

Recent Investigation Found 25% of Tested Activewear Yoga Pants Contain PFAS

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Sass Yoga Pants, an informational website on yoga pants, published a recent article sharing the information from a new report from Mamavation, an environmental wellness blog and community. Mamavation investigated multiple pairs of yoga pants and found that 25% of the leggings and yoga pants tested had detectable levels of fluorine, an indicator of toxic PFAS.

Sass Yoga Pants notes that knowing the type of materials used in everyday yoga pants is just as essential to one's health as the sport or activity that inspired this active sportswear. Sustainable yoga pant manufacturing in addition to producing them by methods that are kinder to the earth, they also need to be safe and non-toxic to the wearer.

The Mamavation investigation examined 32 pairs of activewear, mostly workout leggings and yoga pants, which were sent to an EPA-certified lab to test for organic fluorine, which is an indicator of PFAS.

The leggings and yoga pants were reported as purchased between June and November 2021 from Amazon.com, Nordstrom, Target.com, and several other websites. Products were photographed and not taken out of their original packaging and then were sent to a third-party EPA-certified laboratory.

Each pair was tested for organic fluorine, an indicator of the presence of PFAS, in the crotch area.

PFAS are known in various industries as the "forever chemicals". They were invented in the 1950s. PFAS are blended into a variety of materials and textiles to create a protective sealant or resistant layer.

These chemicals are used by outdoor and apparel brands to ensure that your jacket keeps you dry, and your shoes do not get dirty. In the case of yoga pants and leggings they primary are used to increase the wicking away of moisture and sweat away from the body.

While exposure to PFAS chemicals has been linked to several health problems, there are no laws protecting people from PFAS in apparel. But according to the Mamavation report on non-toxic yoga pants, no one knows which yoga pants manufacturers use PFAS-treated materials in their leggings.

In addition to the findings, the Mamavation report speaks to what to look for when choosing non-toxic yoga pants, free of PFAS or "Forever Chemicals".

The report recommends that "if you are looking for the best yoga pants or leisure leggings, there are more safe options. Whether it's your best yoga leggings to do your hot yoga or a simple yoga session in your favorite studio or at home, your pair of yoga pants will be hugging your body. The best piece of advice is to scrutinize synthetic materials made from petrochemicals that are "buttery soft." Best to stick with natural fabrics like cotton if you are purchasing for low impact."

The report data and findings were reviewed by Pete Myers, Chief Scientist at Environmental Health Sciences, Adjunct Professor of Chemistry at Carnegie Mellon University, and Co-Author of *Our Stolen Future* & Scott Belcher, Research Scientist with the Center for Environmental & Health Effects of PFAS at North Carolina State University.

"While we know that PFAS can be absorbed through the skin we don't have much information about how much would be transferred from activewear products. It's unlikely to be 0," says Pete Myers, Chief Scientist at Environmental Health Sciences, Adjunct Professor of Chemistry at Carnegie Mellon University, and Co-Author of *Our Stolen Future*.

More information on the specifics of the report and the brands using PFAS treated materials can be found on the Mamavation website.

More information on Sass Yoga Pants can be found on their website.

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For more information about Sass Yoga Pants, contact the company here: Sass_Yoga_PantsAna_Burke@sassyogapants.com

Sass Yoga Pants

Sass Yoga Pants is an informational resource for yoga pants and leggings for active and fashionable sportswear.

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