



## Identification of microplastics in hygiene products

Not all plastic is visible to the naked eye. While microplastics are any piece of plastic less than 5mm in size, microspheres are a type of microplastics smaller than 1mm. Even smaller, nanoplastics are so small they can pass through human skin.

Microplastics are intentionally added to all kinds of products, not just exfoliants. Products containing plastic polymers include deodorants, shampoos, conditioners, liquid soaps, lipsticks, hair dyes, shaving creams, sunscreens, repellents, anti-wrinkle creams, moisturizers, hair sprays, face masks, baby care products., eye shadows, mascara and others. In some cases, these products are made with more than 90% plastic.

Plastic ingredients are predominant because they can be added for the following functions: skin conditioning, exfoliation, abrasion, shine, teeth polish, viscosity regulation, emulsification, film formation, opacification, liquid absorption, volume and more.

Microplastics in personal care products can easily go down the drain. Because they are so small, they pass through the filtration of wastewater and thus reach rivers and seas.

As microplastics are not biodegradable, when they reach the sea they attract toxins and bacteria present in the water that adhere to its shiny surface, making them look like food items and which can be eaten by fish, amphibians, insects, larvae and marine animals. Plastic can block the digestive tract of these living things or enter the food chain - and end up on our dinner plates.

**O impacto dos microplásticos**

Os microplásticos, pequenas partículas de plástico que medem menos de 5 mm de diâmetro são um perigo colossal

Pelo menos **51 trilhões** de partículas de microplásticos já estão em nossos oceanos

Um produto de higiene pessoal ou cosmético pode conter tanto plástico quanto a sua própria embalagem

Lavar à máquina uma única peça de roupa sintética solta mais de **1,900** fibras de microplástico

#mareslimpos **ONU** meio ambiente

Plastic Pollution

<https://www.youtube.com/watch?v=IA9O9YUbQew>

The Story of Microbeads

[https://www.youtube.com/watch?v=uAilGd\\_JqZc&feature=youtu.be](https://www.youtube.com/watch?v=uAilGd_JqZc&feature=youtu.be)

## We can help reduce plastic pollution.

To find out if a product contains microplastics, you can scan it using the "Beat the Microbead" app or look for the following plastic ingredients on its packaging: polyethylene (PE), polymethylmethacrylate (PMMA), nylon, polyethylene terephthalate (PET) and polypropylene (PP).

For a complete list of plastic ingredients, visit [www.beatthemicrobead.org](http://www.beatthemicrobead.org)



## So, what products can we safely consume?

In the International Campaign to eliminate the use of Microplastics in Cosmetics, the "Look for the Zero" trust seal appears, through which the manufacturer declares that its products are guaranteed free of microplastics.



## ACTIVITY

### LOOKING FOR MICROSPHERES

- Each member of the class or small group can search for at least 4 products.
- Analyze some diversified products (gels, creams, toothpastes...).
- Verification of the composition of the product using the label.

- Material needed: table made by the class in checklist format to fill in various products; reference list of microsphere component names (see annex)•



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