

# Sunscreen's Threat to Coral Reefs

Unbeknownst to many, certain sunscreen ingredients pose a significant danger to coral reefs. The scope of this issue is alarming, with an estimated 14,000 tons of sunscreen finding its way into the oceans each year. The good news is addressing this concern is relatively simple. By understanding which ingredients to avoid and seeking alternatives, we can play our part in safeguarding these vital ecosystems.

The harmful effects of these sunscreen ingredients extend beyond coral reefs, jeopardizing various marine organisms such as fish, dolphins, green algae, and sea urchins. Deformities, reduced fertility, and hindered growth are among the issues observed, some of which even pose risks to human health.

Nonetheless, safeguarding our skin remains paramount, given the dangers posed by UV radiation.

## Check the Ingredients

The initial step toward choosing reef-safe sunscreen is to scrutinize its active ingredients. Brands that label their products as "reef-safe" or "reef-friendly" cannot be solely relied upon due to the absence of government regulations and mandatory testing for reef impact.

## Ingredients to avoid

The top two ingredients to steer clear of are...

- Oxybenzone
- Octinoxate

And the following ingredients can disrupt coral reproductive cycles, damage DNA, and exacerbate coral bleaching:

- Benzophenone-1
- Benzophenone-8
- OD-PABA
- 4-Methylbenzylidene camphor
- 3-Benzylidene camphor
- Octocrylene

This is an opportunity for people to do something simple to help save coral reefs. Studies have shown that chemical sunscreen is toxic and has significant impacts to coral health and their reproduction. By using reef safe sunscreen, you are taking part in protecting the reef into the future.

The solution lies in biodegradable, mineral-based sunscreens, with non-nano Titanium Dioxide or Zinc Oxide as preferred active ingredients. The term "non-nano" signifies particles larger than 100 nanometers, making them safer for marine life compared to "nano" particles, which are smaller than 100 nanometers.

**Nittany Valley Organics Sunscreen contains Non Nano Zinc Oxide and is REEF SAFE!**

