



# TOP 10 THINGS TO KNOW ABOUT SUNSCREEN PROTECTION

1. Sunscreens are over-the-counter drugs regulated by the U.S. Food and Drug Administration.<sup>1</sup>
2. Most people apply only half to a quarter of the recommended amount of sunscreen. Applying half the amount of sunscreen needed provides only the square root of the SPF. So a half application of SPF 30 only provides an SPF 5.5.<sup>2</sup>
3. The proper dose of sunscreen is 1.2 ounces, or about a shot glass of sunscreen, to cover an average-size adult body.
4. The FDA recommends broad spectrum sunscreens, which protect against both UVB and UVA rays. In the United States sunscreens are required to protect you from UVB rays only. Look for the words “Broad Spectrum” to ensure UVA protection.<sup>3</sup>
5. UVB rays may cause sunburns and skin cancers. UVA rays may cause tanning, premature aging, wrinkles and skin cancers.
6. The SPF number tells you only how well a sunscreen will protect against UVB.<sup>4</sup>
7. Sunscreens with lots of natural plant oils and vitamin E are rich in antioxidants, which help fight free radicals caused by sun damage.
8. Chemical sunscreens work by absorbing into your skin (and bloodstream). Mineral sunscreens work by sitting on top of your skin. This is why dermatologists and the Environmental Working Group recommend mineral sunscreens as the safest option.
9. Zinc oxide and titanium dioxide are the only two approved mineral active sunscreen ingredients in the United States. Zinc oxide is the only single active sunscreen ingredient that provides full broad spectrum protection (from UVA and UVB rays).<sup>5</sup>
10. Certain sunscreen chemicals have been shown to cause coral bleaching. Mineral sunscreens in a natural base have the least impact on the environment.

Badger is manufacturer of the No. 1 selling sunscreen in the U.S. natural market\*. Badger Daily Sunscreens are made from the safest possible, most effective ingredients and always offer broad spectrum coverage from non-nano zinc oxide. Badger never uses synthetic chemicals, “fragrances,” parabens or GMOs.

1 “Sunscreen,” U.S. Food and Drug Administration, <http://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/understandingover-the-countermedicines/ucm239463.htm>.

2 “Confused by SPF? Take a Number,” The New York Times, [http://www.nytimes.com/2009/05/14/fashion/14SKIN.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2009/05/14/fashion/14SKIN.html?pagewanted=all&_r=0).

3 “FDA Sheds Light on Sunscreens,” U.S. Food and Drug Administration, <http://www.fda.gov/forconsumers/consumerupdates/ucm258416.htm>.

4. Ibid.

5 “We’ve Got You Covered — Even If Sunscreens Don’t,” EWG’s Skin Deep, <http://www.ewg.org/2012sunscreen/infographic/>.