

HYDROQUINONE EXPOSURE FROM SKIN-LIGHTENING PRODUCTS

What is hydroquinone ?

Hydroquinone is a chemical agent used in many skin-lightening products. While it may temporarily reduce dark spots and hyperpigmentation, prolong use comes with serious health risks. Hydroquinone inhibits melanin production, leading to lighter skin. But, this disruption can cause serious side effects



HEALTH RISK ASSOCIATED WITH HYDROQUINONE

- It causes redness, dryness, and peeling.
- It can result in itching, swelling, or hives.
- Long-term use leads to a condition, Ochronosis, where the skin darkens and discolors.
- It increases sensitivity to sunlight, leading to a higher risk of sunburn and pigmentation problems.
- Studies indicate a risk of cancer with prolonged use.
- It can cause kidney and liver damage, particularly with excessive or long-term use.



Many skin lightening agents ingredient label does not list all ingredients in the product

TO AVOID THESE DANGERS

- **If you use products that have hydroquinone in it, stop use & consult with your doctor**
- **Read the skin-lightening products' labels. Do not use products that contain hydroquinone for more than 6 months**
- **Embrace your own beauty and avoid chemical exposure from skin-lightening products**

DID YOU KNOW?



34 - 45%

OF HYDROQUINONE IS ABSORBED THROUGH THE SKIN

Some products exceed the hydroquinone concentration legal limit of 2%

