

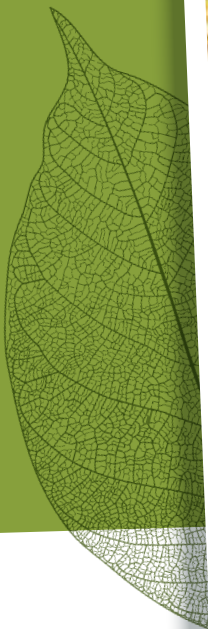
Clean

DOING YOUR PART FOR A
HEALTHY PLANET //



Protect Water
Conserve Energy
Improve Air Quality
Reduce Waste

Simple solutions to help you
achieve a positive impact on
the environment.



Can you really make a difference?

A clean life is a better, healthier life, and that includes a clean environment.

UNDERSTANDING YOUR ENVIRONMENTAL IMPACT

Whether you live in a big city or a small town, on the coast or in the mountains, earth is the place we all call home. And it's up to us to take care of it.

Our actions impact whether or not the air we breathe is clean and the water we drink is fresh. They can also directly alter the delicate ecosystems that make life on this planet possible. We all want a clean, safe, and beautiful environment for our families to enjoy. In order to maintain that, we need to understand our connection to the world around us.

Many factors affect the well-being of our environment. Even the decisions we make in our own homes. Little things we do every day can either add to the problems facing the environment or to the solutions. If everyone chooses to make just a few simple changes in their daily routine, over time our world will become cleaner and healthier for generations to come.

Environmental wellness is an attitude, an awareness, and a lifestyle.

Get started.



First, understand how your choices alter the environment.

Second, resolve to take four simple steps.

Then join us in making a lasting, positive difference.



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Why the environment matters to you.

Keeping the home we live in clean is a normal part of our regular routine. When the garbage is full, we take it out. When the dishes need to be cleaned, we wash them. But when it comes to the second home we have, the earth we live on, doing our part to keep the environment clean is often overlooked.

We all want a clean home. Someplace we can feel healthy and at peace. But a clean home goes beyond a sparkling kitchen and a bed made with freshly laundered sheets. It extends outside your front door—into the natural spaces that not only provide beauty and a place for enjoyment, but are essential to our very lives on planet earth. This is our second home. The one we will leave our children.

It doesn't take much to pollute the air, contaminate water, squander energy, or create waste. That's why it's important to know what we can do to reduce our negative impact on the environment. The good news is that making a difference is as easy as rethinking the way we go places, what we throw away, and what we use to clean our homes.





What you should know...

Understanding how the little choices we make every day can add up to positive or negative impacts on the environment is critical to making better decisions.

The next few pages focus on issues that regularly impede environmental wellness and tips on how you can have a positive impact in four main areas.



4 areas of **impact.**

Water | **Energy** | **Air Quality** | **Waste**

As someone living on planet earth in the twenty-first century, you are making an impact on the environment. The question is, is your impact positive or negative?

There are four major areas where your decisions—the choices you make every day—can make a difference. The consequences are both vast and personal. These areas affect what you breathe, what you drink, and ultimately what your future will look like.

FACTS:

- The U.S. makes up 5% of the world's population, but uses 25% of its natural resources.
- At least 50 million acres of rainforest are lost every year.
- According to the National Academy of Sciences, on average there are 27 oil spills in ocean waters every day somewhere in the world.
- As CO₂ emissions increase, so do average global temperatures—the decade from 2000 to 2010 was by far the warmest on record.





Protect water.

Did You Know?

- 500,000 tons of pollutants pour into natural waterways each day in the U.S. alone.
- Water treatment facilities can remove most solid waste and germs, but not all chemicals
- Chemical pollutants alter aquatic ecosystems by disrupting the hormones and affecting the reproduction of fish and other aquatic life

The Problem:

The household products you use can have harmful chemicals that end up down the drain. Those chemicals are not removed after passing through a water treatment facility and can end up in lakes and rivers. One chemical that wreaks havoc on lakes and ponds is phosphates. Phosphates change the chemistry of natural waters and encourage the growth of algae, triggering a process called eutrophication. This depletes water oxygen and suffocates fish and other aquatic life.

Do Your Part:

Only use cleaning products that are free from chlorine bleach, phosphates, and other harsh chemicals—such as *Tub & Tile™* and *Diamond Brite®*—to keep our waterways clean.



500,000 *tons* of pollutants enter waterways each day.



💧 Of all the water on earth, only 2.5% is fresh water—the rest is salt water.

- ◆ Only 1% of fresh water is available for use—the rest is locked up in soil, aquifers, and glaciers.

While some of that water is replenished every year through rainfall and melting snow, it is important for us to protect our water sources from contamination.

The earth is excellent at filtering water as it falls as rain, passes through the ground, and accumulates in underground aquifers. But this process takes thousands of years—a rate far too slow to keep up with the amounts of pollutants that are currently finding their way into our waterways.

Conserving fresh water is extremely important—and will continue to be as demand for it in the future increases dramatically. Use only as much as you need and be especially mindful of anything you put down the drain.



U.S. Geological Survey (USGS) scientists have documented the presence of endocrine-disrupting contaminants in rivers and streams across the nation.

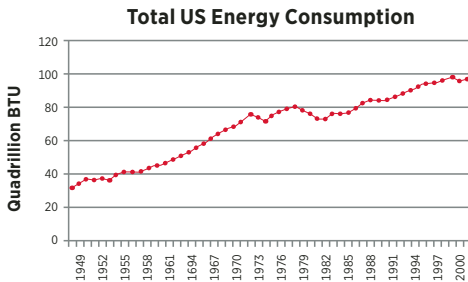
One of these contaminants is nonylphenol, a degradation product of chemical surfactants used in conventional household detergents. The journal *Aquatic Toxicology* reported that male fish exposed to nonylphenol compromised their breeding behavior and increased the occurrence of intersex—the presence of both male and female characteristics within the same fish.

The exact effects nonylphenol and other endocrine disruptors have on humans is still being researched.

Conserve energy.

Did You Know?

- Energy consumption is on the rise. In fact, the average home today uses 40% more electricity than the average home in 1950.
- The average home has around 40 electronic devices, many of which stay plugged in 24/7. Even when unused, these devices can account for 5%-10% of your monthly energy consumption.
- A whopping 90% of the energy used to wash clothes goes just to heating the water.

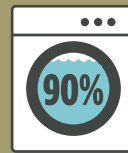


The Problem:

Most energy is created at a cost to the overall environment. Your home is where you have the most control over how much energy you use. Yet most people go throughout their time at home completely unaware of how much energy they are consuming.

Do Your Part:

Use cold water to wash clothes whenever possible and save over \$10 a month on your electric bill. *MelaPower*[®] 6x is formulated specifically to get your laundry clean in cold water. It's so unique it's patented.



Heating water for laundry uses 90% **MORE ENERGY** than washing with *cold water*

Energy Sources in the U.S.

Many parts of the world—including North America—are experiencing significant increases in energy demand. This puts pressure on the resources used to generate the needed energy. Many of those resources require obtaining and burning fossil fuels. And while technology now allows us to find, extract, and burn these fuels with less environmental disruption and fewer overall emissions, coal, oil, and natural gas are not sustainable resources.

Many areas rely on nuclear power, but nuclear power is not generated without its own unique set of environmental risks.

For now, sustainable forms of energy, including hydroelectric, solar, wind, and geothermal, are not widely available.

Even if energy were abundant, the best policy is to only use what you truly need.

With a little observation and a mind toward conservation, you can reduce where possible and stop the gaps where energy may be seeping out of your home unnoticed. There are things each of us can do to help conserve the energy we would otherwise waste each day.

Fact: Melaleuca's Idaho Falls facilities run on 97% wind and hydroelectric power.



OIL

Con: Nonrenewable source. Burning oil at power plants produces greenhouse gases, requires large amounts of water for processing, and deposits sludge into waterways. Oil spills cause soil degradation and threaten ocean habitats.

Pro: Easy to handle and transport, and is easier to extract from the ground than coal.

36.4%



NATURAL GAS

Con: Nonrenewable source. The burning of natural gas is cleaner than other fossil fuels, but does produce some greenhouse gases.

Pro: Does not pollute water systems or create substantial amounts of solid waste.

25.5%



COAL

Con: Nonrenewable source; releases carbon dioxide when burned and requires large amounts of water to process; disturbs large amounts of land for surface mining.

Pro: Low cost and easily accessible.

20.0%



NUCLEAR

Con: Nonrenewable source. Uses large amounts of water for processing and generates radioactive waste.

Pro: Low emissions of greenhouse gases. One single plant can generate large amounts of energy.

8.48%



HYDRO (WATER)

Con: Construction of dams can significantly affect natural river systems.

Pro: Renewable source. Keeps air and water clean, in addition to having no solid waste associated with it.

3.26%



WIND

Con: Not all parts of the country have wind sufficient to turn wind turbines.

Pro: Does not create any air, water, or solid waste pollution.

1.20%



SOLAR

Con: Cost of panels. Limited to daylight hours. Can be affected by weather.

Pro: Renewable source. Keeps air and water clean, in addition to having no solid waste associated with it.

0.16%



Improve **air quality.**

Did You Know?

- According to the American Lung Association, 127 million Americans live in areas where the air is so polluted it is endangering their lives.
- Air pollution can cause premature death in otherwise healthy people. Those especially at risk are children, teens, and those over 65.
- Indoor air quality is one of the EPA's top five environmental risks to public health.

The Problem:

Air pollution can cause a variety of environmental effects such as acid rain, haze, ozone depletion, forest damage, and climate change. This is bad for the earth's health and your health.

Do Your Part:

Do your weekly errands in a single trip. Walk, bike, or carpool whenever possible. And with concentrated products from Melaleuca, we don't ship unnecessary water—reducing diesel fuel and CO₂ emissions.



Six common air pollutants that the EPA is required to set air quality standards for are carbon monoxide, ozone, particle matter, nitrogen oxides, sulfur dioxide, and lead. Vehicle emissions directly and indirectly affect many of those pollutants, which is why monitoring our fuel usage is particularly important in improving air quality.

According to the EPA, these factors and other toxic air pollutants found in some home cleaning products can contribute to health risks such as cancer, damage to the immune system, and neurological, developmental, and respiratory health problems.



Air pollution (including particle and ozone pollution) can take a toll on your body. In particular, toxins can build up in your body's tissues. Here are some of the health complications air pollution may cause:

- Asthma
- Wheezing and coughing
- Shortness of breath
- Lung inflammation
- Lung cancer
- Reproductive complications
- Cardiovascular harm
- Susceptibility to infections
- Premature death

Top 10 Most Air-Polluted U.S. Cities

1. Bakersfield, CA
2. Hanford, CA
3. Los Angeles, CA
4. Visalia, CA
5. Fresno, CA
6. Pittsburgh, PA
7. Phoenix, AZ
8. Cincinnati, OH
9. Louisville, KY
10. Philadelphia, PA

According to a 2012 American Lung Association study.



less than
25%
of garbage gets
recycled



Reduce **waste.**

Did You Know?

- According to the EPA, residential waste accounts for about 65% of total waste in the U.S.
- 42% of what we throw away is paper textile—all completely recyclable.
- Americans use approximately 1 billion plastic shopping bags every year, creating 300,000 tons of nonbiodegradable landfill waste.



The Problem:

Every year, people in the U.S. generate approximately 230 million tons of trash—about 4.6 pounds per person, per day. Less than one-quarter of it is recycled; the rest is incinerated or buried in landfills.

Do Your Part:

Buying concentrated products like *EcoSense*[®] cleaning, laundry, and dish products helps reduce packaging that's thrown away and cuts down on the need to manufacture new plastic packaging.



If the plastic that Melaleuca customers have saved since 1985 were turned into laundry baskets, there would be enough to circle the earth seven times.

Trash consists of everyday items we use and then throw away, such as product packaging, grass clippings, furniture, clothing, bottles, food scraps, newspapers, appliances, paint, and batteries. It comes from our homes, schools, hospitals, and businesses, and each of us has a responsibility to reduce the amount of garbage we throw away. Reusing items when we can and recycling as much as possible will lessen our negative environmental impact.

Why is reducing the amount of plastic you use so important?

Here's what it took to make new plastic in 2010:

- 191 million barrels of oil
- 412 billion cubic feet of natural gas
- 65 billion kilowatt-hours of electricity



7

things you should never throw in the trash.

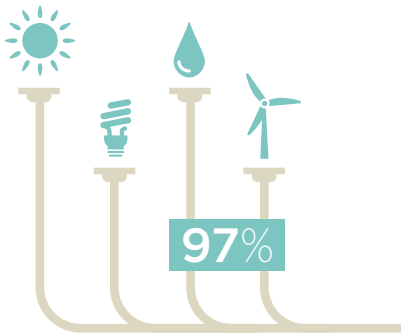


1. **Lithium-ion batteries:** These are one of the rechargeable varieties. The chemicals in them can leech into the soil and the water supply, polluting the ecosystem. Return to a recycling center in your area.
2. **Electronics equipment:** Includes TVs, stereos, and mobile phones. Electronics are often filled to the brim with poisonous substances. Return to a recycling center.
3. **CFL light bulbs:** While it's important to use them instead of regular bulbs, when it comes to disposing them you should always recycle.
4. **Car-related fluids:** Antifreeze, wiper fluid, and engine oil are terribly toxic. You can recycle these at your local hazardous waste collection point.
5. **Drugs and medicine:** These can harm children or pets and when dissolved can find their way into the soil and water supply. Participate in community take-back programs or return to your pharmacist.
6. **Paints, varnishes, and stains:** All are designated as hazardous materials and should be disposed of at official collection points.
7. **Lawn and garden products:** These include fertilizers, pesticides and other poisons used to keep lawns green and insect pests away. They should be handled as hazardous material and disposed of at official collection points.

The Melaleuca commitment: **practices.**



A major way you can make a difference is by choosing to purchase products from companies that are committed to eco-friendly practices.



NO HARSH CHEMICALS // Instead of harsh chemicals like chlorine bleach, ammonia, and formaldehyde, Melaleuca *EcoSense*® products are powered by naturally derived ingredients including essential oils.

CONCENTRATED PRODUCTS // Using less plastic, less fuel, and less water means having to use fewer resources and creating less pollution.

MANUFACTURING // We use sustainably sourced and recycled materials in our catalogs, shipping materials, and product packaging. We also recycle every material we can, from cardboard boxes to plastic bottles.

ENERGY // Our distribution facility uses skylights and energy-efficient lighting to cut back on electricity. Our Idaho Falls facilities are powered by 97% hydro and wind energy.

SHIPPING // We save you the cost of driving to the grocery store by shipping products directly to you. Trucks leave our distribution center packed to full capacity in order to maximize fuel use.

PACKAGING // Your order is packed with air pillows instead of bubble wrap or Styrofoam peanuts, which creates far less waste in landfills and requires less fuel to ship it to your door.

DISTRIBUTION // Reusable plastic bins are used to move products at our plant instead of industry-standard, disposable cardboard boxes. Once the bins can no longer be used, they are recycled into fiber optic cables.





FORMULATION // Melaleuca EcoSense products are formulated with natural, biodegradable ingredients that do not disrupt the ecosystem when they return to our waterways.

The Melaleuca commitment: **products.**

Clean

Home
Streams
Conscience®



For almost 30 years, Melaleuca has made environmental wellness an important part of our company culture. We are the market leader in concentrated products.

Melaleuca products are always formulated to contain:

- **No chlorine bleach**
- **No ammonia**
- **No formaldehyde**
- **No phosphates**
- **No phthalates**
- **No harsh chemicals**



MelaPower®

- ✓ 6x concentrated
- ✓ Biodegradable ingredients
- ✓ Non-alkaline
- ✓ Plant-derived surfactants
- ✓ Natural power of enzymes
- ✓ Effective in cold water
- ✓ Fragranced with essential oils



Tub and Tile™

- ✓ 6x concentrated
- ✓ Biodegradable ingredients
- ✓ No harsh chemicals
- ✓ No harsh fumes
- ✓ Naturally derived citric acid
- ✓ All-natural Melaleuca Oil



Sol-U-Guard Botanical®

- ✓ 2x concentrated
- ✓ Biodegradable ingredients
- ✓ No chlorine bleach
- ✓ Natural power of thyme oil
- ✓ Naturally derived citric acid
- ✓ Plant-derived surfactants



Diamond Brite®

- ✓ 4x concentrated
- ✓ No chlorine bleach
- ✓ No phosphates
- ✓ Natural power of enzymes
- ✓ Naturally derived citric acid
- ✓ No child safety cap required



Clear Power®

- ✓ 6x concentrated
- ✓ Biodegradable ingredients
- ✓ No ammonia
- ✓ Natural power of distilled white vinegar
- ✓ Plant-derived surfactants
- ✓ Corn-derived alcohol



Tough & Tender®

- ✓ 6x concentrated
- ✓ Biodegradable ingredients
- ✓ No caustic chemicals
- ✓ All-natural Melaleuca Oil
- ✓ Wipes are biodegradable



Moisturizing Liquid Soap

Every plastic bottle you use will eventually end up somewhere in nature. Because *Moisturizing Liquid Soap* lasts 5 times longer, the environmental impact from the empty bottles is 5 times less. Enjoy hands that are clean, confident, and irresistibly soft.



Melaleuca products make a positive difference inside and outside your home. Highly concentrated formulas reduce the amount of fuel needed to ship products and create less plastic to throw away.



Little steps to a big improvement.

The vast majority of people want to do something to create a cleaner, safer environment—most just don't know what they can do. Making a difference for a worldwide problem may seem impossible. But if you do your part, your effort does matter. You can make a difference! Small but consistent changes will add up to big improvements.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

—MARGARET MEAD

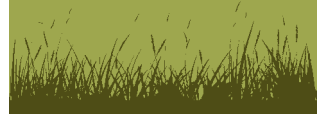
It is little actions repeated over and over again that have endangered the cleanliness of the world we live in. It is these little actions that make up our lives that will steer the future of our earth down a road that is unhealthy and dirty or healthy and clean. So don't be surprised that a few simple changes to the things you do every day—like how you wash your clothes, how you heat your home, how you get to the store, and what you do with your trash—can make a very real, monumental difference.



4 Simple Steps

These steps will not only help create a healthier environment for you and your family, but they have the potential to help preserve a healthy environment for your children, grandchildren, and generations to come.

1. Convert your home to Melaleuca products
2. Reduce, reuse, recycle
3. Skip a trip in your car
4. Adjust your thermostat



reduce, reuse, **recycle** //

1

convert your home //



2



3

skip a trip in your car //

adjust your thermostat //

4



What you can do... ✓

You, as an individual, are not without power. You can change the world. Read on to discover how four simple lifestyle changes can make an enormous difference.



Convert your home to Melaleuca products.

Become a Melaleuca Preferred Customer and use our safer, smarter products instead of what you'd buy at the grocery store. It is the easiest way to do your part and reduce the harmful chemicals entering our waterways.

We work hard to make sure that our products and business practices are environmentally friendly. The products we provide are processed, packaged, and delivered in conscientious ways and offer you a safe and effective alternative to store brands so you don't have to compromise.

By becoming a Melaleuca Preferred Customer, you are automatically making eco-friendly choices in three ways: ▶

▶ Clean HOME

Your top priority is to provide your family with a home free of dirt and germs. Using cleaning products with natural ingredients can help alleviate damage done to the environment and provide a gentle alternative. Products that use citric acid instead of sulfamic acid or thyme instead of chlorine bleach not only kill germs and remove stains better than competitive products, but they do it without using the harsh chemicals and fumes that are dangerous for your family.

▶ Clean WORLD





Buying products that are concentrated or refillable cuts back on excess packaging, which reduces the amount of plastic being needlessly manufactured and discarded. Using products that don't contain harsh chemicals also protects our waterways.

▶ Clean CONSCIENCE

It gives you peace of mind to know that the natural ingredients in *EcoSense*® cleaning solutions won't harm your loved ones but will still remove the germs and bacteria that could. At the same time, you can feel a sense of accomplishment that you are contributing to a cleaner ecosystem by using products that are easy on the environment.



Since 1985 Melaleuca customers have helped save:

WASTE		166,100,000 pounds of plastic
ENERGY		34,800,000 gallons of gasoline
AIR		37,000,000 pounds of greenhouse gas emissions
WATER		84,082,000 pounds of algae-choking waterways



just by switching to smarter, safer, cleaner products

If Melaleuca customers can make this kind of difference in just a few short years (less than 1% of U.S. households are Melaleuca customers), just think of the kind of impact we can have as our community continues to grow.



Reduce, reuse, recycle.

Recycle old newspapers, aluminum cans, glass bottles, and plastic containers to help reduce the amount of trash sent to landfills each year.



Over 75% of waste is recyclable but only 25% gets recycled. Reducing the amount of garbage you throw away by reusing what you have or recycling it not only keeps it out of landfills, but it also helps decrease the resources used to manufacture new products and it can save you money as well.

Here are some ways you can start recycling.

- ▶ Contact your local city offices to find out what recycling methods are available in your area. Learn what kinds of materials to set aside, where they are collected, and when they are picked up.
- ▶ Put a container next to your kitchen garbage can or in an area that you will see regularly to remind you and others in your household to recycle.
- ▶ Donate gently used but otherwise working appliances, household goods, clothing, and electronics to a local thrift store.



STEP
3

Skip a trip.

Skip a car trip once a week by taking mass transit, riding your bike, walking, or carpooling. It's a smart, healthy way to reduce air pollution and fuel consumption.

42% of the population of the United States lives in counties with unhealthy air pollution levels.

Here are a few ways that you can help reduce air pollution:

- ▶ **Walk.** If you don't have far to go or you have time to go the distance, using your own two feet is a great alternative to driving.
- ▶ **Ride your bike.** It requires no fossil fuels to get from point A to point B. It's a healthy alternative for you and the environment, and it's fun!
- ▶ **Car pool.** Get to know your neighbors or coworkers better by sharing the drive to and from work just once a week.
- ▶ **Use mass transit.** Buses, trains, shuttles, and subways can carry more people who are already heading in the same direction, which saves fuel consumption and gives you a chance to read a book or take a nap while you ride.



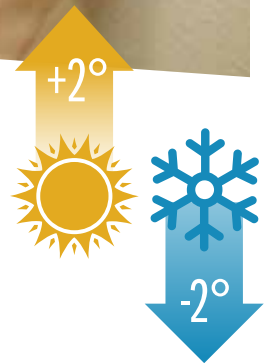


Adjust your thermostat.

The electricity you depend on every day most likely comes from burning fossil fuel. It's the burning of coal, oil, or natural gas that allows you to flip on a light, turn on the TV, or plug in a curling iron. All of that burning doesn't come without a cost to the environment.

Did you know 45% of your home energy consumption comes from heating and cooling? Program or manually turn down your thermostat by two degrees in the winter and turn it up two degrees in the summer to cut back on energy costs.

Another way you're consuming lots of energy at home? Hot water. To conserve, use *EcoSense*® laundry products with cold water. They're formulated to clean and brighten clothes in all temperatures—including cold. Just these two minor changes alone could reduce the energy you consume by 15%. **Plus, you could save up to \$200 a year on your energy bill!**



In addition to adjusting the temperature in your home, you can save energy by turning lights off when you leave a room, washing your laundry in cold water instead of hot, and unplugging appliances and electronics when they're not in use.

2013 2023 2033 2043 2053 2063

50 years from now
if every household in the U.S. did just
these four steps we would save...

4,400,000,000
pounds of garbage from going into landfills



12,700,000,000
barrels of oil from being produced



30,300,000,000
trees from being harvested



8,400,000,000,000
kilowatt-hours of electricity usage



13,200,000,000,000
pounds of greenhouse gas emissions



Join us in
**making a
difference.**



Knowing all the factors that negatively affect our environment can make wanting to do something about it feel a little daunting. But you don't climb a mountain in one step. It's a series of small steps that get you to the top.

Same is true with becoming more environmentally friendly. Small steps add up to big changes. By taking the lead to educate yourself on the issues and finding simple ways to implement changes, you can help your family, friends, neighbors, and coworkers see how easy and economical a "green" lifestyle can really be.

The more people who make these changes the greater the impact will be overall. Team up with Melaleuca today.



Environmental impact survey.



The first step to improving the environment is knowing what your personal impact is.



This is your chance to rate yourself in each of the four areas of impact (water, energy, air quality, and waste). Honestly assess how often your current behavior matches the description.

Once you've finished, add up the number of check marks you've made in the red, yellow, and green columns and add those totals to your impact score at the end of the survey. This will give you a clear picture of which areas you can improve in and where you're already making great strides in being eco-friendly. Make plans to change a few things in your daily routine and periodically review this survey to see how you've progressed.

If everyone makes a few simple changes, it can have a great impact on our world for generations to come.

water

Protect Water

My Behavior	Never/Rarely	Sometimes	Usually/Always	Environmental Impact
I purchase biodegradable or non-toxic cleaning products.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Keeping waterways healthy means being aware of what you dump down the drain.
I immediately fix all leaky faucets or toilets.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	A leaky toilet can waste as much as 200 gallons of water a day.
When doing laundry, I match water level to load size.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	The washing machine alone consumes 21.7% of household water use.
I properly dispose of hazardous materials such as paint, old motor oil, and other household chemicals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hazardous materials dumped down the drain eventually end up in our water systems.
I keep my showers to 9 minutes or less.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Shortening showers by one minute can save up to 150 gallons of water per month.

energy

Conserve Energy

My Behavior	Never/Rarely	Sometimes	Usually/Always	Environmental Impact
I turn off electric lights when no one is in a room.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	You could save 10%–20% of your total household electricity use. Every 60-watt bulb requires .06 kilowatts of electricity per hour.
I wash my clothes in cold water.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	90% of the energy used during a wash load is used to heat the water.
I hang my clothes to drip dry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	A dryer is the second-biggest electricity-using appliance after the refrigerator. It costs over \$1,800 in energy to run a dryer over its lifetime.
I use low-wattage and/or energy-saving light bulbs wherever I can.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Energy-conserving light bulbs use significantly less electricity than standard incandescent bulbs.
I unplug seldom-used appliances, or use power strips to turn them off.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	75% of the power used by appliances and electronics is used when the items are not being used.

air quality

Improve Air Quality

My Behavior	Never/Rarely	Sometimes	Usually/Always	Environmental Impact
I regularly walk or ride a bicycle somewhere rather than driving.				Every gallon of gasoline saved avoids 22 pounds of carbon monoxide emissions.
I carpool or use mass transit.				Vehicle exhaust contributes roughly 60% of all carbon monoxide emissions nationwide.
I use cleaning products that do not create harmful fumes.				Pollution inside is typically 2 to 5 times worse than the air outdoors.
I store all harmful chemicals outside of the house.				Indoor air quality is one of the EPA's top 5 environmental risks to public health.
I use products that are free from chlorine bleach, ammonia, and other caustic chemicals.				75% of Americans live with someone who suffers from asthma, allergies, or other respiratory illnesses.

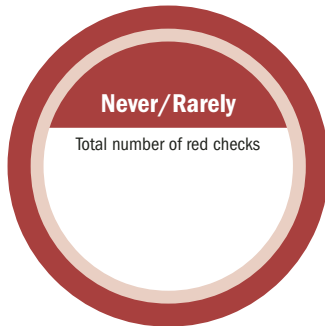
waste

Reduce Waste

My Behavior	Never/Rarely	Sometimes	Usually/Always	Environmental Impact
I use a reusable drinking cup whenever possible.				The U.S. uses 1,500 plastic water bottles every second.
I take my own sacks (or other containers) to the grocery store.				Americans use approximately 1 billion plastic shopping bags every year—creating 300,000 tons of landfill waste.
I purchase concentrated products.				50 million plastic bottles are thrown away each day in the U.S.
I recycle aluminum, paper, glass and plastic.				For every pound of trash you recycle, you save energy and reduce CO ₂ emissions by 1 pound. Making products with recycled materials also saves raw materials.
I reuse, donate, or recycle clothing or household items instead of throwing them away.				The amount of disposed items in the U.S. has more than doubled in the last 50 years.

Your Impact Score

Time to take action



Well, you've got some work to do. Making the switch to a more environmentally friendly lifestyle isn't difficult, it just takes awareness and persistent effort. Today is your day to start living green.

Room to improve



The full potential of these simple steps is when you implement them every day, not just sometimes. You know what to do. You do it. Sometimes. Start now to establish better habits and change *sometimes* to *always*.

Leading by example



Congratulations! You are doing your part to achieve a cleaner, healthier planet. You're making your home and the world a better place for your children and the generations to come.

What now?



Follow the four simple steps outlined in this guide. Then review your impact survey and identify additional ways you can make small improvements.

Then put your plan into action.

“ We have a responsibility to look after our planet. It is our only home.”

—THE DALAI LAMA

Clean

DOING YOUR PART FOR A
HEALTHY PLANET

MelaPower® 6x



Sol-U-Guard Botanical®



Diamond Brite®



CLEAN. IT JUST FEELS GOOD.

Clean laundry. Clean dishes.
A clean tub, a clean floor. A home
is a healthier place to be when
it's clean. Same goes for planet
earth. Clean air. Clean water.
Clean is better for everybody.

Melaleuca is making it possible for more and more families to live clean by providing safer, more effective products powered by nature. No bleach. No ammonia. No caustic chemicals. Just concentrated goodness that helps you create a clean and healthy home while reducing waste and lowering your impact on the environment. Together, we're making a difference.

