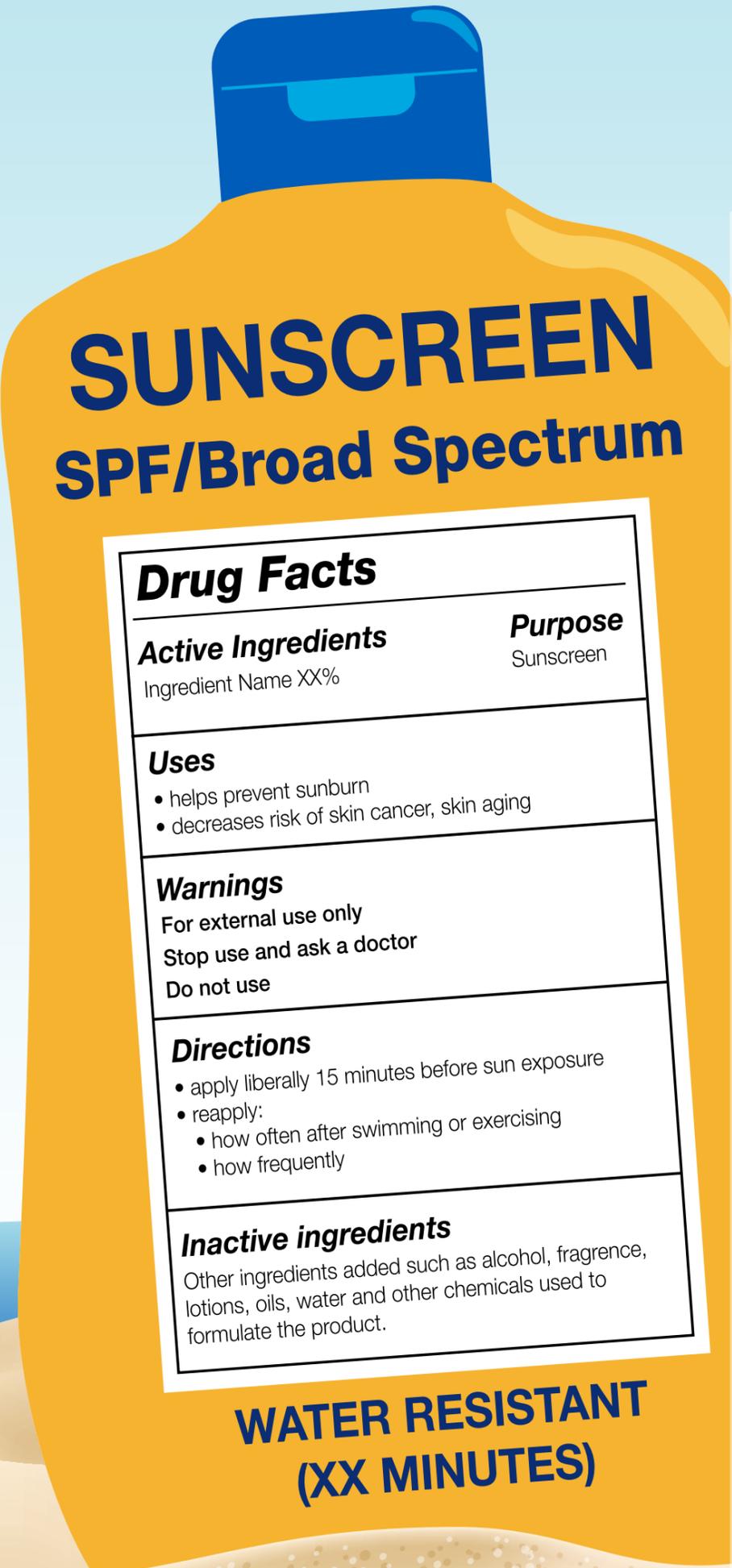


SUNSCREEN FACTS

Decoding Your Sunscreen Label



SUNSCREEN SPF/Broad Spectrum

Drug Facts

Active Ingredients	Purpose
Ingredient Name XX%	Sunscreen

Uses

- helps prevent sunburn
- decreases risk of skin cancer, skin aging

Warnings

For external use only
Stop use and ask a doctor
Do not use

Directions

- apply liberally 15 minutes before sun exposure
- reapply:
 - how often after swimming or exercising
 - how frequently

Inactive ingredients

Other ingredients added such as alcohol, fragrance, lotions, oils, water and other chemicals used to formulate the product.

**WATER RESISTANT
(XX MINUTES)**

SPF (30, 45, 60+)

The higher the SPF number, the more UV rays are filtered out, providing greater protection when exposed to the sun. SPF 30 filters 97% of UVB rays and is always the minimum SPF recommended.

Broad Spectrum

Indicates protection against both UVB and UVA rays. UVB rays burn the skin and cause cancer. UVA rays penetrate deeper into the skin causing skin aging, wrinkles, greater damage and cancer. **SPF less than 15 does not provide broad spectrum protection.**

Active Ingredients

Ingredients that provide protection from UVB and UVA rays and the amount used in the product. Physical, mineral sunscreens use zinc oxide and titanium dioxide which lay on the skin and block UV rays from penetrating the skin. Chemical sunscreens use ingredients like avobenzone, homosalate, oxybenzone and others, that soak into the skin and protect by absorbing UV rays.

Warnings

Provides information about allergies, sensitivities, age restrictions for use and what to do if you experience a reaction to using the product. Read carefully.

Directions

Indicates how to use and how frequently to apply the product for maximum protection. One ounce of sunscreen (enough to fill a shot glass), is considered the amount needed to cover exposed areas of the body.

Inactive Ingredients

Ingredients used in formulating the sunscreen that do not offer any protection against UV rays. Read carefully for ingredients that may irritate sensitive skin or that you may be allergic to.

Water Resistant

States the amount of the time the sunscreen provides protection when swimming or sweating from physical activity and should be reapplied. The FDA prohibits sunscreens from claiming to be waterproof.

Stephanie Mehlis, MD, Dermatology at NorthShore, says make sure you cover all exposed areas of your body.