

# FDA Recommendations

The FDA recommends that users should avoid ingesting or inhaling products containing DHA. DHA is recommended for use by the FDA, for external use only.

“DHA is listed in the regulations as a color additive for use in imparting color to the human body. However, its use in cosmetics—including sunless "tanning" products—is restricted to external application.”

This includes exposure to the eyes, lips, mucus membranes or internally.

The FDA and Sjolie Tanning Products recommend that you take the following measures to protect you and your clients during spray tanning sessions:

- Protective eye wear
- Nose filters
- Use of lip balm
- Protective undergarments

If there are any additional concerns in regards to the FDA regulations referring to DHA, please visit their website, [www.fda.gov](http://www.fda.gov).

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