



Your Microplastic Detox

Simple Steps for a Cleaner Life



Microplastics

What are microplastics?

- Tiny particles of plastic
- Less than 5 millimeters wide⁵
- Pollute the environment when everyday products containing plastic breakdown^{8,9}

Why are microplastics a problem?

- They are everywhere and last almost forever
- They harm the environment
- They are toxic to humans^{5,6,8,9}

Where do they come from?

Top 3 Sources^{1,2,6}



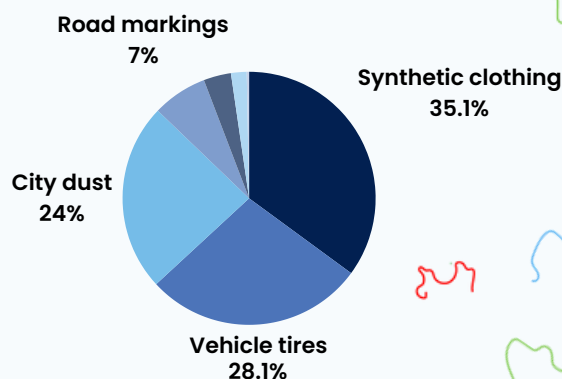
1. Synthetic Clothing



2. Vehicle Tires



3. City Dust



Sources of Microplastics in World Oceans²

How can I reduce my exposure to microplastics?

4 Simple Swaps

Instead of this:

Plastic cutting board



Try this:

Wooden cutting board

Single-use plastics (water bottles, to-go utensils, grocery bags)⁴



Reusable products (bottles, containers, bags)³

Buying fast food



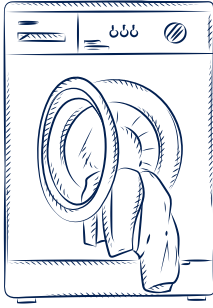
Cooking at home

Buying fast fashion



Supporting sustainable brands and shopping second-hand⁴

10 Tips for Limiting Exposure



LAUNDRY

1. Wash clothes only when necessary
2. Use only cold water
3. Use gentle cycles to limit fiber breakdown
4. Install a microfiber filter on your washing machine to catch particles before they enter the environment⁹



KITCHEN

5. Use wooden, rather than plastic, cutting boards and other kitchen utensils⁵
6. Replace non-stick cookware with stainless steel, cast-iron, or ceramics
7. Use glass or other non-plastic containers to store food
8. Avoid microwaving plastic⁴
9. Drink loose-leaf tea instead of using tea bags



LEGISLATION

10. Support legislation that targets microplastic pollution (e.g., the Microbead-Free Waters Act of 2015, which banned rinse-off cosmetics containing microbeads)
 - The Fighting Fibers Act of 2025 will require washing machines sold in the U.S. to include a filter that catches microfibers from clothing⁷



Want to take the next step?

The CLEANR filter captures microplastics before they leave your washing machine. **Learn more at www.cleanr.life**



Further Reading & Sources

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4. Lawler, Moira, and Becky Upham. "How to Reduce Microplastic Exposure." Everyday Health, April 18, 2025.
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6. Osman, Ahmed I, Mohamed Hosny, Abdelazeem S Eltaweil, Sara Omar, Ahmed M Elgarahy, Mohamed Farghali, Pow-Seng Yap, et al. "Microplastic Sources, Formation, Toxicity and Remediation: A Review." Environmental chemistry letters, April 4, 2023.
7. "Rep. Mike Levin Introduces Bill to Combat Microfiber Pollution." U.S. Congressman Mike Levin, July 24, 2025.
8. Shemitz, Leigh, and Paul Anastas. "Yale Experts Explain Microplastics." Yale Sustainability, December 1, 2020.
9. Swartz, Tracy. "Exclusive: Microplastics Are Everywhere - New Device Yanks Them from Your Laundry." New York Post, May 23, 2025.
10. US Department of Commerce, National Oceanic and Atmospheric Administration. "What Are Microplastics?" NOAA's National Ocean Service, April 13, 2016.