



Phosphorus-Free Automatic Dishwashing Detergents

www.lcbp.org

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Phosphorus is a nutrient essential for plant growth. It is found in lawn fertilizers, some detergents, and human and other animal waste. Too much phosphorus in water causes algal blooms and excessive aquatic plant growth. These plants, and the water quality problems that occur when they decompose, can harm fish and other organisms and limit our use and enjoyment of the Lake. While phosphate is banned in laundry soaps and hand dishwashing detergent, it is still used in automatic dishwasher detergents. Please help keep phosphorus out of Lake Champlain by using phosphorus-free or low-phosphorus detergents for your dishwasher. (*Phosphate* is the form of phosphorus found in detergents.)

Dishwashing Detergents	Phosphate Content
Bi-O-Kleen	0%
Citra-Dish	0%
EcoVer	0%
Mrs. Meyers	0%
Seventh Generation	0%
Shaklee	0%
Palmolive Gel	1.6%
Cascade Complete: Liquid	4.0%
Cascade Complete: Gel	4.0%
Sunlight Gel	4.3%
Cascade Pure Rinse	4.4%
Electra-Sol Gel	4.9%
Sunlight Powder	5.6%
Electra-Sol Powder	6.1%
Spot-Free (Wal-Mart) Powder	7.0%
Stop N Shop Powder (Lemon)	7.5%
Stop N Shop Powder (Regular)	7.5%
Cascade Complete Powder	7.7%
Cascade Complete Tablets	8.5%
Sunlight Tablets	8.7%
Electra-Sol Tablets	8.7%
Palmolive Tablets	8.7%

The following are a sampling of phosphorus-free brands:

Bi-O-Kleen

Citra-Dish

EcoVer

Mrs. Meyers

Seventh Generation

Shaklee

Look for them in natural foods stores, or in the natural foods section of major supermarkets.

Table modified from: www.assabriver.org/nutrient/detergents.html.