Finding Healthy **Indoor Paint**

Learn more about material health!

WOMEN for a Healthy ENVIRONMENT

LIVING FUTURE

Common **Indoor Paint** Materials

Alkyd
Many alkyds are solventborne, which can be very high in VOCs (volatile organic compounds). But waterborne options are often available!

Acrylic (including latex paint!)
For both acrylics *and* alkyds (even waterborne ones), health hazards include VOCs (volatile organic compounds), APEs (alkylphenol ethoxylates), and PFAS (per- and polyfluoroalkyl substances).

Mineral
Most preferable! Common mineral paint options include lime or mineral silicate paints. Though the hazard risk is greatly reduced, these paints can still contain synthetic binders, so APEs, PFAS, and VOCs may still be present.



Your Material Health Checklist for **Indoor Paint**

- ☐ Avoid solventborne alkyds and acrylics in favor of waterborne options
- ☐ Prefer mineral paints over acrylic (latex) or alkyd paints wherever possible
- ☐ Always look for paints advertised as low VOC (<5 g/L), APEs-free, and, if available, PFAS-free too
- ☐ Avoid paints making antimicrobial-related health claims

Healthy **Indoor Paint** Products

The examples products shown at right are **Red List Free** (meaning they do not contain any of the building industry's worst-in-class chemicals).*

Find more healthy indoor paint by searching the Declare database for Red List Free products, or by searching Ecomedes for Greenguard Gold or Indoor Advantage Gold products.

Declare Database

Ecomedes





*As of June 2026. Be sure to check produce data for current status.