



Ingredients to Avoid in Personal Care & Beauty Products

INGREDIENT	FOUND IN	HEALTH EFFECTS
Triclosan	<ul style="list-style-type: none">Antibacterial products, including dish soap, some school supplies, and hand sanitizer	<ul style="list-style-type: none">Endocrine DisruptorLinked to increased allergies
DEA, MEA, & TEA	<ul style="list-style-type: none">Soaps, shampoos, conditioner, baby wash, hand soaps	<ul style="list-style-type: none">Linked to liver tumorsRisk of contamination with nitrosamines (known cancer-causers)
Sodium Lauryl Sulfate	<ul style="list-style-type: none">Soaps, shampoos, bubble bath, body wash, face soap, toothpaste, shaving cream	<ul style="list-style-type: none">Can be contaminated with different carcinogensLinked to hair loss (in shampoo)Highly irritating to the skinMay be a cause of canker sores (when in toothpaste)
Mineral Oil	<ul style="list-style-type: none">Eye shadow, blush, lip gloss, lotions, hair products,	<ul style="list-style-type: none">Inhibits skin's oil productionCan prevent the release of toxins through the skinPossibly contaminated with cancer-causing hydrocarbons
Phthalates	<ul style="list-style-type: none">Mascara, nail polish, and can hide under the term "fragrance"	<ul style="list-style-type: none">Known as a probable human carcinogenAct as endocrine disruptorsLinked to lower IQ with prenatal exposure
Fragrance	<ul style="list-style-type: none">Hair care, cosmetics, baby wipes, body wash, bubble bath, nail polish, perfumes, body wash, bubble bath, body spray, hand sanitizer, etc.	<ul style="list-style-type: none">Can be made up of dozens to hundreds of chemicals, including some that act as endocrine disruptors, are linked to cancer, & lower IQConsidered to be a "trade secret," so individual ingredients are not required to be disclosed
Parabens	<ul style="list-style-type: none">Shampoo, deodorant, shave gels, moisturizers, lotions, sunscreensThe most common are methylparaben, propylparaben, butylparaben, and ethylparaben	<ul style="list-style-type: none">Act as endocrine disruptorsHave been found in biopsied breast cancer tumors
Methylisothiazolinone	<ul style="list-style-type: none">Shampoos, baby wipes, sunscreens, moisturizers	<ul style="list-style-type: none">Strong allergenMay be toxic to the immune systemMay be toxic to the brain & nervous system
*Formaldehyde Releasers (Quaternium-15, Diazolidinyl Urea, DMDM Hydantoin, Formalin)	<ul style="list-style-type: none">Nail polish, bubble bath, baby wipes, body wash, hair care	<ul style="list-style-type: none">Formaldehyde is a known cancer-causerLinked to organ damage
*1,4 Dioxane (Sodium Laureth Sulfate, PEG ingredients, anything that ends in -eth [trideceth, myreth, etc.])	<ul style="list-style-type: none">Bubble bath, baby wipes, body wash, hair care	<ul style="list-style-type: none">Probable human carcinogenToxic to kidneys & nervous system

