floss
- mouthwash

Baby + Kids

- diaper rash cream
- baby oil
- baby wipes
- lotions
- vitamins
- kids shampoo
- kids body wash
- kids toothpaste
- enzymes

Etc.

- sunscreen
- bug repellent spray
- cough drops
- pain cream
- energy boosters

The Simple Swap

LAUNDRY

Laundry detergent	• Thieves Laundry Soap	5349
Fabric softener	• (wool dryer balls + essential oils)	
Stain spray	• Thieves Household Cleaner	3743
Stain stick	• Thieves Household Cleaner	3743
Bleach	• Thieves Household Cleaner	3743

KITCHEN

Dish soap	• Thieves Dish Soap	5350
Hand soap	• Thieves Foaming Hand Soap	3674
Dishwasher detergent	• Thieves Dishwasher Powder	5762
Counter spray	• Thieves Household Cleaner	3743

CLEANING CLOSET

Dusting	• Thieves Household Cleaner	3743
Carpet cleaner	• Thieves Household Cleaner	3743
Mirror/window spray	• Thieves Household Cleaner	3743
Toilet cleaner	• Thieves Household Cleaner	3743
Floor cleaner	• Thieves Household Cleaner	3743
Air freshener	• Desert Mist Diffuser	21558
Cleaning wipes	• Thieves Wipes	3756

SUPPLEMENTS

Immune system	• NingXia Red	3042
Daily vitamins	• Master Formula	5292
Allergies	• Allerzyme	3288
Brain/heart health	• MindWise	4747
Probiotics	• Life 9	18299
Hormone support	• Progessence Plus Serum	4640
Fish oil	• Omegagize	3097
Digestive support	• Essentialzyme	3272

BEAUTY CARE

Facewash	• ART Gentle Cleanser	5361
Toner	• ART Refreshing Toner	5360
Moisturizer	• ART Light Moisturizer	5362
Eye cream	• Wolfberry Eye Cream	5145
Brightener cream	• Sheerlume	4833
Makeup	• Savvy Minerals	varies
Deodorant	• AromaGuard Deodorant	3752
Lotion	• Hand & Body Lotion	5201
Makeup remover	• YL Seedlings Baby Wipes	20428

BATHROOMS

Shampoo	• Copaiba Vanilla Shampoo	5194121
Conditioner	• Copaiba Vanilla Conditioner	5195121
Facewash	• ART Gentle Cleanser	5361
Bodywash	• Bath & Shower Gel-Sensation	3748
Toothpaste	• Thieves AromaBright Toothpaste	3039
Dental floss	• Thieves Dental Floss	4464122
Mouthwash	• Thieves Fresh Essence Mouthwash	3683
Kids bathroom	• see Baby + Kids	

BABY + KIDS

Baby lotion	• YL Seedlings Calm Scent	20438
Baby oil	• YL Seedlings Calm Scent	20373
Baby wipes	• YL Seedlings Calm Scent	20428
Diaper rash cream	• YL Seedlings Diaper Rash Cream	20398
Kids shampoo	• KidScents Shampoo	3686
Kids bodywash	• KidScents Bath Gel	3684
Kids toothpaste	• KidScents Slique Toothpaste	4574
Kids lotion	• KidScents Lotion	3682
First Aid Kit	• KidScents Oils	varies
	(TummyGize, Owie, GeneYus, Sleepylze, SniffleEase)	
Diffusers for kids:	Dolphin Reef Ultrasonic Diffuser	5333
	Dino Land Ultrasonic Diffuser	5332

ETC.

Sunscreen	• Mineral Sunscreen Lotion	20667
Deet bug repellent	• Insect Repellent	20701
Cough drops	• Thieves Infused Cough Drops	5670
Pain cream	• Cool Azul Pain Cream Relief	5759
Energy boosters	• Ningxia NITRO	3064