

TOXIC  
NIX  
IT LIST

NEVER RISK IT

ALWAYS NIX IT

**Toxin No. 1** – Animal Fats, Oils + Musks:  
Commonly collected from mink, emu + sharks. Often used in soaps, lubricants, salves + cosmetics.

**Toxin No. 2** – Benzalkonium Chloride:  
Used as a disinfectant + antiseptic in moisturizers + sanitizers. A severe irritant to the immune, skin + respiratory systems.

**Toxin No. 3** – Benzophenone + Derivatives:  
Common in personal care products such as nail polishes + sunscreen. Linked to cancer + considered an endocrine disruptor.

**Toxin No. 4** – Bisphenol A (BPA):  
Used to harden plastic found in containers, bottles + linings. Acts as a hormone disruptor, especially concerning the development of fetuses, infants + children.

**Toxin No. 5** – Butoxyethanol:  
Used as a solvent or fragrance additive in perfumes + hair color. Causes severe irritation to skin + respiratory tract, potentially carcinogenic.

**Toxin No. 6** – BHA + BHT:  
Food + cosmetic additives used to extend shelf life. Likely carcinogenic + may cause liver damage.

**Toxin No. 7** – Coal Tar:  
A derivative of coal, contaminated with heavy metals that are toxic to the brain. Used in hair dye + shampoo.

**Toxin No. 8** – 1,4-Dioxane:  
A by-product of the manufacturing of other chemicals commonly found in toiletries + is a known animal carcinogen + probable human carcinogen. Irritant to the skin, eyes + respiratory system.

**Toxin No. 9** – Endocrine Disruptors:  
Interferes with the endocrine system, can cause health effects such as reduced fertility, birth defects, impaired immune functions, developmental disorders + various cancers.

**Toxin No. 10** – Ethylenedi-aminetetraacetic Acid (EDTA):  
Found in hair products + moisturizers as a binding agent + stabilizer. May be toxic to organs + can cause adverse reproductive + developmental effects on the body.

**Toxin No. 11** – Ethanolamines (MEA/DEA/TEA, Cocamide MEA, Diethanolamine, Cocamide DEA, Lauramide DEA, Linoleamide DEA, Oleamide DEA, Triethanolamine TEA):  
Found in hair dyes, cosmetics, fragrances + cleaning solvents, used as a surfactant + pH adjuster. Corrosive to the skin. Linked to causing allergies, disruptions in hormones + inhibited fetal brain development.

**Toxin No. 12** – Formaldehyde:  
Used as a preservative in cosmetics + body products, is a known carcinogen linked to health problems including headaches, allergies, asthma, neurotoxicity + developmental toxicity.

**Toxin No. 13** – Hydroquinone:  
Used as a skin lightener to diminish age spots + acne scars. Linked to cancer, is also known to cause serious skin irritations + organ toxicity.

**Toxin No. 14** – Methyl Cellosolve:  
Used as a fragrance + solvent in anti-aging creams, moisturizers + serums. Is a skin irritant + possible neurotoxin. Exposure can cause DNA mutations that could lead to cancer.

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**Toxin No. 15** – Methylisothiazolinone + Methylchloroisothiazolinone:  
Found in antibacterial products such as shampoos, conditioners + body washes + may be linked to nerve damage.

**Toxin No. 16** – Mercury + Mercury Compounds (also listed as Thimerosal):  
Used as a preservative + antiseptic in products such as ear drops, eye drops + mascara. Known as a dangerous neurotoxin that can cause serious damage to normal brain functions.

**Toxin No. 17** – Mineral Oil (also listed as Liquid Paraffin; Liquid Petrolatum; Paraffin Oil):  
A by-product of the petroleum distillation process that produces gasoline. Carries the toxins found in petroleum. Used in skincare products such as baby lotions, cold creams + ointments, causes dermatitis.

**Toxin No. 18** – Oxybenzone:  
Often found in sunscreens + moisturizers. Attributed to skin irritation + sensitivity, skin allergies + possible hormone disruption including estrogen.

**Toxin No. 19** – Parabens (Methyl-, Isobutyl-, Propyl- + Others):  
Prevents growth of bacteria + mold within cosmetics. Can disrupt the endocrine system + alter naturally occurring hormone processes within the body. Mimic the hormone estrogen, linked to play a role in triggering breast cancer.

**Toxin No. 20** – Phthalates (Diethyl Phthalate (DEP), Dimethyl Phthalate (DMP), Dibutyl Phthalate (DBP) + Others):  
Plasticize ingredients within cosmetics to make them more pliable. Have been linked to disrupting the endocrine + reproductive systems causing infertility + possible birth defects.

**Toxin No. 21** – Polyethylene Glycol (PEG Compounds):  
Used in cosmetics such as creams + sunscreens to act as a thickener + solvent. May be contaminated with measurable amounts of carcinogenic chemicals, linked to incidences of uterine + breast cancers.

**Toxin No. 22** – Resorcinol:  
Commonly used as a colorant + fragrance ingredient, a known skin irritant that is toxic to the immune system. Disrupts organ function.

**Toxin No. 23** – Silicone (ingredients ending in -Siloxane, -Cone, - Dimethicone or -Methicone):  
Man-made polymer often used in cosmetics to soften the skin + hair. Can disrupt the endocrine + reproductive systems. Has been linked to infertility.

**Toxin No. 24** – Sodium Lauryl Sulfate + Sodium Laureth Sulfate (SLS + SLES):  
Surfactants found in shampoo, body wash + bubble baths. Known to trigger allergic reactions + irritate the skin + eyes. Linked to promoting genetic cell mutations.

**Toxin No. 25** – Synthetic Colors (F D +C Blue Toxin No.1):  
Synthetic colors commonly added to foods + cosmetics despite their health risks. Considered contaminated with known carcinogens + can also be the cause of allergic reactions + sensitivity.

**Toxin No. 26** – Synthetic Fragrance/Parfum:  
Added to cosmetics as an engineered scent or flavoring agent. Can disrupt the endocrine system + alter hormones. Linked to triggering allergic reactions + skin irritations, causing migraines + affecting normal brain activity. Their formulas are protected under federal laws classification of trade secrets + can remain undisclosed.

**Toxin No. 27** – Toluene:  
Used in nail polishes + hair dyes. Dangerous to the immune + central nervous system. Can be inhaled or absorbed, has been linked to developmental problems such as birth defects.

**Toxin No. 28** – Triclosan + Triclocarban:  
Used as a bactericide in personal care products. Applying this chemical to the skin can disrupt the endocrine system + impact the human reproductive system by imitating estrogen.

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## STEER CLEAR OF THESE NASTY TOXINS LURKING IN YOUR COSMETICS

**SODIUM LAURYL SULFATE FORMALDEHYDE PARFUM SYNTHETIC FRAGRANCE POLYETHYLENE GLYCOL BISPHENOL A (BPA) TRICLOSAN AND TRICLOCARBAN METHYLISOTHIAZOLINONE PHTHALATES 1,4-DIOXANE METHYL CELLOSOLVE SYNTHETIC COLORS BHA AND BHT SODIUM LAURETH SULFATE ANIMAL FATS, OILS, AND MUSKS RESORCINOL ETHYLENEDIAMINETETRAACETIC ACID (EDTA) ENDOCRINE DISRUPTORS MINERAL OIL HYDROQUINONE OXYBENZONE METHYLCHLOROISOTHIAZOLINONE PARABENS BENZALKONIUM CHLORIDE MERCURY ETHANOLAMINES SILICONE BUTOXYETHANOL COAL TAR BENZOPHENONE AND DERIVATIVES TOLUENE**