EWG’s sunscreen database rates the safety and efficacy of sunscreens and other products with SPF. We recommend products that provide long lasting, broad spectrum protection, with ingredients that pose fewer health concerns.

**INGREDIENTS**

**AVOID**
- Oxybenzone
- Vitamin A (retinyl palmitate)
- Added insect repellent

**LOOK FOR**
- Zinc oxide
- Avobenzone
- Mexoryl SX

**PRODUCTS**

**AVOID**
- Sprays
- Powders
- SPF above 50

**LOOK FOR**
- Cream
- Broad - spectrum protection
- Water-resistant
- SPF to suit your needs, 15-50

Want to know more? Visit www.ewg.org/sunscreen

More useful tips from EWG

ewg.org/signup
facebook.com/ewg.org
@ewg

Copyright © 2017, Environmental Working Group. All rights reserved. Updated July 2018.