

low-toxic CLEANING PRODUCTS *product guide*

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Cleaning products, for some reason, took me a long time to replace in our home. Not because I didn't want to do it, but rather because while passively looking, every brand I came across had a laundry list of ingredients (many of which were chemicals I couldn't pronounce or understand), and everything felt toxic. Even the "clean" brands from the store. At one point, I just assumed cleaning meant that you had to use chemicals, and there was no other way...which is far from the truth. Once I set out to find a brand that was *actually clean* (and worked), I was pleasantly surprised to find many. MamaSuds is a favorite in our household due to their minimal ingredient list (you can't beat it) as well as Thieves Household Cleaner. In this guide, you'll find low-toxic alternatives for common cleaning products like surface/all-purpose cleaner, laundry detergent, laundry stain sticks, dish soap, dishwasher solutions, hand soap, toilet tabs, cleaning paste for tubs, sinks, and tile, and low-toxic tools that support cleaning efforts.

Note: All product titles are clickable, so you can shop right from this guide.



If you end up making a purchase from this guide, enter **ASHLEYR at checkout for 10% off.**

Code works for: MamaSuds, Branch Basics, Earthley, White Oak Pastures; **ASHLEYR30** for Truly Free

www.ash-eats.com

SURFACE + ALL-PURPOSE

Thieves Household Cleaner

Ingredients: Water, Alkyl polyglucoside, Sodium methyl 2-sulfolaurate, Disodium 2-sulfolaurate, Thieves [Eugenia caryophyllust (Clove) bud oil, Citrus limont (Lemon) peel oil, Cinnamomum zeylanicumt (Cinnamon) bark oil, Eucalyptus radiatat leaf oil, Rosmarinus officinalist (Rosemary) leaf oil, Tetrasodium glutamate diacetate



Truly Free Everyday Cleaner

Ingredients: Coco-Betaine, Decyl Glucoside, Water, Cocamine Oxide, Sodium Citrate, Alkyl Polyglucoside, Sodium Benzoate



MamaSuds All-Purpose Cleaner Spray

Ingredients: water, MamaSuds handcrafted Castile Soap (potassium olivate), aloe vera gel juice with non-GMO citric acid*, pure essential oils of clove bud, organic cinnamon leaf, lemon, eucalyptus radiata, and rosemary.

Note: you can make your own spray using their concentrate too.



Force of Nature

Ingredients: their technology uses an electrical current to break apart molecules of salt, water and vinegar and form them into hypochlorous acid and sodium hydroxide which creates an all-in-one cleaner, deodorizer, and EPA-registered disinfectant.



Earthley Concentrate

Ingredients: Filtered water, saponified oils of (olive oil*, coconut oil*, castor oil*), citric acid, sodium carbonate (washing soda)

Note: lemon-thyme scent contains lemon and thyme linalool essential oil, eucalyptus-spearmint scent contains eucalyptus and spearmint essential oil, grapefruit scent contains grapefruit essential oil
*organic



Branch Basics Concentrate

Ingredients: Purified Water, Decyl Glucoside, Organic Chamomile Flower Extract, Coco-Glucoside, Sodium Citrate, Sodium Bicarbonate, Sodium Phytate

LAUNDRY DETERGENT

MamaSuds Laundry Detergent + Oxygen Powder

Detergent Ingredients: water, potassium olivate (saponified olive oil), sodium carbonate, and sodium borate, pure essential oil of lavender, lemon, or unscented

Oxygen Powder Ingredients: sodium percarbonate, sodium carbonate



Perma Earth Unscented Washing Soap



One Ingredient: Saponified Pasture-Raised Local Lard at 0% Super-Fat
Note: Can be used as-is if hand-washing; requires a few additional ingredients if using in a washing machine. See product page.

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Branch Basics ; Laundry Detergent + Oxygen Boost

Detergent Ingredients: Purified Water, Decyl Glucoside, Organic Chamomile Flower Extract, Coco-Glucoside, Sodium Citrate, Sodium Bicarbonate, Sodium Phytate

Oxygen Boost Ingredients: sodium percarbonate, sodium carbonate



Earthley Laundry Detergent

Ingredients: Sodium carbonate (washing soda), citric acid, saponified oils of (olive oil*, coconut oil*, castor oil*), Bromelain

Note: citrus scent also contains lemon and orange essential oil, spring Blossoms scent also contains lavender, citrus, and rose-geranium essential oil, eucalyptus-Spearmint scent also contains eucalyptus and spearmint essential oil

*organic

Truly Free Laundry Detergent + OxyBoost

Detergent Ingredients: TetraSodium Salt, Sodium Lauryl Sulfoacetate, Fumed Silica, Sodium Dodecylbenzenesulfonate, Sodium Citrate, Alkyl Polyglucoside, Sodium Polyacrylate, Sodium Cocoate, Sodium Carbonate
Note: scented varieties also contain essential oils

Oxygen Boost Ingredients: sodium percarbonate, sodium carbonate



LAUNDRY STAIN STICKS

MamaSuds Non-Toxic Laundry Stain Stick

One Ingredient: sodium olivate (saponified olive oil)



Truly Free Stain Stick

Ingredients: Terpene of Pine Oil , Oxalic Acid , Saponified Oils of Coconut & Olive , Sodium Hydroxide , Water , Lemon Essential Oil

DISH SOAP

MamaSuds Castile Liquid Soap + Solid Dish Soap

Castile Liquid Soap Ingredients: distilled water and potassium olivate (saponified olive oil), pure essential oils of lavender, or lemon if chosen.

Solid Dish Soap Ingredients: Sodium olivate (non-GMO)



Branch Basics Concentrate

Ingredients: Purified Water, Decyl Glucoside, Organic Chamomile Flower Extract, Coco-Glucoside, Sodium Citrate, Sodium Bicarbonate, Sodium Phytate

Perma Earth Unscented Washing Soap



One Ingredient: Saponified Pasture-Raised Local Lard at 0% Super-Fat

Earthley Dish Soap Bar



Ingredients: Saponified oils of (olive oil*, coconut oil*, castor oil*), citric acid, sodium carbonate (washing soda)
Note: lemon-thyme scent contains lemon and thyme linalool essential oil, eucalyptus-spearmint scent contains eucalyptus and spearmint essential oil, grapefruit scent contains grapefruit essential oil
*organic

Truly Free Dish Soap

Ingredients: Sweet Basil Extract , Water , Sodium Chloride , Sodium Benzoate , Sodium C14-C16 Olefin Sulfonate , Cocamide MIPA , Cocamidopropyl Hydroxysultaine , Glycerin , Limonene , Linalool , Sodium Cocoate



DISHWASHER SOLUTIONS

MamaSuds Automatic Dishwasher Powder

Ingredients: non-GMO citric acid, sodium bicarbonate, sodium percarbonate, sodium carbonate



Earthley Dishwasher Detergent

Ingredients: Citric acid, sodium bicarbonate (baking soda), sodium carbonate (washing soda), saponified oils of (olive oil*, coconut oil*, castor oil*), citric acid, sodium carbonate (washing soda)
Note: scented versions contain essential oils
*organic

Truly Free Dishwasher Soap

Ingredients: Amylase , Lauryl Alcohol , TAED , Sodium Sulfate , Protease , Sodium Percarbonate , Sodium Carboxymethyl Inulin , Sodium Citrate , Sodium Polyacrylate , Cocamidopropyl Hydroxysultaine , Sodium Carbonate



HAND SOAP

White Oak Pastures Tallow Foaming Hand Soap

Ingredients: Distilled Water, Olive Oil, Refined Coconut Oil, Potassium Hydroxide, Grassfed Beef Tallow, Castor Oil, Organic Apricot Kernel Oil, Essential Oil, Optiphen



Mama Suds Hand Soap

Ingredients: distilled water and potassium olivate (saponified olive oil), pure essential oils of lemon (or unscented)

Truly Free

Ingredients: Aloe Vera , Cocamidopropyl Betaine , Decyl Glucoside , Disodium Lauryl Sulfosuccinate , Water , Sodium Chloride , Sodium Lauryl Sulfoacetate , Sodium Benzoate



TOILET CLEANING

Mama Suds Toilet Bomb Cleaning Tabs

Ingredients: sodium bicarbonate, non-GMO citric acid*, water, essential oils of tea tree, organic peppermint, and lemon



CLEANING PASTE (FOR TUBS, SINKS, AND TILES)

Earthley Cleaning Paste

Ingredients: Saponified oils of (olive oil*, coconut oil*, castor oil*), Baking soda, Filtered water

Note: scented versions contain essential oils
*organic



GLASS CLEANER

Branch Basics Concentrate

Ingredients: Purified Water, Decyl Glucoside, Organic Chamomile Flower Extract, Coco-Glucoside, Sodium Citrate, Sodium Bicarbonate, Sodium Phytate



Truly Free Glass Cleaner

Ingredients: Decyl Glucoside , Water , Cocamine Oxide , Sodium Citrate , Alkyl Polyglucoside , Sodium Benzoate

CLEANING TOOLS

Wool Dryer Balls

To be used in place of fabric softener and dryer sheets. Throw 6 balls in with your dryer load. Each set lasts 1000 loads. 100% New Zealand wool.



Laundry Hang-Drying Supplies

Cotton clothesline + wooden clothespins. I recently started hang-drying my clothes. Saves resources and has helped me slow down.

Cotton + Natural Rubber Cleaning Gloves

All-purpose cleaning gloves made with natural rubber and cotton. Note: they run small. Size Large fits me well.



Beech Wood Toilet Brush with Pig Bristles

Toilet brush made with unbleached beech wood and pig bristles.

Bamboo + Recycled Paper Towels

Plastic-free paper towels. 4 brand options below.



DIY CLEANING

If you read through the ingredients for the products in this guide, you may have noticed that some of the same core ingredients are used across multiple formulations. I asked for feedback from my community about what people use to clean their home. I received responses from DIYers and noticed a “same ingredients” trend with them too. Below are the ingredients I’m referring to:

vinegar
baking soda
rubbing alcohol
hydrogen peroxide
saponified soaps
essential oils
herbs

I love the convenience of buying a good product from a trusted brand, but I also love the idea of making my own cleaning products from scratch. A follower reached out and shared that she makes her own herbal-infused vinegar for “all things cleaning” in her home. The sound of that was just heavenly. I use pre-made cleaning products to clean my home now, but am inspired to move toward making my own over time.

If you’re in the market for fresh bulk ingredients (like herbs), check out Mountain Rose Herbs. If you’re into DIY cleaning/formulations, they’re like a candy store for bulk ingredients!



Mountain Rose Herbs

Herbs & Spices
Herbal Extracts
Essential Oils
Bath & Body
Aromatherapy
Carrier Oils, Butters, Clays,
Salts & Waxes

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These product guides were created to make sourcing nutrient-dense food and shopping for low-toxic household products easy.

Each product guide is clickable, so you can shop right from the PDF. If available, I include discount codes and bulk purchasing options that will give you the most savings.

If you're familiar with my [Discounts page](#), note that the below guides include those products, plus many more. While the [Discounts page](#) includes the products my family and I personally use, these product guides provide other options for families and people with a variety of needs.



If so, check out my other
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