



Meditizer[™]
Medical-Grade Hand Sanitizer

Alcohol FREE Hand Sanitizer

The Secret Side Effects of Alcohol Based Hand Sanitizer, According to Doctors

Meditizer Hand Sanitizers

Raise your hand if you're lucky enough to own a bottle—or 40—of hand sanitizer. Just one problem: There's a good chance that hand is dry and cracked. Alcohol Based Hand sanitizers come with certain side effects that can affect your skin and more. They were thought to be an essential tool in the fight against the spread of COVID-19 but not without problems of their own.

Meditizer Hand Sanitizers Solve This and Gives YOU additional Protection

The Facts:

Alcohol Hand Sanitizers Can Increase Your Risk of Eczema

To prevent the spread of the coronavirus, the CDC recommends washing hands often with soap and water for at least 20 seconds or, if they are not available, using a hand sanitizer that contains at least 60% alcohol. Following that advice is essential, but "increased contact with irritants and allergens may increase the risk of hand dermatitis or 'eczema.' **This commonly manifests on the skin with redness, dryness, cracks, and even blisters that cause itch or pain.**"

*Caroline Nelson, M.D. a Yale Medicine dermatologist and instructor at Yale School of Medicine



Hand Sanitizers Can Irritate Your Skin

"Hand sanitizers are antiseptic products—they are formulated to disinfect the skin," says Vanessa Thomas, a cosmetic chemist, and founder of Freelance Formulations. "The primary disinfecting ingredient in hand sanitizer formulas is ethyl or isopropyl alcohol, and they are formulated along with thickeners softeners and sometimes fragrances to curtail the strong smell of alcohol. Frequent use of it can cause skin irritation, or dry out the skin. If you have sensitive skin, the effects can be worse. **The drying out is caused by alcohol.**"

*Source: Eat This Not That - Inspired by The New York Times best-selling book series, Eat This, Not That! is a brand that's comprised of an award-winning team of journalists and board-certified experts and doctors who work together to bring you accurate, timely, informative, and actionable content on health, wellness, and more.



Some Formulations Can Affect Fertility

"Some hand sanitizers are composed of alcohol, such as ethyl alcohol, as an active ingredient that functions as an antiseptic," says Dr. Chris Norris, a chartered physiotherapist and neurologist and Clinical Associate Professor at The University of California.

Some Might Cause a Resistance to Antibiotics

"Exposure to triclosan increases the likelihood of bacteria developing resistance to antibiotics," says Dr. Norris. Again, find one without triclosan.

Some May Cause Hormone Problems

"According to the FDA, triclosan present in a hand sanitizer also causes hormone problems. This causes the bacteria to adapt to its antimicrobial properties, which creates more antibiotic-resistant strains," says Dr. Norris.

Some Affect Your Immune System

"Triclosan also weakens the human immune function. The weakened immune system makes people more susceptible to allergies," says Dr. Norris.

Some Can Impact Your Body Development

"A hand sanitizer that has too much fragrance could be loaded with toxic chemicals like phthalates and parabens. Phthalates are endocrine disruptors that can affect human body development and reproduction. Parabens are chemicals that can negatively affect the functioning of hormones, fertility, birth outcomes, and reproductive development," says Dr. Norris.

You Could Get a Skin Disorder

"The overuse of alcohol-based hand sanitizers to safeguard against the germs and infection-causing pathogens could inversely increase the risk of infection via skin disorders. Overdoing may remove benign bacteria on the skin that is not good," says Dr. Norris.

Hand Sanitizers Could Lead to Alcohol Poisoning

As many hand sanitizers contain very high levels of alcohol, doctors witness cases of alcohol poisoning when it's imbibed. "Since hand sanitizers are easily available, there have been many cases globally where teenagers were hospitalized with alcohol poisoning from consuming hand sanitizer," says Dr. Norris.

Final Thoughts From the Doctors

"Hand sanitizers are a good alternative to reduce potentially infectious microbial load—such as viruses, bacteria, fungus—on the hands or skin, if soap and water is not immediately available," says Tsippora Shainhouse, MD, FAAD, a board-certified dermatologist in Beverly Hills, in private practice at SkinSafe Dermatology.

- Practice proper hand hygiene
- Wash your hands thoroughly with soap and water
- Use **Meditizer Hand Sanitizer** in addition to hand washing.

Unlike other Hand Sanitizers, the unique patented and patent pending core technology of **Meditizer Hand Sanitizers**, **KILLS Bacteria & Viruses** and **PROTECTS for 4 hours**, helping keep you and your loved ones safe.

