

Benzophenone-3 (BP-3; Oxybenzone) Fact Sheet

Benzophenone-3 (BP-3; oxybenzone) is used in many sunscreens and some other personal care products to protect skin from sun damage. BP-3 is also added to packaging and some consumer products, such as cosmetics and paints, to protect the products from sun damage.

BP-3 is found in

- Many sunscreens.
- Sun-protective personal care products, such as some lotions, lip balms, and cosmetics.
- Some perfumes, shampoos, conditioners, and nail polish.
- Plastic packaging for some food and consumer products.
- Some protective coatings, such as varnish and oil-based paint.

Possible health concerns

- BP-3 may interfere with the body's natural hormones.

Possible ways to reduce exposure

- Wash off sunscreen and sun-protective products once you are out of the sun.
- Eat more fresh food and less packaged food, which might help reduce exposure to BP-3 from some plastic packaging.

Importance of sun safety

Sun exposure is known to damage skin and increase cancer risk. Applying a broad spectrum sunscreen is one of the most important ways to protect against the sun's ultraviolet (UV) rays. You should also:

- Reduce or avoid exposure to direct sunlight when UV rays are strongest, usually between 10 am and 4 pm. When possible, stay in the shade.
- Wear protective clothing, including a wide-brimmed hat and sunglasses, and long sleeves and long pants if possible.

For more information:

Sun safety tips: <http://www.healthychildren.org/English/safety-prevention/at-play/Pages/Sun-Safety.aspx>