

Decode Your Dishwash

What's Inside Market Dishwashing Liquids & Safer Alternatives



Mehebab Alam Chowdhury

decodepure.com

Guide to Dishwash Liquids: Ingredients, Effects, and Safer Alternatives

This guide explores how commercial dishwash liquids are made, what ingredients they contain, how those ingredients affect health and the environment, and how consumers can choose safer alternatives. With growing awareness around product safety, it's important to understand what you're using in your kitchen.

1. Common Ingredients in Market Dishwash Liquids

- Surfactants (Sodium LAS, SLES): Remove grease but may irritate skin.
- Disodium EDTA: Stabilizes the formula but can affect aquatic life.
- Synthetic Fragrances and Dyes: Add scent and color but often contain allergens.
- Preservatives (e.g., Methylisothiazolinone): Prevent spoilage but can be sensitizers.

2. Harmful Effects of These Ingredients

- Skin irritation or allergic reactions.
- Non-biodegradable chemicals harming aquatic ecosystems.
- Residual chemicals on utensils, potentially ingested.
- Fragrance chemicals disrupting hormones or triggering sensitivities.

3. Marketing Terms That Mislead Consumers

- 'Power of 100 Lemons': Often synthetic lemon scent.
- 'Eco-friendly': Not always backed by certification.
- 'Dermatologically Tested': Doesn't guarantee safety for all skin types.
- 'Non-toxic': An unregulated, vague term.

4. Safer Alternatives You Can Choose

- Rustic Art Dishwash (plant-based, transparent ingredients).
- DIY soapnut or baking soda-based cleaners.
- Brands with ECOCERT or USDA Organic certifications.
- Products that disclose full ingredient lists.

5. Tips to Avoid Harmful Products

- Always check ingredient labels.
- Avoid products with SLS, SLES, synthetic dyes, or 'fragrance'.
- Look for trusted eco-labels.
- Do a skin patch test before regular use.
- Follow minimalist cleaning habits - use only as much product as needed.