Understanding the new FDA
Sunscreen Labeling Changes

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Understanding the **FDA** sunscreen labeling changes

- In June 2011, the U.S. Food and Drug Administration (FDA) announced final rulings for the labeling of sunscreen products that will take effect in June 2012. NEUTROGENA® and AVEENO® are teaming up to help explain how these rulings will impact your favorite products containing sun protection (SPF).

- You’ll start to see the changes outlined here in June 2012. Because of the logistics involved with producing new labels and shipping products nationwide, it may take longer for sunscreens with new labels to appear at stores in your area. During this transition, you can continue to use your current NEUTROGENA® and AVEENO® sunscreens with the confidence that they are safe and effective.

![](image)
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<th>NEW FDA RULE</th>
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| **Broad Spectrum** | - Sunscreen products that pass the new FDA test to provide balanced UVA/UVB protection will be labeled as “Broad Spectrum.”  
- Both UVB and UVA rays contribute to sunburn, skin cancer, and premature skin aging.  
- Sunburn is primarily caused by UVB rays. |
| **Use Claims** | - Products that are both Broad Spectrum and have SPF values of 15 or higher may claim that they help prevent skin cancer and early skin aging when used with other sun protection measures and when used as directed.  
- Products that are not Broad Spectrum or have SPF values between 2 and 14 can only claim to prevent against sunburn and must carry a warning that the product has not been shown to help prevent skin cancer and early skin aging. |
| **Label Updates** | - The terms “waterproof,” “sweat-proof” and “sunblock” will no longer appear on packaging.  
- If a sunscreen product is water resistant, it can be placed on the label but it will also include the amount of time before it should be reapplied (40 or 80 minutes).  
- All sunscreens will be required to have a Drug Facts section on the back and/or side of the container that will include Active Ingredients and Use Claims. |
What’s the difference between UVA and UVB?

UVA and UVB are the 2 main types of UV rays reaching us from the sun. UVA rays penetrate deep into the layers of the skin and lead to premature signs of aging, which include fine lines and wrinkles. UVB rays are the primary cause of sunburn, because they penetrate the outer layer of skin and cause damage to skin cells. Too much exposure from either UVA or UVB rays can play a part in causing skin cancer.
What does ‘SPF’ mean?

SPF (Sun Protection Factor) is a measure of a sunscreen’s ability to prevent sunburning rays from damaging the skin. Sunscreen increases the amount of time you are protected from sunburn. For example, if your “natural burning time” is 5 minutes in the sun, a properly applied SPF 30 sunscreen will protect you from burning 30 times longer or about 150 minutes. Always choose a sunscreen that offers an SPF of 30 or higher. But be aware that a high SPF alone is not enough. SPF mainly measures protection against UVB rays. Your sunscreen should protect against UVA rays as well.

In addition to SPF, what else should I be looking for in a sunscreen?

Look for Broad Spectrum protection. This means that the product blocks UVA and UVB rays. Additionally, look for product features that fit your individual needs: water resistant, for sensitive skin, or for babies.

For more information, please visit www.sunmonograph.com.
How to protect your skin and reduce your risk of skin cancer

Protect your skin every day, every season

- You know that getting too much sun isn’t good for you. You probably already wear a sunscreen when you’re at the beach, lounging by the pool, or just walking around on a hot summer day. But sun damage isn’t seasonal. Exposure to the sun’s harmful ultraviolet (UV) rays can add up over time, all year long. You may be surprised to learn that some common routines can add up to 20 hours of UV rays each week, including:
  - Walking to your car on a cloudy day
  - Working near a window
  - Driving to school or work in the morning
  - Sitting under a tree at the park
  - Playing in the snow on an overcast day

Make it count, with the right amount

- One ounce is considered the amount of sunscreen needed to properly cover the exposed areas of an average, adult-sized body. Mists or sprays should be applied slowly and evenly until the product is visible on the skin and then rubbed in to ensure full coverage. Keep in mind that using too thin a layer of sunscreen may result in a lower SPF than the label indicates.

How much? One ounce of sunscreen is about the size of a golf ball.
Tips for using sunscreens

- Use an SPF 30 or higher sunscreen on skin that receives daily sun exposure. Apply generous amounts of SPF 30 (or higher) sunscreen when you are active outdoors.
- Reapply often, after swimming, perspiring, or using a towel.
- Don’t forget that lips get sunburned, too, so apply a lip balm that contains sunscreen.

For more information, please visit www.sunmonograph.com.